

poached egg'pots

- with soy roasted seeds v
- roasted bacon rice & seeds
- little sausages rice & seeds
- smoked salmon & avo miso'spinach & seeds
- spinach & avo v seeds & ssamjang sauce
- spinach & seeds v rice, seeds & ssamjang sauce
- egg in miso soup v with spinach

	1 egg	2 eggs	3 eggs	4 eggs
	88 kcal 3.49	4.49	5.25	5.75
	205 kcal 4.95	5.95	6.70	7.20
	277 kcal 5.75	6.75	7.50	7.99
	208 kcal 6.45	7.45	8.20	8.70
	195 kcal 5.75	6.75	7.50	7.99
	198 kcal 4.75	5.75	6.50	7.00
	62 kcal 4.49	5.49	6.20	6.70

hearty porridge

- with agave v 206 kcal 4.19
- with fresh blueberries v raspberry purée 215 kcal 4.75
- with fresh blueberries & superseeds v raspberry purée 323 kcal 5.25

upgrade your pot add crispy chilli oil 97 kcal 0.50 add seasoned rice 87 kcal 0.20

new protein packed breakfast



served until 11am

iced drinks

- iced americano 2 kcal 3.70
- iced latte 72 kcal 4.25
- iced matcha latte 81 kcal 4.50
- iced vanilla matcha latte 137 kcal 4.90
- iced blueberry matcha latte 133 kcal 4.90
- iced salted caramel matcha latte 136 kcal 4.90



hot drinks

- espresso 2 kcal 2.65
- americano 2 kcal 3.40
- flat white 93 kcal 3.90
- cappuccino 119 kcal 3.90
- latte 119 kcal 3.90
- matcha latte 128 kcal 4.20
- vanilla matcha latte 184 kcal 4.60

flavoured syrups vanilla · blueberry · salted caramel 12 kcal 0.40
extra espresso shot 2 kcal 1.00

teas

- English breakfast · green · jasmine green · peppermint 3 kcal 1.99

[oat alternative also available]

extra egg 55 kcal
adults need around 2000 kcal a day