

FOOD

EATS

Eggs Your Way	Breakfast Bun	H'Avo Good One	Breakfast Taco	Green Omelette
Scrambled, Baked or Poached on Sourdough Served with either House Made Harissa Ketchup or Brown Sauce. On Sourdough or GF Bread. <i>Contains: Eggs, Gluten, Sulphites (or GF with GF Bread)</i>	Stone Ground Bun, Green Leaf, Lamb Sausage, Baked Egg, House Made Brown Sauce <i>Contains: Dairy, Eggs, Gluten, Sulphites</i>	Smashed Avocado, Black Olives, Red Harissa, Matcha Pistachio Dukkah. On Sourdough or GF Bread <i>Contains: Nuts, Sesame, Sulphites. Sourdough contains Gluten</i>	Two Blue Corn Tacos, Spinach, Corn Jalapeño Salsa, Avocado, Scrambled Egg <i>Contains: Eggs, Sulphites</i>	Herby (Chives, Parsley & Spinach) Omelette With Feta, Cucumber, Fennel, Radish, Croutons <i>Contains: Dairy, Eggs, Gluten</i>
9.50 V	11.50	11.50 VE	11.50 V, GF	12.50 V

TAB Sando	Golden Turkish Eggs	Lox Brunch Salad Bowl	TGL Baked Eggs
Stone Ground Bun, Turkey, Avocado, Streaky Bacon, Lettuce, Harrisa Ketchup <i>Contains: Dairy, Eggs, Gluten, Sulphites</i>	Poached Eggs, Gold Amba Yoghurt, Chilli & Paprika Oil, Pistachio Dukkah, Carrot & Radish Salad. Served With Turmeric Pitta <i>Contains: Dairy, Eggs, Gluten, Mustard, Sesame, Soy, Sulphites, Treenuts</i>	Beetroot Yoghurt, Carrots, Quinoa, Spinach, Fennel, Courgettes, Cucumber Dressing, Avocado, Poached Egg, Smoked Salmon <i>Contains: Eggs, Fish, Mustard, Tree Nuts, Sesame, Soy, Sulphites</i>	Our Signature Dish. Baked Eggs, Kale, Spinach, Tenderstem Broccoli, Avocado, Lemon - Pesto, Vegan Parmesan <i>Contains: Eggs, Nuts, Sulphites</i>
13.50	12.50 V	13.50 GF	12.50 V, GF

TGL Eggs Bene	Wasabi Salmon Waffle	Frittata	Smoked Salmon Bagel	The Falawaffle
Spiced Sweet Potato Cake, 2 Poached Eggs, Spinach, Avocado Hollandaise <i>Contains: Eggs, Nuts, Sulphites</i>	Spinach Waffle, Smoked Salmon, Wasabi Cream Cheese, Poached Egg Topped with Coriander Furikake <i>Contains: Dairy, Eggs, Fish, Gluten, Mustard, Sesame</i>	Courgette & Egg Frittata, Feta, Black Olives, Lemon - Pesto <i>Contains: Eggs, Dairy, Sulphites</i>	Poppy Seed Bagel, Smoked Salmon, Wasabi Cream Cheese, Cucumber <i>Contains: Dairy, Fish, Gluten, Mustard, Sulphites</i>	A Falafel as a Waffle With Lemon & Ginger Hummus, Chopped Salad, Za'atar Croutons, Gold Amba Yoghurt <i>Contains: Dairy, Gluten, Mustard, Sesame, Soy, Sulphites</i>
11.50 V, GF	13.50	11.50 V, GF	12.00	10.75 V

Salsa Salmon	White Choc Malibu Pancakes	Elvis Pancakes	Açai Bowl	Yoghurt & Granola
Baked Salmon, Kale, Tomatoes, Jalapeño, Sweetcorn & Bean Salsa, Lime <i>Contains: Fish, Sulphites</i>	Pancakes, Peach & Ginger Compote, Tropical Granola & White Chocolate <i>Contains: Dairy, Gluten, Nuts, Sesame, Soy, Sulphites</i>	Pancakes, Almond Butter & Raspberry Chia Jam, topped with Crisp Banana <i>Contains: Gluten, Nuts, Soy, Sulphites</i>	100% Açai Blend. Topped with House-Made Tropical Granola, Kiwi & Strawberry Salad <i>Contains: Nuts, Sesame</i>	Coconut Yoghurt with Tropical Granola <i>Contains: Nuts, Sesame, Soy</i>
14.00 GF	11.50 V	11.50 VE	13.00 VE, GF Add Almond Butter 1.50 Add Peanut Butter 1.50	6.75 VE, GF

