

FOOD MENU

BREAKFAST

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

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

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>	

TOASTED SANDWICHES All made using artisanal white sourdough and all priced at	£5.50
--	--------------

OLD SCHOOL "HAM & CHEESE"

TANDEM (Pastrami, Emmental, Sauerkraut)

THE VEGGIE (Avocado, tomatoes, spinach, Cheddar)