



# COFFEE <sup>A<sub>N</sub>D</sup> 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

VICTORIA

## 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

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