

## Breakfast

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

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| 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)<br><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<br><i>add smoked salmon, halloumi or chorizo</i> | 5.5<br>3 each |
| <b>Full English;</b> double plancha egg, sausage, smoked dry cured bacon,<br>grilled tomato, hash brown, mushroom & toast              | 10.5          |
| <b>Garden breakfast;</b> double plancha egg, halloumi, grilled tomato,<br>mushroom, slow cooked greens, avocado & toast (VG)           | 10.5          |

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

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| Turmeric Latte   | 4 |
| Matcha Latte   | 4 |
| <b>P&amp;T Julep Mint</b> ; chinese green tea, citrus peel, jasmine, green tea, liquorice root, peppermint, lemon myrtle                     | 3 |
| <b>P&amp;T Sweet Lullaby</b> ; lemon verbena, lime blossom, lemongrass, nettle leaves, chamomile, orange peel, lemon peel, rose petals, hops | 3 |
| <b>P&amp;T Cederberg Chai</b> ; rooibos, ginger, fennel, pepper, liquorice, bell pepper, cloves, allspice, coconut chips                     | 3 |
| <b>P&amp;T Pure Prana</b> ; lemongrass, ginger, liquorice root, citrus peel, peppermint, pepper  | 3 |
| <b>P&amp;T Mighty Green</b> ; japanese sencha green tea  | 3 |
| <b>P&amp;T Brave New Earl</b> ; black & green tea, juniper berries, tea flowers, bergamot, jasmine   | 3 |
| Builders tea; (PG Tips)  | 2 |

*All packaging and tea bags are made from 100% biodegradable materials.*

# Cold-pressed Juices & Shots

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

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| <b>Sweet Citrus</b> ; orange, lemon, tangerine, grapefruit, turmeric, cayenne black pepper (VE)                       | 5   |
| <b>Lean Green</b> ; kale, spinach, celery, romaine, cucumber, ginger, lemon (VE)                                      | 5   |
| <b>Super Berry Smoothie</b> ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (VE) | 5   |
| <b>Super Glow Smoothie</b> ; apple, banana, orange, avocado, lemon, ginger, turmeric, black & cayenne pepper (VE)     | 5   |
| <b>Orange juice</b> ; freshly squeezed (but not by us) (VE)   | 4   |
| <b>Ginger Super Shot</b> ; orange, lemon, ginger, cayenne, garlic, oregano (VE)                                       | 3.5 |

# Smoothies & Protein Shakes

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| <b>The Daily Grind</b> ; hemp protein, coconut water, banana, dates, cocoa nibs & a shot of Grind coffee (VE)   | 7.5 |
| <b>Lean &amp; Green</b> ; avocado, kale, spinach, celery, romaine, cucumber, ginger & lemon (VE)<br><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, cinnamon (N) (VG)  | 7.5 |