

ETHOS
WEEKDAY BREAKFAST



- Vegan Classics -

SCRAMBLED TOFU 6.5

Scrambled Tofu, sweet smoked red peppers on toast

SMASHED AVOCADO TOAST 5.5

Gluten-free available on request



SMOKED SEITAN SAUSAGES 8.5

Served with spicy mango and tomato chutney GF

KALE AND SWEET POTATO HASH 7.5

Sautéed in coconut oil, scrambled organic tofu, turmeric and spices GF

TOFU STEAK 7.5

Marinated grilled tofu, roasted tomato on toast GF

On The Side All 2

.Spinach .Mushrooms. Avocado .Homemade. Beans

- Eggs -

SHAKSHUKA 7.5

Poached in chili tomato sauce, served with black pitta GF

POACHED, AVOCADO, SEITAN BACON 6.5

Poached egg on toast, served with smashed avocado, Crispy seitan bacon. GF toast available on request

POACHED, AVOCADO, SESAME, SALSA 5.5

Half an avocado, topped with poached egg, salsa GF

SCRAMBLED AVOCADO 6.25

Free range eggs served with sliced avocado, sweet potato and onion crackling

SCRAMBLED FETA 5.95

Free range eggs served with crumbled feta, coriander and pumpkin crackling

SCRAMBLED PLAIN 5

Free range eggs, served on toast



PROTEIN POT

Free range boiled eggs, Spinach, Cherry tomato GF

Colourful Coffee All 3.5

Macha Latte
Turmeric Latte
Beetroot Latte

PANCAKES 7

Light & fluffy Vegan and Gluten Free pancakes with your choice of toppings:

- . Blueberry, Coconut yoghurt*
- . Banana, Walnuts, Raspberry*
- . Mango, Strawberry, Almond*

Extra Topping All 1.5

*.Coconut Flakes .Dried Apricots
.Chocolate Chips .Cranberry .Walnuts .Banana*

- Buckwheat Crepe -

CREPE, TOFU AND TOMATO SALSA 7

Scrambled tofu, cherry tomato salsa, toasted crepe VE, GF

CREPE, MISO AUBERGINE, AVOCADO MOZZARELLA 7

Juicy chunks of auberge, avocado, creamy mozzarella GF

- Oats & Grains -

GRANOLA & YOGHURT 5.5

Toasted buckwheat granola, served with coconut yoghurt and berry compote VE, GF

JUMBO OATS GRANOLA 5

Roasted buckwheat granola, served with coconut yoghurt, berry compote VE, GF

1 PORRIDGE 6

Porridge oats served with banana, chocolate chip, walnuts VE, GF

2 PORRIDGE 6

Porridge oats served with raspberry, almond flakes VE, GF

Bakery 1.5

. Seeded Loaf. Wholemeal. Sourdough. Bagel. Pitta Bread