



COFFEE ^{A_ND} TEA

COFFEE

FLAT WHITE	3.00	BATCH FILTER	3.00
LATTE	3.20	POUR OVER	4.00
CAPPUCCINO	3.20	EXTRA SHOT	0.50
AMERICANO	2.50	MINOR FIGURES COLD BREW	3.75
MACCHIATO	2.60	ALMOND, SOY, OR OAT MILK	0.50
ESPRESSO	2.00		
MOCHA	3.20		

Our house espresso is carefully sourced and roasted in Cornwall from Origin Coffee Roasters.

TEAS

LOOSE LEAF POT FOR ONE	2.50
ENGLISH BREAKFAST	
EARL GREY	
EMERALD GREEN JASMINE	
SILVER TIP DARJEELING	
GENMAICHA	
CHAMOMILE	
FRESH MINT	
FRESH LEMON & GINGER	

OTHERS

HOT CHOCOLATE	3.20
MATCHA LATTE	3.20
TURMERIC LATTE	3.20
CHAI LATTE	3.20

Our unhomogenised milk is from Estate Dairy's small herd of 120 Guernsey Cows from Cheshire.

Our teas are carefully sourced by independent suppliers who deal directly with small farmers.

JUICE BAR

JUICES

AN APPLE A DAY

apple, carrot, lemon, passion fruit, ginger

RISE & SHINE

apple, lemon, ginger, sweet potato, maca

SUPER GREEN DETOX

spinach, cucumber, ginger, lemon, celery

SWEET GREEN

cucumber, celery, carrot, beetroot, spinach

BERRY BOOST

blueberries, orange juice, beetroot, mango, activated charcoal

BRAVO AVO

avocado, spinach, cucumber, apple & a hint of lemon

SMOOTHIES

RAISE YOUR MOOD

banana, almond milk, cinnamon, nutmeg, vanilla essence, cacao powder & nibs

NUT BOOSTER

Pip & Nut peanut butter, Plenish almond milk, bananas, oats & dates

SHOTS

WAKE UP!

lemon, ginger

TONIC

pineapple, turmeric, ginger, lemon



BREAKFAST

BARBICAN

TOASTED JONES' CRUMPETS

WITH

jam & British butter V
one 3.⁰⁰ two 5.⁰⁰

Pip & Nut
peanut butter & banana V DF
one 3.⁰⁰ two 5.⁰⁰

SOURDOUGH TOASTIES

with our 3 cheese mix of Keen's
cheddar, mozzarella & provolone
on Bread Ahead sourdough

WITH

portobello mushrooms V 6.⁵⁰
Devon Rose ham 6.⁵⁰

SMASHED AVOCADO

on sourdough toast 4.⁵⁰

ADD

whipped feta & harissa 2.⁰⁰
Spanish chorizo 3.⁰⁰
Fenton Farm poached egg 1.⁰⁰

BREAKFAST BUNS

WITH

outdoor reared bacon 4.⁵⁰
outdoor reared sausage patty 4.⁵⁰
Fenton Farm egg & avocado V DF 4.⁵⁰

ADD

avocado 1.⁵⁰ Emmental cheese 1.⁰⁰
bacon 1.⁵⁰ egg 1.⁰⁰ sausage patty 1.⁵⁰

HARICOT SPICED BEANS

WITH POACHED EGGS

WITH

Spanish chorizo GF DF 8.⁰⁰
spinach V GF DF 7.⁵⁰
avocado V GF DF 7.⁵⁰

HARICOT SPICED BEANS

with roast sweet potato
V GF VG DF 5.⁵⁰

EGGS BENEDICT

with Devon Rose ham
one 5.⁰⁰ two 9.⁰⁰

EGGS ROYALE

with Scottish smoked salmon
one 6.⁰⁰ two 10.⁰⁰

EGGS FLORENTINE

with spinach V
one 5.⁰⁰ two 9.⁰⁰

all with Fenton Farm eggs
on toasted Jones' crumpets

SMOKED SALMON BAGEL

Lambton & Jackson smoked
salmon & cream cheese 4.⁵⁰

CHOOSE YOUR GRAIN

3.⁵⁰

PORRIDGE

organic Scottish oats V VG

HOMEMADE GRANOLA

nuts, quinoa, dates &
cinnamon V VG GF

BIRCHER MUESLI

flaked almonds, rolled oats,
sultanas & hazelnuts V VG

CHOOSE YOUR MILK

Estate Dairy milk

almond milk DF

oat milk DF

Greek yoghurt

CHOOSE YOUR TOPPING

0.⁵⁰ EACH

seasonal fruit

cacao nibs

matcha powder

turmeric powder

Wild Hives London honey

goji berries

almond flakes

V : vegetarian

VG : vegan

GF : gluten free

DF : dairy free