

FOOD MENU

BREAKFAST

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| JUST PORRIDGE | £2.50 |
| TANDEM MUESLI | £3.00 |
| <i>Keep it simple with our homemade muesli, full of goodness, topped with your choice of milk or yogurt</i> | |
| HOMEMADE GRANOLA | £3.50 |
| <i>Nutrient dense & packed full of flavours topped with yogurt</i> | |
| THE STELVIO PORRIDGE | £3.50 |
| <i>Super healthy porridge oats with all the goodness of seeds, nuts, dried fruit</i> | |
| ADD SOME EXTRAS GOODNESS... | |
| <i>Banana / Kiwi / Apples / Maple syrup / Date syrup £1.00 - Acai berry powder / Cocoa nibs £1.50</i> | |

ARTISAN SOURDOUGH TOAST from BlackBird bakery

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| WHITE SOURDOUGH BREAD | £2.50 |
| <i>Served with a choice of jam, spreads, nut butters (peanut or almond) or marmite (or add sides and extras from the list)</i> | |
| BANANA & ALMOND BUTTER | £3.50 |
| <i>Toasted white sourdough with almond butter, sliced banana and date syrup</i> | |

BRUNCH and LUNCH

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| AVOCADO ON TOAST | £3.95 |
| THE GREEN TOAST | £4.95 |
| <i>2 Toasted white sourdough slices, avocado, spinach, super seeds and avocado oil</i> | |
| THE SPECIAL | |
| <i>Toasted sourdough, smashed avocado, Scottish smoked salmon</i> | £5.50 |
| BAKED EGGS | £6.95 |
| <i>Home made tomato sauce, spinach, zaatar spices, served with toasted sourdough</i> | |
| ADD SOME EXTRAS... | |
| <i>Bacon £1.00 / Avocado £ 1.00 / Egg (poached, fried, scrambled) £1.00 / Smoked Salmon £ 1.50 /</i> | |

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| TOASTED SANDWICHES All made using artisanal white sourdough and all priced at | £5.50 |
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OLD SCHOOL "HAM & CHEESE"

TANDEM (Pastrami, Emmental, Sauerkraut)

THE VEGGIE (Avocado, tomatoes, spinach, Cheddar)