

## BREAKFAST MENU

### DRINKS

<b>TEA / TEA POT</b>	2.5 / 4
<i>+ english breakfast, earl grey, camomile, fresh mint, peppermint and herb</i>	
<b>COFFEE</b>	2.5
<i>+ espresso, americano, flat white, cappuccino, latte</i>	
<b>HOT CHOCOLATE / MOCHA</b>	3
<i>+ chocolate sauce</i>	
<b>HOUSE PRESSED FRESH JUICES</b>	3.5
<b>ORANGE</b>	
<b>APPLE</b>	
<b>PINEAPPLE</b>	
<b>CARROT</b>	
<b>PINK GRAPEFRUIT</b>	
<b>DETOX</b>	4.5
<i>+ carrot, apple, orange, ginger</i>	
<b>SUNSHINE JUICE</b>	4.5
<i>+ apple, turmeric, black pepper, basil</i>	

### BAKERY

<b>TOAST</b>	2.5
<i>+ wholemeal, english muffin, sourdough or gluten free</i>	
<b>HOMEMADE BLUEBERRY MUFFIN</b>	2.5
<b>PASTRIES</b>	2.5
<i>+ croissant, pain au chocolat or almond croissant</i>	
<b>TOASTED CRUMPETS</b>	3
<b>HEALTHY</b>	
<b>FRUIT &amp; BERRY SALAD</b>	4
<b>OLYMPIC GRANOLA</b>	4
<i>+ low fat yogurt and berry compote</i>	
<b>AVOCADO TOAST</b>	7
<i>+ poached egg and radishes on wholemeal bread</i>	
<b>ROASTED CHERRY TOMATOES &amp; FETA</b>	7.5
<i>+ poached egg and rocket on gluten free bread</i>	
<b>PORRIDGE</b>	4.5
<i>+ raisins and sultanas</i>	

### SMOOTHIES

<b>TROPIC THUNDER</b>	5
<i>+ pineapple, strawberry, banana, ginger, lime, grapefruit, basil</i>	
<b>MANGO AND BANANA</b>	
<i>+ mango, banana, orange juice, honey</i>	
<b>GREEN TWIST</b>	
<i>+ apple, pear, avocado, kiwi, spinach</i>	
<b>BLUEBERRY BLONDE</b>	
<i>+ blueberries, cranberry juice, pineapple, banana</i>	
<b>GOLDEN PINEAPPLE</b>	
<i>+ pineapple juice, turmeric, black pepper, lime, avocado, kiwi, agave</i>	
<b>DATE WITH THE NUTTY PROFESSOR</b>	
<i>+ almond milk, dates, raw cacao, banana, flax seeds</i>	
<b>COCOBERRY SMOOTHIE</b>	
<i>+ coconut milk, berries, chia seeds, banana</i>	

### SAVOURY

<b>CROQUE MONSIEUR / MADAME</b>	7 / 8	
<b>HOME SMOKED SALMON &amp; EGGS</b>	8.5	
<i>+ scrambled eggs on sourdough toast</i>		
<b>EGG &amp; BACON BUN</b>	6	
<b>EGGS BENEDICT/ROYALE/FLORENTINE</b>	8	
<i>+ ham, smoked salmon, or spinach (trio of the three supp £2)</i>		
<b>GREEN ASPARAGUS</b>	10	
<i>+ serrano ham and poached egg</i>		
<b>EGGS ANY STYLE</b>	6	
<i>+ any way you like them with toast of your choice</i>		
<b>OLYMPIC BREAKFAST</b>	10.5	
<i>+ cumberland pork sausage, smoked streaky bacon, black pudding, field mushroom, grilled tomatoes, 2 fried eggs, baked beans and sourdough toast</i>		
<b>BRIOCHE FRENCH TOAST</b>	7.5	
<i>+ poached pears and caramel sauce</i>		
<b>PANCAKE STACK</b>	7.5	
<i>+ maple syrup</i>		
<i>with fresh strawberries</i>		+ 2
<i>with smoked streaky bacon</i>		+ 3

*If you have a food allergy or special dietary requirement, please ask a member of staff for advice about our dishes.  
All prices include VAT. A discretionary service charge of 10% will be added to your bill.*