



BRUNCH



Muesli 7.5

MANAS Homemade Muesli Mix, with dried fruit, seasonal fruits, served with soya yoghurt

ABF

Scrambled Vegg 11.9

Scrambled Tofu, cherry tomatoes, side salad, served with toasted sourdough

AD

Avocado Bread 10.9

Sourdough topped with avocado smash, and marinated cherry tomatoes, served with salad

AF

Spiced Carrot 10.9

Toasted sourdough topped with a baked carrot and tahini spread sprinkled with assorted spices (Fennel, cumin, walnuts, tahini)

ABF

Pancakes 14.9

Fluffy pancakes served with seasonal fruit, cashew cream, apple mousse and homemade chai syrup

AF

Shakshuka 12.9

Roasted tomato, red pepper, topped with a cream mousse, served with toasted sourdough

ACDF

Easy Peasy 10.9

Pureed Garden peas with a cream mousse topping served on sourdough bread

AF

Extras

Sourdough slice 2.0, Gluten free Bread instead 2.0, Avocado Smash 3.6

Boozy

Espresso Martini 0.2 9.9

Espresso, Finlandia Vodka, Frangelico liquor

3

Mimosa 0.15 4.9

Orange Juice, Prosecco

4

Bloody Mary 0.3 8.8

Finlandia Vodka, tomato juice, celery, tabasco, ginger, turmeric, pepper, Worcestershire sauce

CD7

Smoothies

Beauty Booster 0.3 5.4

Wild berries, banana, dates, maca powder and rice milk

Iron Booster 0.3 5.4

Spinach, mango, banana, agave and rice milk

5

A glutenous B edible nuts C celeriac D soy E nuts F sesame G mustard
1 with colouring matter 2 sulphurised 3 containing caffeine 4 containing phosphates 5 with sweetener 6 containing chinin 7 antioxidants