



# BREAKFAST

• OR BREAK SLOW •



## HEALTHY

BIRCHER MUESLI / 6.50

With roasted plums and toasted almonds

SMOOTHIE BOWL / 6.50 *Vegan*

Creamy raspberries and coconut soup topped with berries, coconut flakes

CHOCOLATE PORRIDGE / 5.50 *Vegan*

Topped with cacao nibs, coyo yoghurt and banana

OUR GRANOLA / 6.95

With coyo yoghurt and fresh fruit

CHIA SEED & OAT PUDDING / 5.95 *Vegan*

With passionfruit, blueberries and toasted coconut

## HEARTY

FULL ENGLISH / 10.95

Poached eggs, hand cut streaky bacon, pork bangers, field mushroom, slow roasted tomatoes and toast

THE 'NOT SO' FULL ENGLISH / 6.50

As above, just a tad smaller

SIMPLE EGG / 5.95

Your choice of egg with toast

THE PETITE SIMPLE EGG / 3.95

For little bellies

CHEESY EGG & PANCETTA ON TOAST / 7.95

On sourdough

## HEAVENLY

BUTTERMILK PANCAKES & MAPLE SYRUP / 8.20

*Choice of topping*

Pecans • Blueberries • Banana  
Strawberries • Bacon • Pancetta

## BREAKFAST SIDES

*Add* Smoked Salmon ... 3.50

Bacon Pancetta Sausage ... 2.95

Chorizo ... 2.95

Smashed Avocado ... 2.95

Steamed Spinach ... 2.50

Spiced Halloumi ... 2.50

Bubble & Squeak ... 2.50

Slow Roasted Tomatoes ... 1.95

Heinz Beans ... 1.95

Our Own Recipe Home Beans ... 1.95



## BREADS & PASTRIES



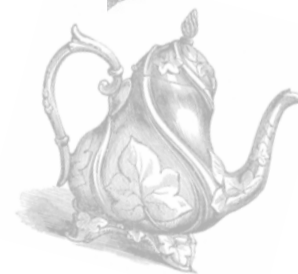
TOASTED BREAD & BUTTER ... 2.50

POT OF HOMEMADE JAM OR MARMALADE ... 75p

TOASTED TEACAKE & BUTTER ... 3.50

HOMEMADE TOASTED BANANA BREAD Served With Cinnamon & Brown Sugar Butter ... 4.95

HOMEMADE IRISH TEA LOAF Toasted With Butter ... 4.95



Please note: All our dishes are prepared in kitchens where nuts, peanuts, seeds, fish, shellfish, eggs, milk and other allergens are commonly used. If in doubt please ask a member of staff.

# HEARTIER APPETITE

• AVAILABLE ALL DAY •

SALMON & SCRAMBLED ..... £9.50

Served with seed crackers, roasted tomatoes, cream cheese & capers

BEST BUBBLE IN THE WORLD <sup>Ⓟ</sup> ..... £7.95

Our own bubble & squeak & two fried eggs

CURRY SPICED TOFU SCRAMBLE *Vegan* ..... £8.50

With spinach red pepper mushrooms and black beans & rye toast

CHILI AVO ON RYE *Vegan* ..... £6.95

Smashed avocado with chili on toast, served with rocket

*Top it* With Egg £1 <sup>Ⓟ</sup> Feta Cheese, Harrisa, Cherry Tomatoes and Pumpkin Seeds £2.50 (*Vegan*) Smoked Salmon £3.50, Crispy Pancetta £2.95

HOMEMADE BEANS ON TOAST <sup>Ⓟ</sup> ..... £6.95

Our own recipe baked beans on toasted chunky sourdough

CROQUE MONSIEUR ..... £7.50

French style ham & cheese toastie, made with Gruyere cheese & bechemel, served with roasted tomatoes

*Add* Fried egg ..... £8.20

WELSH RAREBIT <sup>Ⓟ</sup> ..... £6.95

A family recipe of a classic snack perfect any time of the day

PARMIGIANA POLENTA <sup>Ⓟ</sup> ..... £7.95

With wild mushrooms & tenderstem broccoli

EGGS BENEDICT

2 poached eggs served on muffin with Hollandaise sauce

• CLASSIC with ham ..... £7.95

• FLORENTINE <sup>Ⓟ</sup> with spinach ..... £7.50

• ROYAL with smoked salmon ..... £8.95

• ITALIAN with pesto spinach and pancetta ..... £8.95



## LUNCH



• AVAILABLE FROM 12PM •

### • SALADS •

SMOKED CHICKEN WALDORF / 11.50

PANFRIED SEABASS / 12.95

Panfried seabass and salmon on a warm veggie and new potato pesto with soft boiled egg and mixed leaf

SPRING TO LIFE VEGGIE SALAD / 10.95 <sup>Ⓟ</sup>

With a cumin chili yoghurt dressing and harissa cherry tomatoes topped with aubergine, feta and parmesan fritters

OUR HOMEMADE PUMPKIN, FETA, CARROT & WALNUT TART / 9.95

A walnut crust filled with carrot jam, butternut squash and feta served with mixed salad

CREAMY HUMMUS & WARM MUSHROOMS / 9.95

With a platter of our homemade focaccia and seeded crackers & mixed veggies

### • OPEN SANDWICH £7.95 •

P M T

Parma ham, mozzarella with fresh and sun dried tomatoes on our homemade focaccia

SMOKIN'

Smoked chicken mayonnaise with spring onion, green apple & baby gem leaves on rye

PLOUGHMAN'S

Mixed cheese, pickled pear, ham and rocket on toasted white bloomer with mustard mayonnaise

TUNA MELT

Grilled Tuna, red onion, olives, mixed cheese on brown bloomer

NØRDIC

Prawn, crayfish avocado and egg on sourdough

### • SIMPLY SANDWICH £7.50 •

Served on white or brown bread

CHEESE & CELERY

EGG MAYO & TOMATO

HAM & MUSTARD MAYO

PRAWN COCKTAIL

*Served with a bowl of salad of your choice:*

Mixed salad & house dressing,  
Green veggie & sweet sesame or Waldorf

**CHECK OUR SPECIALS BOARD**

BE SOCIAL!   STOP THE WORLD  STOPTHEWORLDCAFE