



#### Cocktails & smoothie

Mimosa, Prosecco, orange juice - 6

Bloody Mary, vodka, tomato juice, fire sauce - 9

Virgin Bloody Mary, tomato juice, fire sauce 52kcal - 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 1287kcal – 11

Jumbo oats porridge, coconut milk, oat drink, blueberries, maple syrup (vg) 497kcal - 6

Bacon butty, smoked back bacon, sourdough Pugliese 764kcal - 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) 548kcal - 7.5

Poached egg & ham, sourdough Pugliese, cooked Wiltshire ham, spinach, poached egg 488kcal - 7

#### **Hot drinks**

EVERY BENUGO COFFEE IS CARBON NEUTRAL AND RAINFOREST ALLIANCE CERTIFIED

Espresso single / double Okcal - 2 / 2.4

Macchiato single / double 6kcal - 2.2 / 2.6

Americano Okcal - 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

Juices, apple / orange / cranberry / tomato - 3

Tonic water 330ml - 2.5

Lemonade 330 ml - 2.5

Tenzing energy drink 250 ml - 4

Coke, Diet Coke 330 ml / 500 ml - 2.5 / 3.5

Water bottle 330 ml / 500 ml - 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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