

ETHOS

DELICIOUSLY DIFFERENT

Breakfast

Monday - Friday 8am - 11am

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 on toast with mango and tomato chutney **GF**

KALE AND SWEET POTATO HASH 7.5

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

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 avocado, Crispy seitan bacon

POACHED, AVOCADO, SESAME, SALSA 5.5

Half an avocado, topped with poached egg, salsa **GF**

TRUFFLE OMELETTE 6.75

Filled with spinach, mushrooms and white truffle

CHERRY TOMATO OMELETTE 6.50

Filled with truffle, spinach and mushrooms

SCRAMBLED w. AVOCADO 6.25

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

SCRAMBLED w. FETA 5.95

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

SCRAMBLED 5

Free range eggs, served on toast

PROTEIN POT 4

Free range boiled eggs, spinach, cherry tomato **GF**

BAKERY

Seeded loaf, wholemeal, sourdough, bagel, pitta bread
Gluten free toast available upon request.

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

SWEET 2

Coconut flakes, dried apricots chocolate chips, cranberries, walnuts, banana.

BUCKWHEAT CREPES

TOFU AND TOMATO SALSA 7

Scrambled tofu, cherry tomato salsa, toasted crepe **GF V**

MISO AUBERGINE, AVOCADO MOZZARELLA 7

Juicy chunks of aubergine, avocado, creamy mozzarella, toasted crepe **GF**

OATS & GRAINS

GRANOLA & YOGHURT 5.5

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

JUMBO OATS GRANOLA 5

Roasted oat granola, served with coconut yoghurt, berry compote **GF V**

BANANA PORRIDGE 6

Porridge oats served with banana, chocolate chip, walnuts **GF V**

RASPBERRY PORRIDGE 6

Porridge oats served with raspberry, almond flakes **GF V**

ON THE SIDE

SAVOURY 2

Spinach, Mushrooms, Avocado, homemade baked beans, egg poached or fried

COLOURFUL COFFEE

Matcha latte, Turmeric latte, Betroot latte

GF Gluten free **V** Vegan **NF** Nut Free