

## SMOOTHIES

**GREEN & MEAN** £4.00

*Spirulina, Coconut Milk, Kale, Spinach,  
Avocado, Sesame Seeds, Almond Butter*

**PROTEIN FIX** £4.00

*Quinoa, Strawberry, Coconut Milk,  
Maple Syrup, Basil, Orange, Lukuma*

**I'M IN LOVE WITH THE COCOA** £4.00

*Coconut Milk, Cacao Nibs, Dates,  
Banana, Walnuts*

**VIBE KALE-ER** £4.00

*Lime, Kale, Apple, Celery, Cucumber*

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**FRESH JUICES** £2.50

*Apple | Orange. Ask for todays flavours*

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**LASSI** £4.00

*Fat Free Coconut Yoghurt Drink  
Mango | Strawberry*

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**BLOODY MARY****BLOODY MARIA** £7.00

*Olmecca Platinum Altos Tequila, Lemon, Tabasco,  
Worcestershire Sauce, Horti Bloody Mary Spice Mix,  
Tomato Juice*

**BLOODY MARY** £7.00

*Absolut Vodka, Lemon, Tabasco, Worcestershire  
Sauce, Horti Bloody Mary Spice Mix, Tomato Juice*

**RED SNAPPER** £7.00

*JJ Whitley London Dry Gin, Lemon, Tabasco,  
Worcestershire Sauce, Horti Bloody Mary Spice Mix,  
Tomato Juice*

**MICHELADA** £5.00

*Lager, Tomato Juice, Tabasco, Worcestershire Sauce,  
Horti Bloody Mary Spice Mix*

All of our dishes are available to take away!

SERVED 8AM - 3PM

## THE MUCKLE BREAKFAST ●●● £12.00

2 Sausages, 2 Bacon, 2 Eggs, 5 Beans, Mushrooms,  
Black Pudding, Tomato, Hash Brown, Sourdough Toast

## THE BIG VEGGIE BREAKFAST ●● £12.00

Selection Seasonal Roast Veg, 2 Eggs, 5 Beans,  
Mushrooms, Tomato, Hash Brown

Replace eggs with scrambled tofu for vegan option

## OATS & QUINOA PORRIDGE ●● £4.00

Caramelised Banana, Pecan, Maple Syrup

## GRANOLA COCONUT YOGURT ●● £4.00

Superseed Fruit & Nut Granola, Cacao Nibs

## JAM ON TOAST OR CRUMPETS ● £4.00

Homemade Ginger & Rhubarb Jam

## AVOCADO ON TOAST ● £7.00

Sourdough Toast, Avoaco, Togarashi

Add Poached Egg - £1.00 | Add Bacon - £2.00 | Add Salmon - £2.00

## BACON SANDWICH £5.00

Charlotte's Butchery Bacon, Sourdough

Add Fried Egg - £1.00 | Add Sausage - £2.00

## BEANS ON TOAST ● £5.00

Sourdough, Homemade 5 Beans, Cheese

### Allergy Information

● Vegan ●● Vegetarian ●●● Gluten Free ●●●● Dairy Free

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All of our dishes are available to take away!

SERVED 10AM - 3PM

## SLOW COOKED EGGS & BROCOLLI

Sourdough Soldiers, Paprika & Herb Oil

£7.00

## TURKISH EGGS

Whipped Natural Garlic Yoghurt, Chilli Oil, Poached Eggs, Sourdough Toast  
Add Chorizo - £2.00

£8.00

## SHLOUMI

Halloumi, Smashed Avocado, Poached Eggs, Sourdough Toast,  
Spiced Tomato Sauce, Mushrooms

Add Chorizo - £2.00

£9.00

## SHAKSHUKA

Baked Eggs, Feta, Spiced Tomato Sauce, Sourdough Toast

Add Chorizo - £2.00

£8.00

## MUSHROOMS ON SOURDOUGH

Mixed Mushrooms, Spiced Tomato Sauce

Add Poached Egg - £1.00 | Add Halloumi - £2.00 | Add Chorizo - £2.00

£7.00

## HASH & FRIED HEN EGG

Sauteed Potatoes, Fermented Onions

Choose from -

- Salt Beef
- Homemade Black Pudding
- Pulled Winter Marow 

£9.00

## BENEDICT YOUR WAY

Crumpets & Poached Eggs

Choose from -

- Sprouting Broccoli, Marmite Hollandaise 
- Smoked Salmon, Hollandaise - £2.00
- Prosciutto, Hollandaise - £2.00

£7.00

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BRUNNEN