

BREAKFAST

SWEET

ALMOND BUTTER TOAST 4.9

BANANA, CHIA SEEDS

GRANOLA & YOGHURT 7.5

BERRIES, HONEY

FLOURLESS PANCAKES 9.5

BERRIES, COCO YOGHURT, HONEY

BANANA BREAD 9.5

SANDWICH

MASCARPONE, BERRIES, COCO FLAKES, HONEY

PORRIDGE 6.5

FRESH FRUIT, NUTS & SEEDS

EGGS ALL ON SOURDOUGH

CROQUE MADAME 8.5

ITALIAN HAM, CHEESE, FRIED EGG

AVO POACHED EGGS 8.5

WITH CHILLI FLAKES

HALLOUMI & SHROOMS 9.5

WITH POACHED EGGS

HERBY MUSHROOMS 9

POACHED EGGS, ROCKET, PARMESAN

EGGS BENEDICT 8

WITH SPINACH, HOLLANDAISE SAUCE

+ PROSCIUTTO DI PARMA 2.5

+ SMOKED SALMON 2.5

ENGLISH BREAKFAST 9.5

SAUSAGES, BEANS, FRIED EGGS, BACON

COURGETTE FRITTERS 9.5

WITH GUACAMOLE, POACHED EGG

SANDWICHES

AVO & SEEDS TARTELETTE 5

+ SMOKED SALMON 2.5

TRICOLORE TARTELETTE 6

AVO, TOMATOES, MOZZARELLA, BASIL

AVOCADO TOASTIE 6

TURKEY, CHEESE, TOMATOES, MUSTARD SAUCE

MED. GRILLED CHICKEN 9.5

AVO, SPINACH, ONION, SUNDRIED TOMATOES

GRILLED BONBON WRAP 5

CHEESE, PARMA, PESTO, SUNDRIED TOMATOES

GOURMET BAGUETTE 4.5

SALAMI, CHEESE, SUNDRIED TOMATOES, ROCKET

HAM & CHEESE BAGUETTE 4.5

ITALIAN HAM, CHEESE, BUTTER

BACON BAGUETTE 5

ITALIAN BACON, FRIED EGG, BUTTER

TURKEY BAGUETTE 4.6

TURKEY, CHEESE, PESTO

SALADS ALL GLUTEN FREE

FRESH FRUIT 7

COCO YOGHURT, CINNAMON

QUINOA, KALE, SQUASH 8.5

SWEET POTATO, POMEGRANATE, SEEDS

BRESAOLA/PARMA/ 8.5

SMOKED SALMON

MIXED LEAVES, FRESH VEG, CHEESE

SPINACH & BEETROOT 9

POMEGRANATE, CHEESE, APPLE, WALNUTS

PASTA

ORGANIC AND FRESHLY PREPARED
GLUTEN FREE OPTIONS AVAILABLE

REGULAR PORTION **8.5** CHILD PORTION **6.5**

PESTO & CASHEWS
TOMATO BASIL
CARBONARA
BOLOGNESE
CREAMY MUSHROOM & GARLIC
ALLA NORMA +1
TRUFFLE RAVIOLI +1

SMOOTHIES **4.6**

THE BULLET

ESPRESSO, BANANA, ALMOND MILK, CHIA

BLUEBERRY BOOST

BLUEBERRIES, ALMOND MILK, OATS, HONEY

ABC

AVO, BANANA, CACAO, ALMOND MILK, HONEY

FRESH JUICES

ORANGE **3.9**

PINK GRAPEFRUIT **4.2**

GREEN REVIVER **4.2**

KALE, APPLE, CUCUMBER, CELERY, GINGER

SUNRISE **4.2**

CARROT, APPLE, GINGER

BEET IT **4.2**

APPLE, BEETROOT, CARROT, SPINACH

WHITE WINE

ROMAGNA DOC **4.5**

TREBBIANO

ANGELICA **5.5**

WHITE BOMBINO & CHARDONNAY

CUPIDO **6.5**

CHARDONNAY & RIESLING R.

RED WINE

COLLI DI RIMINI DOC **4.5**

SANGIOVESE

DIONISO DOC **6.5**

AGED CABERNET S.

MONSLUPUS **6.5**

SANGIOVESE, CABERNET S., MERLOT

OTHER

PROSECCO **5.5**

PASSITO **6.5**

FORTIFIED WINE

ROSE **5.5**

MERLOT

ALLERGEN NOTICE!

PLEASE NOTE THAT MOST OF OUR DISHES CAN BE PREPARED USING GLUTEN FREE INGREDIENTS. UNFORTUNATELY, IF YOU ARE SEVERELY ALLERGIC OR CELIAC, WE CANNOT GUARANTEE THAT NO TRACES OF GLUTEN ARE PRESENT.

WE CATER! ENQUIRE WITH A MEMBER OF STAFF