



ALL DAY BRUNCH

Available daily from 7.30am – 6pm

Poached eggs on toasted sourdough, smashed avocado, dukkah	10	GFO
Eggs Benedict, toasted muffin, ham, poached eggs and hollandaise	9	GFO
Homemade crumpets, smoked salmon, scrambled eggs	10	GFO

NUTRITIONAL

Available daily from 12pm – 6pm

Chia seeds, date, almonds, coconut butter energy bites	5	GFO
Greek yoghurt, gluten free granola, blueberries	7	GFO
Spiralised vegetable salad, lemon dressing	8	GFO
<u>WITH</u> FREE RANGE CHICKEN OR SMOKED SALMON	12	GFO
Smoked Severn & Wye salmon, chive & dill cream on dark rye bread	9	GFO
Free range chicken BLT on granary bread	8	GFO
Mediterranean vegetables, red pepper houmous, sourdough	8	V, GFO
Fish of the day, steamed vegetables	14	GFO

SWEET

Exotic fruit salad, honey, yoghurt	6	V, GFO
Two sultana scones, jam, clotted cream, choice of tea or coffee	7.50	V
Cake of the day	3.75	V

V - Vegetarian GFO - Can be prepared without gluten (please advise us when ordering)



DRINKS

Well-being Shots - Turmeric or Ginger	4	60ml
Smoothies		
Energise grapes, blackcurrants, beetroot, guarana, vitamins B1, B2, B3, B6, E	6	250ml
Recharge mandarin, carrot, ginger, flax seeds, vitamins B1, B2, B3, B6, C	6	250ml
Invigorate kiwi, mango, cucumber, matcha, lime, vitamins B1, B2, B3, B6, E	6	250ml
Cold Pressed		
Carrot, apple, ginger, lemon, turmeric	6	250ml
Apple, cucumber, pineapple, spinach, celery, lime, mint	6	250ml
Nespresso Coffee		
Espresso / Americano	3	
Double Espresso / Cappuccino / Latte / Flat White	3.50	
Mocha / Vanilla / Hazelnut / Caramel Latte	3.75	
Suki Loose Leaf Tea	All Tea at	3.00
Fair Trade English breakfast / whole peppermint leaf / green tea / rooibos Chamomile flower / Earl grey blue flower / oolong & orange blossom		

Some of our menu items contain allergens, including: gluten, nuts, milk, eggs, fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen fr