

## Breakfast

*We use free-range eggs from Riverway's Farm in Twyford*

Seeded brown or sourdough toast, butter & spreads (VG)	3.5
Yoghurt, blueberries, granola, lavender honey (VG)	5
Fresh fruit bowl (VG, VE)	5.5
Rolled oat porridge, fresh berries, seeds, lavender honey (VG) <i>almond, soy or oat milk available</i>	5.5
<b>Eggs your way;</b> two eggs scrambled, poached or on the Plancha, sourdough toast <i>add smoked salmon, halloumi or chorizo</i>	5.5 3
<b>Full English;</b> double plancha egg, sausage, smoked dry cured bacon, grilled tomato, hash browns, mushrooms, toast	10.5
<b>Garden breakfast;</b> double plancha egg, halloumi, grilled tomato, mushrooms, slow cooked greens, avocado, toast (VG)	10.5

Smashed avocado, chilli, rye toast, two poached or plancha eggs (VG) <i>Add smoked salmon, halloumi or chorizo</i>	7.5 3 each
---	---------------

# Grind Coffee

*Roasted daily at Grind HQ in Shoreditch  
Available in whole, soy, almond & oat milks + 50p*

espresso 2.3 / cappuccino 3.3 / latte 3.3 / cortado 2.6 / flat white 3.3 / americano 2.6 /  
macchiato 2.3 / double espresso 3.2

## Teas

Turmeric Latte	3
Matcha Latte	3
<b>Lovely Morning</b> ; green tea, orange, lemon, guarana, grapefruit, marigold flowers	3
<b>Verbena Mint Rooibos</b> ; peppermint, cinnamon, Verbena	3
<b>Run for Løv</b> ; apple, hibiscus, rosehips, pomegranate, blackcurrant, goji berries	3
<b>Løv Earl Grey</b> ; green or black tea flavoured with bergamot	3
<b>Builders tea</b> ; (PG Tips)	2

*More Løv available*

## Cold-pressed Juices & Shots

*All of our cold-pressed juices, shots and milks are supplied bottled by P R ☺ S S London*

<b>Grove 3</b> ; orange, lemon, tangerine, grapefruit, turmeric, cayenne, black pepper	4.75
<b>Greenhouse 3</b> ; kale, spinach, celery, romaine, cucumber, ginger, lemon	4.75
<b>Berry Recovery</b> ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime	4.75
<b>Orange juice</b> ; freshly squeezed (but not by us)	3.95
<b>Detox shot</b> ; coconut water, lime juice, aloe vera, activated charcoal, milk thistle powder	3.5
<b>Immunity shot</b> ; orange, lemon, ginger, cayenne, garlic, oregano	3.5

## Protein Shakes

<b>Pump &amp; Grind</b> ; hemp protein, coconut water, banana, dates, cocoa nibs, nut butter, and a shot of Grind coffee	7.5
<b>Lean &amp; Green</b> ; avocado, kale, spinach, celery, romaine, cucumber, ginger and lemon <i>add chilli to make it a Lean &amp; Green Hot</i>	8
<b>31 Bee-Low</b> ; almond milk, banana, bee pollen, raw honey, dates, sesame seeds, cinnamon	7.5