



AVO LOVE

AVO LOVE OPTION 1

Smashed avocado with cherry tomatoes, rocket, chilli flakes and harissa sauce.

AVO LOVE OPTION 2

Buttery scrambled eggs with smashed avocado, sun-dried tomatoes and rocket.

OMELETTES

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DELICIOUS THREE EGG OMELETTE served with homemade sourdough bread & olive oil.

ORIGINAL

CHEDDAR CHEESE

HAM AND CHEESE

MUSHROOM AND SPINACH

AVOCADO AND BASIL

SMOKED SALMON AND AVOCADO

SANDWICHES

VINTAGE CHEDDAR CHEESE AND BACON

with rocket and homemade Virgin Mary sauce.

HERBED CAJUN TURKEY

with crispy bacon, cheddar cheese and fresh spinach.

GRILLED CHICKEN FILLET

with tomato, cheddar cheese and rocket.

SMOKED SALMON

with creamy cheese, capers, onion, dill and rocket.

GREEN SANDWICH

with smashed avocado, fresh spinach, rocket and cheddar cheese served with homemade harissa sauce.

AVOCADO & CHICKPEA

with rocket and roasted Dukkah.

ITALIAN CAPRESE

with mozzarella, tomato and homemade sundried tomato and basil pesto.

BREAKFAST SANDWICH

with fried egg, crispy bacon and mustard sauce.

TUNA MELT

with tuna mayo with cheddar cheese, tomato, rocket and black pepper.

SAUSAGE OR BACON SANDWICH

HAM & CHEESE



SOUPS

Every soup is served with herby olive oil and homemade sourdough bread, baked fresh in-house daily.

BARLEY AND VEG

BEETROOT WITH MIXED VEG

GRATED GHERKIN WITH MIXED VEG

TOMATO & RICE SOUP



SALADS

ITALIAN CAPRESE SALAD

Mozzarella, tomato, olives, mixed leaves and balsamic vinegar dressing.

AVOCADO & BACON NICOISE

Rashers of smoked bacon, two boiled eggs, tomato, olives, avocado, mixed leaves, and homemade Dijon mustard dressing.

CHICKEN & AVOCADO CAESAR SALAD

Grilled chicken, avocado, tomato, cucumber and mixed leaves with olive oil.

GRILLED TURKEY SALAD

Grilled turkey with crispy bacon, thyme mushrooms, cherry tomatoes, olives, fresh spinach, mixed leaves with herby olive oil.

TUNA SALAD

Tuna, feta cheese, olives, cherry, tomatoes, cucumber, onion, mixed leaves with herby olive oil.

GREEN SALAD

Grilled chickpea with soft mushroom, avocado, cherry tomatoes, olives, cucumber, mixed leaves and homemade Dijon mustard dressing.



BREAKFAST

MEATY BREAKFAST

Your choice of eggs: scrambled, fried or poached with Cumberland sausages, crispy rashers of bacon, thyme mushrooms and cherry tomatoes.

HIGH PROTEIN BREAKFAST

Scrambled eggs, smoked salmon, rocket salad and crushed avocado with chilli flakes and fresh lemon.

VEGGIE BREAKFAST

Your choice of eggs: scrambled, fried or poached with soft baby spinach mixed with mushrooms and tomatoes, smashed avocado with chilli and lime.

VEGAN BREAKFAST

Tofu scramble with grilled chickpeas and mushrooms, smashed avocado with chilli and lime, soft baby spinach served with homemade harissa and mixed seeds.

EGGS ROYALE

Smoked salmon, two poached eggs, dill and rocket salad served with hollandaise sauce.

EGG BENEDICT

Your choice of crispy rashers of bacon or ham, two poached eggs and rocket salad.

EGGS FLORENTINE

Two poached eggs with thyme mushrooms, soft baby spinach and rocket salad served with hollandaise sauce.