



SMOOTHIE BOWLS

GREEN CHAMPION (VG, GF) £6.45

Spinach | Mango | Avocado | Banana | Almond milk | Agave. Topped with Granola | Chia seeds | Coconut shavings

SUPER BERRY BOWL (VG, GF) £7.45

Strawberries | Blueberries | Raspberries | Blackberries | Agave | Almond milk | Superberry powder | Mango. Topped with Granola | Fresh Blueberries | Chia seeds

THE PROTEIN P & B (GF) £6.45

Peanut butter | Agave | Banana | Greek yogurt. Topped with Nutty Granola | Chia seeds | Pumpkin seeds

ONE WAY TO THE BAHAMAS (VG, GF) £6.45

Pineapple | Banana | Agave | Coconut milk | Mango | Passion fruit | Blueberries. Topped with Coconut shavings | Mint leaves

Add Whey Protein or Pea Protein (VG) to your Smoothie Bowl 1.50

GRECIAN YOGHURT

FRUIT & NUT (V, GF) £6.95

Greek Yogurt topped with Granola, mixed nuts & fruits & a drizzle of Agave

ALL NATURAL (V, GF) £6.95

Greek Yogurt with fresh mixed fruits & a drizzle of Honey

HANDMADE GRANOLA BOWLS

In this section all bowls are made out of our homemade Granola

IT'S BERRY NICE (V, GF) £6.95

Handmade Granola Bowl, topped with Greek Yogurt | Blackberries | Raspberries | Blueberries | Mixed seeds

P&B JELLY TIME (V, GF) £6.95

Handmade Granola Bowl, topped with Greek Yogurt | Peanut Butter | Banana | Chia seeds | Bakewell Cherry Jelly

CLUB TROPICANA (V, GF) £6.95

Handmade Granola Bowl, topped with Pineapple | Banana | Mango | Passion fruit | Blueberries | Coconut shavings | Mint leaves

ALLERGEN INFORMATION

Please speak to our staff about the ingredients in your food when making your order. We cannot guarantee no cross contamination.

HOW DO YOU LIKE YOUR EGGS?

(Scrambled + Toast or Omelette) * Please note, current restrictions do not allow 'with a hiss' option****

5 A DAY (V, GF) £6.45

A beautiful mix of sauteed Onions | Tomatoes | Kale | Spinach | Mushrooms. **Add Chicken 1.50 Add Cheese 1.00**

CHEESE TRIO (V, GF) £6.45

Cheddar | Halloumi | Paneer | Lime Leaf | Onions | Coriander. **Add Chicken 1.50**

THREE PIGS & A BIRD £6.95

Chorizo | Pork | Bacon | Chicken. **Add Cheese 1.00**

BUTTERED GARLIC MUSHROOMS £6.45

(V, GF) **Add Chicken 1.50. Add Cheese 1.00**

BRUNCH BUNS

THE CUBAN £7.95

Slow-cooked Pulled Pork | Ham | Pickles | Mustard. Served on toasted Ciabatta Bread

THE BIG BRUNCH £8.45

Burger Patty | Bacon | Fried Egg | Mushrooms | Homemade Spicy Ketchup | Onions

CHEESY POPEYE (V) £7.45

Sauteed Mushroom & Spinach | Cheddar | Halloumi | Paneer **Add Chicken 1.50**

FRITA CUBANO BURGER £8.45

Slow cooked Pulled Pork | Chorizo | Homemade Ketchup | Cheese | Spinach | Crispy Vermicelli

THAI PITTA POCKET (VG) £5.95

Courgette | Aubergine | Mushrooms | Onions & Peppers cooked in a Coconut, Sweet Chilli & Lime sauce with bright notes of Lemongrass Garlic & Ginger. **Add Chicken 1.50**

BREADS & EGGS

HOMEMADE BREAD (VG) £3.95

Served with chef's choice of dip

AVOCADO & BEETROOT HUMMUS £6.45

HOMEMADE TOAST (VG)

Add egg 1.50. Add Bacon 1.50

EGGS BENEDICT £6.45

Slow cooked Ham | Poached Egg | Hollandaise Sauce. Served on our homemade Toast, Wholegrain or White

EGGS FLORENTINE (V) £6.45

Buttered Spinach | Poached Egg | Hollandaise sauce. Served on our homemade Toast, Wholegrain or White

PERSIAN BREAKFAST BOARD (V) £7.95

Herby Flatbread | Feta Cheese | Mixed Nuts | Beetroot Hummus | Fruits | Jam | Herbal Tea



BRUNCH COCKTAILS

MIMOSA	£ 6 . 5
Fresh Smooth Orange Juice topped with Prosecco	
BREAKFAST MARTINI	£ 7 . 5
Gin, Cointreau, Lemon juice & Orange Marmalade	
BLOODY MARY	£ 7 . 5
Vodka, Lemon juice, Tomato juice, Pinch of Salt & Pepper with dashes of Tabasco & Worcester Sauce	
ESPRESSO MARTINI	£ 8
Vodka, Coffee Liqueur, Vanilla Syrup + Shot of Espresso	
DEAD MANS WAKEUP CALL	£ 8 . 5
Dead man's fingers coffee rum, Kahlua, Espresso, Vanilla syrup, Chocolate Aztec bitters, Giffard cacao, Chilli tincture	
PINK LADY	£ 8
Bombay Sapphire gin, Chambord, Lemon juice, Raspberries, Orgeat, Egg white, Peychaud's bitters	
CARE BEAR	£ 8
Rhubarb Gin, Aperol, Lemon, Honey Syrup & Pineapple juice	
SHERBET 75	£ 8
Sherbet orange gin, Aperol, Lemon juice, Orange bitters, topped with Prosecco	

HOT STUFF

ESPRESSO	£ 2 . 6
AMERICANO	£ 2 . 8
FLAT WHITE	£ 2 . 8
CAPPUCCINO	£ 2 . 8
CAFÉ LATTE	£ 2 . 8
MOCHA	£ 3 . 2
TEA	£ 2 . 4
POT OF TEA	£ 3
EARL GREY	£ 2 . 8
CHAI TEA LATTE	£ 2 . 8
GREEN TEA	£ 3
HOT CHOCOLATE	£ 3 . 2

SWEET STUFF

Add flavoured syrups to your hot beverages for just an extra 50p. Choose from Caramel, Vanilla, Gingerbread, Hazelnut & Butterscotch

SOFT DRINKS

J20 SPRITZ	£ 2 . 5
Selection available	
DECANTE STILL	£ 2 . 5
DECANTE SPARKLING	£ 2 . 5
SAN PELLIGRINO LEMON	£ 2 . 5
FRUIT JUICE	£ 1 . 3 / £ 2 . 5
Selection available	
PEPSI / DIET PEPSI	£ 1 . 5 / £ 2 . 5



SPARKLING

	Glass	Bottle
ROMEO PROSECCO	£ 5	£ 22 . 5
Intense and fruity with a rich scent of apple and grapefruit and just the right amount of sweetness.		
JULIET PROSECCO ROSÉ	£ 5	£ 22 . 5
Juliet is effervescent, with a fine and persistent sparkle. She is a delicate pink, reminiscent of peach blossom and rose.		

ALLERGEN INFORMATION

Please speak to our staff about the ingredients in your drink when making your order. We cannot guarantee no cross contamination.