



BRUNCH

8.30 - 2:30

House Granola *GF V N* 4
with yoghurt & seasonal compote

Smoked Salmon *N* 9.5
*with soft boiled egg, smacked cucumber
& smashed avocado*

Nourish Bowl *V* 10.5
*red pepper & summer bean falafel, avocado,
pomegranate salsa, tzatziki, giant cous cous & pumpkin seeds*

Spanish Baked Eggs 6.5 / 7.5
with mushroom (v) or chorizo

MOR Beans on Toast *VEGAN* 5
mixed sweet and smokey beans

Smashed Avocado on Toast *VEGAN* 6.5
With: Grilled Halloumi 2.20
Vegan Feta 2
Poached Egg 1
Bacon 2.75

French Toast 7.5
brioche with bacon and maple syrup

Morning Plate *N* 9
*soft boiled egg, ham, cornish gouda, smacked
cucumber, fruit, sourdough & rye*

Vegan Plate *GF VEGAN N* 9
*sweet potato rosti, wild mushrooms, spinach, cherry
tomatoes & hummus*

Sweet Potato Rosti *GF* 8.5
with smashed avocado, poached egg & maple syrup

With: Grilled Halloumi 2.20
Bacon 2.75

CREATE YOUR OWN

Sourdough Toast 3

With: Poached Egg 1
Scrambled Egg 2.20
Bacon 2.75
House Beans 2
Smashed Avocado 3.5
Smoked Salmon 2.75
Wild Mushrooms 3.5
Jam or Marmalade .5

SANDWICHES & SOUP

*On your choice of sourdough, add soup to accompany your
sandwich for £2.5*

Bacon 5

BLT 6

Toasted Cheese & Chutney *V* 5

Soup of the week 4.5

TARTINES / QUICK BITES

Open-faced sandwich on your choice of sourdough

Beetroot, Vegan Feta & Walnuts *N VEGAN* 5.5

Chorizo, Tomato & Mixed Beans 6.5

Smoked Salmon, Cream Cheese,
Pickled Red Onions & Sabzi 6.5

PASTRIES & SWEET

Croissant *Classic / Ham & Cheese / Almond* 2.20 / 4 / 2.75

Pain aux Raisins 2.75

Pain au Choc 3

Cruffin of the week 3.5

Donut *Fruit Glazed / Cinnamon* *VEGAN* 2.5

Cake 3

Morning Bun 3

Bacon & Maple Syrup Canadian Swirl 4

Danish of the day 3

Cinnamon Bun 3.5

Brownie w/ Cream *GF* 3.5

Salted Caramel Chocolate Chip Cookie 1.75

COFFEE

Roasted by Monsoon Estates Coffee Co, Stratford

Espresso	2.25 / 2.5	Mocha	3.2 / 3.5
Macchiatio	2.6 / 2.9	Babyccino	0.5
Americano	2.5 / 2.7		
Flat White	3	Iced Americano	3
Cappuccino	2.95 / 3.15	Iced Latte	3.2
Latte	2.95 / 3.15	Iced Mocha	3.7

SOFT DRINKS

SMOOTHIES

VEGAN

Coca Cola / Diet	2.7
Orange / Apple Juice	2.7
Water Still / Sparkling	1.7
Hot Chocolate	2.95 / 3.2
Add: Marshmallows & Cream	0.75

The Berry One	4.2
The Green One	4.2

TEA

Sourced & Blended by Born Wild Tea, Cotswolds

Breakfast	Malt, Caramel & Cocoa / Origin: Ceylon (Sri Lanka) and Assam (India)	2.3
Decaf Breakfast	Decaffeinated black tea / Origin: Ceylon (Sri Lanka)	2.6
Earl Grey	Black. Natural bergamot flavour / Origin: Ceylon (Sri Lanka) and Assam (India)	2.6
Sencha Green	Smooth & Sweet / Origin: China	3.1
Chamomile	Whole chamomile flowers	2.70
White Peony	Delicate flavour and fruity tones	3
Masala Chai	Black tea, cinnamon, anise, ginger, fennel, clove and cardamom	2.7
Born Wild Matcha	Organic ground Japanese green tea	3
Lemon & Ginger Zing	Invigorating blend of ginger, zesty lemongrass, lemon peel and liquorice root	2.8
Peppermint Cleanse	Cleanse, revitalise and refresh with pure and natural peppermint leaves	2.8
Reggae Refresh	Mix of mango, papaya, lemon grass and goji berries to create a luscious tropical flavour	3
Masala Chai Latte		3.25
Tumeric Latte		4
Matcha Latte		4.25
Tumeric Matcha Latte		4.50