



BREAKFAST & LIGHT BOWLS

BOWLS

Acai smoothie bowl Mixed berries, banana, avocado, house granola	£10.00
Demitasse granola [D] Greek yoghurt, seasonal fruits, homemade granola (Dairy-free yoghurt also available)	£10.50
Rice flake porridge Seasonal fruit compote, homemade granola, agave syrup, chia seeds	£9.00

ON TOAST [G] (May contain traces of: [N] [So] [E] [D] [P])

On white sourdough (gluten-free option available + £1.00)

Conserves or Nut butter [N] or Honey	£5.00
Avocado	£9.50
Avocado and poached egg [E] + Feta [D]	£11.50 £2.00
Egg and smoked salmon [E] [F] + Extra egg	£13.00 £2.00
Poached eggs, whipped feta, slow roast balsamic tomatoes [E] [D]	£13.00
Eggs Royale on English muffin Smoked salmon, creamy hollandaise sauce, & pumpkin seeds [E] [F] [D] [N]	£14.00

Our eggs are free-range and organic

FRENCH TOAST [G] (May contain traces of: [N] [So] [E] [D] [P])

Mixed berries, basil, maple syrup	£12.50
Cardamom roasted apricot, cream cheese, pistachio [D] [N]	£12.50
Spiced banana, maple syrup	£12.50

PANCAKES [G] [D] [E]

Maple syrup, Nutella and berries, or Crème fraiche, syrup & berries [N] [D]	£11.50
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BAKED EGG SKILLET

Egg baked in our mildly spiced tomato & vegetable sauce, chermoula [E] + Whipped feta, Roast courgette, Halloumi or Avocado [D]	£13.00 £2.00
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LUNCH PLATES

12am - 4pm

LUNCH PLATES

Grilled octopus	£18.00
Grilled tender octopus, ratte potatoes, chorizo, lemon balm butter & capers [F] [D]	
Pan seared sea bass	£19.50
Crispy asparagus, ratte potatoes, beurre blanc, capers and garden peas [F] [D]	
Chicken tacos	£16.50
Barbacoa chicken, coriander, guacamole and sriracha	
Fish tacos	£16.50
Apricot & guacamole sauce, coriander, dill and chilli [F]	
Eli's turmeric tofu	£12.00
Harissa chickpeas, slow roast tomatoes, focaccia bread [G] (May contain traces of: [N] [So] [E] [D] [P])	

SANDWICHES

Artisan ciabatta [G] (May contain traces of: [N] [So] [E] [D] [P])

Smoked salmon, lemon cream cheese, cucumber [F] [D]	£12.00
Bresaola, parmesan, micro basil [D]	£10.00
Brie, caramelised onion, rocket [D]	£10.00
Chicken (H), avocado, watercress	£12.00

SALADS

Buddha bowl	£13.50
Turmeric, roasted cauliflower, avocado, chickpeas, radish, tahini [Se]	
+ Grilled chicken (H)	£3.00
+ Smoked salmon [F]	£4.00
Goat cheese salad	£13.00
Roasted pecans, beetroot, figs, pomegranate molasses, mixed salad [D] [N]	
Butternut squash salad	£11.50
Roasted butternut, baby spinach, feta cheese, pomegranate seeds, roasted pumpkin seeds, pomegranate molasses [D]	

(H) = Halal

ALLERGENS

[N] Nuts, [Ce] Celery, [G] Gluten, [Cr] Crustaceans, [E] Eggs, [F] Fish, [L] Lupin, [D] Dairy, [Mo] Molluscs, [Mu] Mustard, [P] Peanuts, [Se] Sesame seeds, [So] Soya, [Su] Sulphites,



*For those with allergies, intolerances, and special dietary requirements
please ask a member of the Management Team.
A discretionary service charge of 12.5% will be added to your bill.*

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