

ETHOS

DELICIOUSLY DIFFERENT

BREAKFAST

POACHED EGGS (DF)

5.5

Two free range poached eggs & avocado on toast. Gluten free toast available upon request

SCRAMBLED EGGS

5.25

Completely dairy free - Choice of:

1. *Sweet potato & onion crackling, avocado (DF)*
2. *Crumbled feta, coriander & pumpkin seeds (GF)*

Add toast or gluten free toast 1

KALE & SWEET POTATO BREAKFAST HASH (VE, GF)

7.5

Sautéed in coconut oil with organic scrambled tofu, turmeric & spices

PANCAKES (GF)

5.5

Light & fluffy pancakes.

Your choice of toppings:

1. *Blueberry & Greek yoghurt (SF)*
2. *Banana, chocolate chip & walnut*

Pancakes take min 8-10 minutes

OMELETTES (GF, DF)

6

1. *Sun-dried tomato, avocado & Cheddar*
2. *Truffle, spinach, mushroom*

Egg white omelette on request + 1

PORRIDGE (GF, VE, I)

4.75



Creamy gluten free oats made with almond milk. Your choice of:

1. *Raspberry, maple & almond (SF)*
2. *Banana, chocolate chip & walnut*

ON THE SIDE 2

Avocado, mushroom, poached egg

AVOCADO TOAST

3.90

Gluten free toast available

GF: Gluten Free VE: Vegan DF: Dairy Free SF: Refined Sugar Free

All our eggs are free range – The above prices are inclusive of VAT – Dishes may contain traces of nuts and flour
Please let us know if you have any allergies or require information on ingredients.

All items may contain ingredients not listed on the descriptions.

COLD SELECTION

Granola w. Greek (or soy + 0.5) yoghurt & berry compote (GF, SF, VE option) 3 / 4.5

Egg & spinach protein pots (GF) 3

SUPERFOOD SMOOTHIES

“Detox” superfood green smoothie 4.9

Spinach, kale, apple, pineapple, lemon, ginger, spirulina, chlorella, wheatgrass, barleygrass

“Energy” superfood berry smoothie 4.9

Strawberry, spinach, banana, raspberry, blueberry, blackcurrant, guarana, maca, flax, cacao

“Defense” superfood tropical smoothie 4.9

Pineapple, mango, papaya, banana ginger, goji, baobab, flax, sunflower & pumpkin seeds

JUICES

COLD PRESSED

from Daily Dose

“OJ” 4.9

100% orange

“Dulce Verde” 4.9

Kale, Cucumber, Apple, Lime, Mint

“O’fresco” 4.9

Carrot, Apple, Tumeric, Ginger, Lemon

“Rouge” 4.9

Beetroot, Apple, Lemon, Ginger

“Ananas” 4.9

Pineapple, Cucumber, Mint

COFFEE

From 2.2

Flat white : Latte : Cappuccino

Espresso : Americano : Macchiato

Matcha latte 3

Bullet proof coffee 3.9

Real hot chocolate 3.5

Chai latte 3.5

Milks: regular dairy, skim, almond (50p), coconut (50p), soy (40p)

TEA

English breakfast 2

Earl grey 2

Fresh mint 2.8

STRAWBERRY, GLUTEN-FREE OAT SMOOTHIE

Almond Milk, Gluten-Free Quaker Oats, Almond Butter, Vanilla & Fresh Strawberries



POSITIVI-TEA

All @ 2.50

Root - hibiscus, strawberry &

cinnamon

Throat - peppermint , cornflowers & sage

Solar Plexus - yerba mate , lemongrass & fennel

Heart- Chinese jasmine green tea & rose

Crown - honeybush , rooibos & chamomile