



BREAKFAST

8.00 - 11.30

Après
FOOD CO.

All our dishes are freshly prepared to order and each are served as soon as they are ready; please bare with us during our busy periods.

Drinks

Après Shot 2.5 **V V DF GF**
cold-pressed apple, celery, cucumber & ginger

Cold-Pressed Juice 6 **V V DF GF**
20 assorted vegetables & fruit

Smoothie 5.5 **V V DF GF**
(has a base blend of gluten free oats, sunflower, pumpkin and flaxseeds, coconut oil, pinch of pink Himalayan salt, a squeeze of lime juice and made with organic Rude Health oat milk)



Cereals & Grains

Pancakes 6.5 **V DF GF**
our American style pancakes and blossom, made with Rude Health oat milk

top with three rashers free range smoked streaky bacon & blossom **or** two free range pork sausages & blossom 4.5 **DF GF**
or L&J smoked salmon, natural yoghurt & poached egg 5.5 **GF**

Creamy Porridge and Blossom 4 **V V DF GF**
made with gluten free oats and organic Rude Health oat milk

Homemade Maple Roasted Granola 6.5 **V V DF GF N**
with chilled organic Rude Health oat milk

All can be topped with...

Homemade vanilla scented blueberry compote, natural probiotic yoghurt*, toasted mixed nuts, sunflower & pumpkin seeds with a drizzle of blossom 4 **V N GF**

Caramelised seasonal British apples, cinnamon, natural yoghurt & maple toasted pecans 4 **V N GF**

Dominican Republic 67% chocolate & toasted hazelnut melting sauce, natural probiotic yoghurt* & drizzle blossom 4 **V N GF**

Salted caramel sauce & toasted mixed nuts 3 **V N GF**

*replace natural probiotic with coconut yoghurt + .50 **V V DF GF**

Breakfast Bruchetta

A slice of our homemade toast, dressed rocket & watercress; topped with:

dressed avocado, fresh coriander, fresh chilli & drizzled with our chilli & garlic infused extra virgin olive oil 4.95 **V V DF GF**
+ poached egg 1.5

two softly poached eggs, fresh chilli & drizzled with our chilli & garlic infused extra virgin olive oil 5 **V DF GF**

Breakfast Rolls

Free range smoked streaky bacon & blossom 6.5 **GF**

Two free range pork sausages 6 **GF**

Two softly poached eggs 5 **V GF**

Extras **GF**

Dressed Avocado 3

Free Range Pork Sausage 2.5

2 Rashers Free Range Streaky Bacon 3.5

Lambton & Jackson Smoked Salmon 4.5

Homemade Tomato Ketchup .50

Poached Egg 1.5

Après Hash 3

Slow Roast Tomatoes 2

2 Slices of our Homemade Toast with Butter 2.5

Portobello Mushrooms 2.5

Après Baked Beans 2.5

Cooked Breakfasts

Après Hash 10.5 **V DF GF**
(sweet potato, caramelised onion & spinach) - with a softly poached egg & dressed rocket & watercress

or with dressed avocado, rocket & watercress 10.5 **V V DF GF**

Après Eggs 10.5 **V GF**

rich tomato, onion, red pepper & spinach sauce, cooked "forever", fresh coriander, lemon juice & a pinch of cayenne pepper with dressed rocket & watercress & a slice of our home-made toast topped with a softly poached egg, feta cheese, natural probiotic yoghurt

or topped with avocado & coconut yoghurt **V V DF GF**

Lambton & Jackson Smoked Salmon or Free Range Blossom Bacon 12.5 **DF GF**

with avocado & a softly poached egg on our toast with fresh chilli, rocket & watercress dressed with our chilli & garlic infused extra virgin olive oil

The Après Vegetarian or Vegan Cooked Breakfast 14.95 **V GF**

Après hash, Après baked beans, a softly poached egg, roasted portobello mushrooms, slow roast tomatoes, avocado, wilted spinach, dressed rocket & watercress garnish & a slice of our homemade toast
- not including spinach and hash 11.95

The Après Cooked Breakfast 14.95 **GF**

Après hash, Après baked beans, a softly poached egg, roasted portobello mushrooms, slow roast tomatoes, free range smoked streaky bacon & blossom, free range pork sausage, dressed rocket & watercress garnish & a slice of our homemade toast
- not including our blossom bacon and hash 11.95

A word about food allergies and intolerances: we are unable to guarantee the absence of nuts and other allergens in our dishes, so please speak to our staff about the ingredients in your meal when ordering.

A discretionary 12.5% service charge will be added to your bill

Vvegan **V**vegetarian **DF**dairy free **N**contains nuts **GF**gluten free

OUR MISSION AND OUR SUPPLIERS



Nothing about what we do and what we stand for is conventional. Our goal has always been to create something that will stick. Forever. Something that is essential understanding for us all. Our goal is to create a catalyst for conversation and to inspire people to evaluate their lifestyle and what and how they eat, understanding the impact this has on their body and life.

We are sharing knowledge about how our bodies function, using the science-based, holistic, patient-centred approach of functional nutrition, paired with years of experience in the kitchen. We want to dispel the common myths around food to help understand how our bodies behave and why, so that we can make educated decisions for ourselves. A lot of people still don't understand the power of the food they are eating.

We think it's more important than ever for us all to be accountable. Accountable for the health of our body and for the health of our planet. As you can see from the lovely suppliers we've partnered

with and the packaging we use - all of which is plant based, without the use of plastics.

Faced with fundamentally broken food and health systems, often distorted by profit and political gain, systems living off of our ignorance, but... we can no longer be ignorant. We cannot change what we don't know. So Catherine (a chef and accredited nutritional therapist in functional nutritional medicine) and Danny came together to show you what you may not know. And once you know... what will you do? How will you adapt?

We believe that health starts with the food you eat; our menu is packed full of delicious recipes using natural and nutrient-rich ingredients that taste amazing and leave you feeling good. This is food you want to eat, and the twist is it's actually truly health-giving too!

Our revolution overturns the conventional idea of healthy food and healthy eating... we will show you how.



The Butchers Block supply all of our meat. They are a traditional catering Butchers and proud members of the sustainable restaurant association, demonstrating this commitment to sourcing fairly reared and sustainable produce. This helps to protect the environment and gives back to our local and wider community. All their produce comes from small family run farms across the UK who rear their livestock traditionally.

They supply our free-range fully traceable meat, from happy animals, fed on grain, grass and hay which don't contain additives, steroids or GM ingredients.



We work with Natoora who supply all of our fruit and vegetables, many of our cheeses, The Estate Dairy milk and cream, charcuterie & our Cornish St.Ewe free-range eggs. Natoora work with small scale farmers who choose to grow organically despite the fact that they are not certified as such.

Natoora source radically seasonal produce that highlights the true cost of farming; protects the land from soil depletion and favours sustainable, nutritionally dense crops with revolutionary flavour.



Infinity Foods are one of the UK's leading national and international distributors of high quality, organic, biodynamic, fairtrade and natural products. They supply all of our dry goods.