

BRUNCH

BLEND & GRIND

EXCLUSIVELY AT MID-LEVELS

COFFEE | BRUNCH | COCKTAILS

SMOOTHIE BOWLS

- BG AÇAÍ BOWL 巴西莓果碗 \$115** 🍃
açai, yogurt, banana, mixed berries, granola, honey, chia seeds, coconut flakes
(V alternative available)
- GREEN POWER BOWL 牛油果果碗 \$100** 🍃
avocado, matcha powder, coconut milk, banana, honey, granola, coconut flakes, pineapple, blueberries, apple
(V alternative available)

CIABATTA TOASTIES

- HAM & CHEESE TOASTIE \$85**
火腿芝士多士
ham, mozzarella, cheddar
- PESTO SUNRISE TOASTIE \$85** 🍃
香蒜青醬番茄乾多士
sun-dried tomato, pesto, cheddar
- MEAT LOVERS TOASTIE \$85**
無肉不歡多士
chorizo, ham, bacon, cheddar, chipotle sauce
- BACON & EGG TOASTIE \$85**
煙肉三色芝士蛋多士
bacon, triple cheese, eggs, hollandaise sauce

SANDWICHES

- EGGS WITH SOURDOUGH 自選蛋配酸種麵包 \$60** 🍃
two eggs any style, olive & thyme sourdough
- BG GRILLED BACON & EGG BAOS 煙肉蛋包 \$60**
bacon, scrambled eggs, chipotle sauce, grilled bao
- SMOKED SALMON BAGEL 煙三文魚貝果 \$100**
smoked salmon, cream cheese, red onion, capers, New-York-style bagel
- BREAKFAST BAGEL 早餐貝果 \$100**
spicy merguez sausage, bacon, scrambled eggs, cream cheese, chipotle sauce, New-York-style bagel
- BG B&G AVOSMASH 招牌牛油果多士 \$115**
smashed avocado, feta, sun-dried tomato, pumpkin seeds, lemon drizzle, olive & thyme sourdough
(V Alternative Available)
- POMSMASH 招牌牛油果多士 \$100**
pomegranate, smashed avocado, feta, olive & thyme sourdough
(V Alternative Available)
- SMOKED SALMON SLIDERS 煙三文魚多士 \$115**
smoked salmon, smashed avocado, red onion, lemon, olive & thyme sourdough

SIDES

- +\$15 EACH** feta, sauteed spinach, half avocado, smoked streaky bacon, eggs
- +\$25 EACH** smoked salmon, beef & lamb sausage, grilled halloumi, truffle pork sausages

UNIQUE BITES

- BG CHIPOTLE & YUZU EGGS BENEDICT \$128** 🍃
柚子班尼迪克蛋
poached eggs, bacon, smashed avocado, chipotle & yuzu hollandaise sauce, olive & thyme sourdough
- STEAK SANDWICH \$168**
烤肉眼三文治
grilled ribeye, bacon, fried egg, cheddar, lettuce, red onion, tomato, balsamic, olive & thyme sourdough
- WALDORF CHICKEN & AVOCADO SALAD \$130**
燒雞華多夫沙律
grilled chicken breast, avocado, boiled egg, apple, celery, raisin, walnut, mixed greens, waldorf dressing

PASTRIES (All our pastries are HOMEMADE!)

- CHOCOLATE BROWNIE 朱古力布朗尼 \$55**
- BANANA & WALNUT BREAD 香蕉麵包 \$35**
- BG PORK SAUSAGE ROLL 酥皮香腸捲 \$55**
- RAISIN SCONE 葡萄乾司康餅 \$35**
- BANANA & CHOCOLATE MUFFIN 香蕉朱古力鬆餅 \$35**
- BLUEBERRY MUFFIN 藍莓鬆餅 \$35**

BG Must try! 🍃 Vegetarian (V) Vegan 🍃 Spicy

Subject to 10% service charge

blendgrindhk

MID-LEVELS 1 Princes Terrace

STARSTREET 1 Sun St

KENNEDY TOWN 20 Catchick St

DRINKS

BLEND & GRIND

COFFEE | BRUNCH | COCKTAILS

COFFEE

	REG	I	LRG
ESPRESSO	\$30		
LONG BLACK	\$30		\$32
PICCOLO	\$38		
CORTADO	\$38		
MACCHIATO	\$38		
FLAT WHITE	\$42		\$49
LATTE	\$42		\$49
CAPPUCCINO	\$42		\$49
MOCHA	\$42		\$49
DIRTY	\$44		

Change to Soy/Almond/Oat/Coconut Milk +\$3

Ice +\$5 Extra Shot +\$10 Extra Milk +\$2

*All standard drinks are double shot

TEA & OTHERS

	REG	I	LRG
MATCHA LATTE	\$42		\$49
TURMERIC LATTE	\$42		\$49
BELGIUM CHOCOLATE	\$42		\$49
PEPPERMINT	\$38		
EARL GREY	\$38		
ENGLISH BREAKFAST	\$38		
GREEN TEA	\$38		
LEMON GINGER	\$38		

OUR SIGNATURES - YOU MUST TRY!

SMOOTHIES

POWER UP \$65

mango, pineapple, banana, coconut water

BERRYBOMB \$65

strawberry, blueberry, raspberry, banana, coconut milk, coconut water
+ vanilla plant-based protein \$15 🍌

RECOVERY \$65 🍌

chocolate plant-based protein, banana, chia seeds, coconut water

MUSCLE BERRY \$70 🍌

strawberries, strawberry plant-based protein, greek yogurt, chia seeds, oats, almond milk

GREEN MACHINE \$70

avocado, spinach, banana, mango, ginger, almond milk

TROPIKALE \$70

mango, pineapple, kale, apple

BREKKIE-TO-GO \$65

banana, oats, greek yogurt, almond milk, topped with granola

SPICY SUNRISE \$70

orange, passionfruit, mango, cayenne pepper, tumeric, honey

🍌 25g Protein

INFUSIONS

ANTI-INFLAM \$50

turmeric, lime, ginger, soda water

REFRESHER \$50

cucumber, lime, basil, soda water

CITRUS \$50

yuzu, lime, soda water

WATER

SPARKLING/ STILL \$30

JUICES

ANTIDOTE \$65

kale, lemon, apple, cucumber, coconut water

HORSING AROUND \$60

carrot, apple, ginger

FRESH ORANGE/APPLE JUICE \$45

Subject to 10% service charge

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📍 STARSTREET 1 Sun St

📍 KENNEDY TOWN 20 Catchick St