K E.



Food served 10 til 2 pm SATURDAYS & 10 til 1pm SUNDAYS

OATS

OAT PORRIDGE 6.00

golden sultanas, chia seeds, maple syrup, whole or plant milk

NUTTY NO SUGAR GRANOLA 6.50

greek yogurt, frozen berries , honey

PROTIEN PORRIDGE 6.50

flax seeds, linseeds, chia seeds, whole or plant milk, chopped dates, agave

O N ΤΟΑSΤ

PESTO & RICOTTA EGGS 7.50

toasted sour dough, whipped ricotta, 3 fried free range pesto eggs, basil oil, fresh dill

NUTTY GOAT AVO TOAST 7.50

toasted sour dough, smashed avo with pea, toasted omega seeds, cashew nuts, crumbled feta, rocket, chilli oil, chilli flakes

TOAST & EGGS 7.00

3 x free range scrambled eggs on wholemeal toast add smoked salmon or smoky bacon 2.75

JUST TOAST - Wholemeal or sour dough

butter + jam, peanut butter, marmite, 4.00 marmalade

BACON

BACON SARNIE 6.75

smoked back bacon, thick cut buttered wholemeal bread

PIMPED BACON SARNIE 8.25

as above......plus smashed avo, sliced vine tomato, gem, bacon jam mayo

OUR HERO'S

MARRAKESH FLATBREAD 8.95

our hummus, pink pickled onion, balsamic roasted beets, baby leaf, crumbled feta, smashed avo, tahini dressing, warm flat bread add smoky bacon, smoked salmon, 2.75 2 x fried eggs 2.50

RICOTTA TOAST 7.25

toasted sour dough, whipped ricotta, warm mixed berries, coconut & dark chocolate mega mix, pomegranate syrup, mint

MIGHTY MUSHROOMS 8.50

toasted sour dough, tahini hummus, miso mushrooms, crispy onions, chives add smoked bacon, feta cheese 2.75

FOR the little ones 4.50

heinz beans or scrambled egg on brown toast

Find

WEEKENDS O N WE BRUNCH

In our tiny kitchen we chop, slice, dice & smash fresh ingredients everyday for you to enjoy. We can not guarentee that all meals are free from nuts, dairy or gluten

BREAKFAST & LUNCH WED - FRI 9.30 WEEKEND BRUNCH SUN 10 - 2

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