EXTRAS

POACHED EGG	1.50	AVOCADO	2.00
BAKED EGG	1.50	SOURDOUGH	1.50
SCRAMBLED EGGS	3.00	GLUTEN-FREE BREAD	1.50
LAMB SAUSAGE	3.00	TURMERIC PITTA	1.50
SMOKED SALMON	4.00	BAKED HALLOUMI	3.00
BACON	2.00		

NUTRITION BOWL

Asian	Mezze	Chef's Summer-Salad	Poké
Rice Noodles, Ginger Tenderstem Broccoli, Asian Cucumber, Seaweed Salad, Pickled Ginger, Umami Crumb, Miso & Yuzu. See below to add a Protein. <i>Contains: Gluten, Sesame, Soy, Sulphites</i>	Tabbouleh, Lemon & Ginger Hummus, Spiced Chickpeas, Red Pepper Labneh, Baba Ganoush, Olives, Pomegranate Tahini Dressing. See below to add a Protein. <i>Contains: Dairy, Gluten, Sesame, Sulphites</i>	Green Leaf, Mangal, Lemon-Pesto Tomato & Peach, Sweetcorn & Black Bean Salad, Fennel & Radish Salad, Mixed Green Beans, Cucumber Dressing. See below to add a Protein. <i>Contains: Mustard, Sulphites</i>	Coconut Rice, Ginger Tenderstem Broccoli, Edamame, Asian Cucumber, Kimchi, Spring Onions, Crispy Shallots, Thai Chilli Dressing. See below to add a Protein. <i>Contains: Sesame, Soy, Sulphites</i>
8.00 VE Go Large + 1.00	8.00 V Go Large + 1.00	8.00 VE, GF Go Large + 1.00	8.00 VE, GF Go Large + 1.00

BUILD YOUR OWN NUTRITION BOWL

REGULAR BOWL	LARGE BOWL	ADD EXTRA PROTEINS	
1 Whipped Base 1 Base 3 Fillers 2 Toppers 1 Dressing	1 Whipped Base 2 Bases 4 Fillers 2 Toppers 1 Dressing	Carrot & Coriander Falafel VE	2.50
7.00	8.00	Sweet Chilli & Lime Tempeh VE	2.50
		Fajita Chicken	3.00
		Seared Tuna	3.50
		Teriyaki Salmon	3.50
		Smoked Salmon	4.00

Whipped Bases	Bases	Fillers	Toppers	Dressings
Baba Ganoush Red Pepper Labneh Lemon & Ginger Hummus Whipped Feta	Green Leaf Quinoa & Spinach Tabbouleh Coconut Rice Rice Noodles	Mixed Green Beans Fennel & Radish Salad Ginger Tenderstem Broccoli Lemon - Pesto Tomato & Peach Sweetcorn & Black Beans Asian Cucumber Black Olives Spiced Chickpeas Tandoori Cauli Edamame Seaweed Salad Kimchi	Picked Red Onion Spring Onions Umami Crumb Crispy Shallots Coconut Bacon Spiced Pinenuts Za'atar Croutons Picked Ginger	Miso & Yuzu Red Harissa Cucumber Dressing Pomegranate Tahini Dressing Garlic & Chive Mayo Chipotle Dressing Thai Chilli Dressing Açai Dressing

TOASTED SANDWICHES

Tuna Avo Sandwich	Halloumi Tomato Sandwich
Quinoa Seeded Bread, Sliced Avocado, Plum Tomatoes, Pesto, Tuna & Red Onion. Served With Red Harrisa <i>Contains: Fish, Mustard, Soy, Sulphites</i>	Quinoa Seeded Bread, Grated Halloumi, Plum Tomatoes. Served With Lemon - Pesto <i>Contains: Dairy, Sulphites (V, GF)</i>
9.75 GF	9.75 V, GF

WRAPS

Mexican Chicken Wrap	Shawarma Mushroom Wrap
Tortilla Wrap, Chipotle Cream, Sweetcorn & Beans, Green Leaf, Fajita Chicken <i>Contains: Gluten, Sulphites</i>	Tortilla Wrap, Lemon & Ginger Hummus, Persian Shawarma Mushrooms, Picked Red Onions. <i>Contains: Gluten, Sulphites</i>
6.75	6.75 VE