



Breakfast Menu

Monday - Friday

8am - 11am

Après Shot - Organic Cold-Pressed apple, celery, cucumber & ginger 2.5

Organic Cold-Pressed Juice - jam packed with over 30 organic vegetables & fruits 6

Smoothies: Raw Chocolate & Almond or Raspberry & Coconut or Blueberry & Banana 5.5

(All have a base blend of organic gluten free oats, organic sunflower, pumpkin & flaxseeds, organic coconut oil, pinch of pink Himalayan salt, a squeeze of organic lime juice and are made with chilled Rude Health organic coconut milk)

No bread breakfast pots

1. Dressed avocado, fresh coriander, fresh chilli, softly poached egg, rocket & watercress, drizzled with our chilli & garlic infused organic extra virgin olive oil 5.5
2. Slow roast organic tomatoes, homemade organic baked beans, poached egg, rocket & watercress 5.5
3. Lambton & Jackson smoked salmon, softly poached egg, fresh chilli, rocket & watercress, drizzled with our chilli & garlic infused organic extra virgin olive oil 5.5
4. Rare Breed sausage, Après organic baked beans, softly poached egg, dressed rocket & watercress 5.5

Crunchy Maple-Roasted Granola contains over 25 amazing organic ingredients including toasted mixed organic nuts, toasted organic sunflower & pumpkin seeds, soaked organic fruits, with chilled Rude Health organic oat milk 6.5

top with homemade organic vanilla scented blueberry compote & natural probiotic yoghurt 2.5

top with organic Dominican Republic 67% dark chocolate drops & a drizzle of organic blossom 1.5

Creamy Porridge made with organic gluten free oats & Rude Health organic oat milk

top with blossom 4

top with homemade organic vanilla scented blueberry compote, natural probiotic yoghurt, toasted mixed organic nuts, toasted organic sunflower & pumpkin seeds with a drizzle of organic blossom 2.5

top with organic Dominican Republic 67% dark chocolate drops & toasted mixed organic nuts, & a drizzle of organic blossom 1.5

Breakfast Rolls Rare Breed smoked streaky bacon & organic blossom 6.5 **or** 2 Rare Breed pork sausages 6 **or** 2 softly poached eggs 5

Breakfast Bruschetta a slice of our homemade toast, dressed rocket & watercress, top with:

1. Dressed avocado, fresh coriander, fresh chilli & drizzled with our chilli & garlic infused organic extra virgin olive oil 4.75
2. 2 softly poached eggs, fresh chilli & drizzled with our chilli & garlic infused organic extra virgin olive oil 5
3. Wilted spinach with a softly poached egg 5.5
4. Homemade pesto, dressed avocado, softly poached egg & fresh chilli 7.5

An optional 12.5% service charge will be added to your bill

We are sorry but we are unable to guarantee the absence of nuts and other allergens in our dishes, so please do advise or talk to us if you have any particular dietary requirements

Aprés Hash (organic sweet potato, caramelised organic red onion & organic rainbow chard / spinach) with a softly poached egg & dressed salad garnish 9.5

Aprés Eggs Rich organic tomato, onion, pepper & cavolo nero sauce, cooked “forever”, topped with a softly poached egg, organic feta cheese, natural probiotic yoghurt, fresh coriander, organic lemon juice & a pinch of organic cayenne pepper with dressed rocket & watercress - with a slice of our warm home-made bread 8.95

Pancakes our American style pancakes, made with Rude Health organic oat milk:

top with homemade organic vanilla scented blueberry compote, natural probiotic yoghurt, toasted organic nuts, organic sunflower & pumpkin seeds & organic blossom 8.95

top with organic Dominican Republic 67% dark chocolate drops, natural probiotic yoghurt, toasted mixed organic nuts & a drizzle of organic blossom 8

top with 3 rashers Rare Breed Smoked streaky bacon & organic blossom 9.5 or
2 Rare Breed pork sausages & organic blossom 9.5

Lambton & Jackson Smoked Salmon avocado & softly poached egg on our toast with fresh chilli, rocket & watercress dressed with our chilli & garlic infused organic extra virgin olive oil 10.95

Vegetarian Cooked Breakfast Aprés organic baked beans, a softly poached egg, thyme roasted organic portobello mushrooms, slow-roast organic tomatoes, avocado, dressed rocket & watercress & a toasted slice of our homemade bread 9.95

The. Aprés. Vegetarian. Cooked. Breakfast. Aprés organic hash, Aprés organic baked beans, a softly poached egg, thyme roasted organic portobello mushrooms, slow-roast organic tomatoes, avocado, wilted spinach, dressed rocket & watercress & a toasted slice of our homemade bread 13.5

Cooked Breakfast Aprés organic baked beans, a softly poached egg, thyme roasted organic portobello mushrooms, slow-roast organic tomatoes & Rare Breed pork sausage, dressed rocket & watercress & a toasted slice of our homemade bread 10.95

The. Aprés. Cooked. Breakfast. Aprés organic hash, Aprés organic baked beans, a poached egg, thyme roasted organic portobello mushrooms, slow-roast organic tomatoes, Rare Breed smoked streaky bacon & organic blossom, Rare Breed pork sausage, dressed rocket & watercress & a toasted slice of our homemade bread 13.95

Sides

Rare Breed pork sausage 2.5

2 rashers Rare Breed smoked streaky bacon with organic blossom 3.5

Lambton & Jackson smoked salmon 4.5

Poached egg 1.5

Aprés organic hash 3

Aprés organic baked beans 1.5

Thyme roasted organic portobello mushrooms 2.5

Slow-roast organic tomatoes 2

Dressed avocado 3

Wilted spinach 2

2 slices of our toasted homemade bread & butter 2.5

Homemade vanilla scented blueberry compote 2

Aprés tomato ketchup 1

ALL HOMEMADE, COMPLETELY FREE FROM GLUTEN & REFINED SUGAR

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