

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
Eggs your way; two eggs scrambled, poached or on the Plancha & sourdough toast <i>add smoked salmon, halloumi or chorizo</i>	5.5 3 each
Full English; double plancha egg, sausage, smoked dry cured bacon, grilled tomato, hash brown, mushroom & toast	10.5
Garden breakfast; double plancha egg, halloumi, grilled tomato, mushroom, 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
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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
Løvely Morning ; green tea, orange, lemon, guarana, grapefruit, marigold flowers	3
Verbena Mint Rooibos ; peppermint, cinnamon, Verbena	3
Run for Løv ; apple, hibiscus, rosehips, pomegranate, blackcurrant, goji berries	3
Løv Earl Grey ; green or black tea flavoured with bergamot	3
Builders tea ; (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

Grove 3 ; orange, lemon, tangerine, grapefruit, turmeric, cayenne, black pepper (VE)	4.75
Greenhouse 3 ; kale, spinach, celery, romaine, cucumber, ginger, lemon (VE)	4.75
Berry Recovery ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (VE)	4.75
Orange juice ; freshly squeezed (but not by us) (VE)	3.95
Tumeric shot ; pineapple, tumeric, lemon, black pepper (VE)	3.5
Ginger shot ; orange, lemon, ginger, cayenne, garlic, oregano (VE)	3.5

Protein Shakes

Pump & Grind ; hemp protein, coconut water, banana, dates, cocoa nibs & a shot of grind coffee (VE)	7.5
Lean & Green ; avocado, kale, spinach, celery, romaine, cucumber, ginger & lemon (VE) <i>add chilli to make it a Lean & Green Hot</i>	8
31 Bee-Low ; almond milk, banana, bee pollen, raw honey, dates, cinnamon (N) (VG)	7.5