Breakfast

Cocktails & smoothie

Mimosa, Prosecco, orange juice – 6
Bloody Mary, vodka, tomato juice, fire sauce – 9
Virgin Bloody Mary, tomato juice, fire sauce 52 kcal – 5
Smoothie, check the black board for today's special – 4.5

Pastries

Croissant (v) 188 kcal – 2.5
Almond croissant (v) 360 kcal – 2.75
Pain au chocolat (v) 290 kcal – 2.75
Pain aux raisins (v) 390 kcal – 2.75

From the kitchen

Full English, streaky bacon, Cumberland sausages, roast tomato, Portobello mushroom, poached egg, hash brown, sourdough 1287 kcal – 11
Jumbo oats porridge, coconut milk, oat drink, blueberries, maple syrup (vg) 497 kcal – 6
Bacon butty, smoked back bacon, sourdough Pugliese 764 kcal – 5
Poached egg & smoked salmon, sourdough Pugliese, smoked salmon, spinach, poached egg 598 kcal – 8.5
Poached egg & avocado, sourdough Pugliese, smashed avocado, spinach, poached eggs (v) 548 kcal – 7.5
Poached egg & ham, sourdough Pugliese, cooked Wiltshire ham, spinach, poached egg 488 kcal – 7

Hot drinks

EVERY BENUGO COFFEE IS CARBON NEUTRAL AND RAINFOREST ALLIANCE CERTIFIED
Espresso single / double 0 kcal – 2 / 2.4
Macchiato single / double 6 kcal – 2.2 / 2.6
Americano 0 kcal – 2.8
Latte 202 kcal – 2.9
Cappuccino 135 kcal – 2.9
Flat white 117 kcal – 3
Hot chocolate 310 kcal – 3.2
Mocha 282 kcal – 3.2
Tea, ask us for available flavours – 2.9

Soft drinks

Juiakes, apple / orange / cranberry / tomato – 3
Tonic water 330ml – 2.5
Lemonade 330 ml – 2.5
Tenzing energy drink 250 ml – 4
Coke, Diet Coke 330ml / 500ml – 2.5 / 3.5
Water bottle 330ml / 500ml – 2.5 / 3.5
Dalston’s elderflower 330 ml – 3
Ginger beer 330ml – 3

Served 9am–11:30am

PLEASE ASK US ABOUT THE ALLERGENS IN OUR FOOD

(v) vegetarian | (vg) vegan
We use a wide range of ingredients in our kitchen, some of which may contain allergens. Please let us know if you have a specific allergy or dietary requirement so we can let you know of the most appropriate food choice.

Adults need around 2000 kcal a day.

HOW DID WE DO TODAY?

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