

## BREAKFAST

8-11

### BACON ROLL - 5

Smoked streaky bacon, black garlic aioli, ketchup, rocket + fried egg 1  
+ smashed avo 2.5

### KOOTENAY ROLL - 6.5

St. Giles cheddar & chives folded eggs, spring onion, gochujang mayo, red onion jam (v)  
+ smoked streaky bacon 2

### VEGGIE ROLL - 7.95

Sussex halloumi, fried egg, pumpkin hummus, harissa & red pepper ketchup, rocket (v)

### TOASTED SOURDOUGH OR BAGEL - 3.5

PB / Marmite or seasonal house jams

### APPLE & PEAR PORRIDGE - 6.5

Almond milk, pecan & pumpkin seed praline, apple & pear puree, blackberry compote (ve) (n)(gf)

## SIDES

Seaweed salted fries - 3

Bubble 'n' squeak cakes - 3.5

Smoked pepper & St. Giles cheddar cornbread - 3.5

Sussex halloumi - 4

Toulouse sausage - 2

Smoked streaky bacon - 2

Smashed avo - 2.5

Smoked mushrooms - 2

BBQ beans - 2

Beet cured salmon - 3.5

## BRUNCH

8-2.30

### SMASHED AVO & EGGS - 8.5

2 poached eggs, smashed avo, toasted sourdough, harissa & red pepper ketchup (v)

### VEGGIE BREKKIE - 9.95

2 eggs poached or fried, Sussex halloumi, smashed avo, bbq beans, smoked mushrooms, pumpkin hummus, toasted sourdough (v)

### VEGAN BREKKIE - 9.95

Scrambled cheesy tofu, smashed avo, pumpkin hummus, courgette & broccoli fritter, bbq beans, smoked mushrooms, toasted sourdough (ve)

### BIG BREKKIE - 9.95

2 eggs poached or fried, Toulouse sausage, smoked streaky bacon, bbq beans, smoked mushrooms, toasted sourdough

### EGGS BENEDICT

Bubble 'n' squeak sourdough crumbed cakes, thyme & brown butter hollandaise

Choose from the following:

SMOKED STREAKY BACON - 9

BEET CURED SALMON - 11

SUSSEX HALLOUMI - 10 (v)

CHORIZO - 9

### BUCKWHEAT BANOFFEE PANCAKES - 8.5

Caramelised banana, banoffee ganache, blackberry compote, pecan & pumpkin seed praline, autumn berries (v)(gf)(n)

### COURGETTE & BROCCOLI FRITTERS - 9.5

Pumpkin hummus, kimchi, poached egg, salsa, tamari pumpkin seeds (v)(gf)(ve option)

### BREAKFAST BURRITO - 9.5

Cajun rice 'n' beans, St. Giles chilli cheddar folded eggs, salsa, smoked chestnut mushrooms, avo, chimichurri, lime yoghurt, flour tortilla (v)(n)(ve & gf option)  
+ chorizo 2

## LUNCH

11-2.30

### Sandwiches

#### REUBEN BAGEL - 8

British pastrami, St. Giles cheddar, pickles, kimchi, Russian dressing

#### BEET CURED SALMON BAGEL - 7.5

Whipped Sussex feta, fried capers, dill

#### FALAFEL WRAP - 7

Blackbean & Za'atar falafel, chilli & blackberry jam, rocket, pumpkin hummus, purple slaw (ve)

+ add seaweed salted fries 3

### Poke Bowl

Brown rice, pickled carrot, purple slaw, avo, edamame beans, kimchi, tenderstem broccoli

Choose from the following:

. HOISIN DUCK - 12

HOISIN & SESAME GLAZED

TOFU (VE) - 11

BEET CURED SALMON W TAMARI &

TAHINI DRESSING) - 12

Our menu changes regularly with the seasons, sourcing the best ingredients from passionate local producers.

All of our chicken, egg and pork products are free range.

All tips are paid directly to staff.

## DRINKS

Coffee by Ozone Coffee Roasters

	SML	REG	ICED
Espresso.....	2.2		
Long Black...	2.4		
Americano.....	2.5	2.5	3
Macchiato....	2.5		
Batch brew...	2.5	3	
Piccolo.....	2.6		
Flat white...	2.9		
Cappuccino...	2.9	3.2	
Latte .....	2.9	3.2	3.6
Mocha .....	3.3	3.5	4

### Tea & Hot Choc

#### TEA - 2.5

English Breakfast, Decaf Black Tea, Earl Grey, Rooibos, Mint, Fresh Mint, Blood Orange, Lemongrass Lime & Ginger, Chocolate Cinnamon Chai, Mao Feng green tea, Matcha

#### WEST COAST COCOA HOT ICED

Normal chocolate.....	3	3.5
Peppermint chocolate....	3	3.5
Chilli chocolate.....	3	3.5
Orange chocolate.....	3	3.5
Chai latte.....	3	3.5
Dirty chai latte.....	3.5	4

### Other Drinks

#### RAINBOW LATTES SML ICED

Turmeric.....	3	3.5
Matcha.....	3.5	4
Taro & blueberry.....	3.5	4
Beetroot, ginger & strawberry.....	3.5	4

#### SPECIALS - 4

Blood orange & strawberry iced tea  
Iced peach kombucha  
Strawberry milk matcha

#### SOFT DRINKS - 2.9

Lemmy Lemonade, Gingerella, Karma Cola, Luscombe Apple Juice, Luscombe Orange Juice, LA Brewery Kombucha