

Happiness

**HOMEMADE GF BUCKWHEAT GRANOLA SERVED WITH FRESH POACHED FRUITS,
COCONUT YOGURT AND FRESH BERRIES (VG.N.SU) 11**

Balance

**OVERNIGHT SPICED APPLE AND BEETROOT OATS SERVED WITH COCONUT MILK,
SLICED BANANA, POACHED SEASONAL FRUITS, HOMEMADE GF BUCKWHEAT
GRANOLA 11**
(VG.N)

Perseverance

**EGGS AS YOU LIKE SERVED ON SOURDOUGH OR GF BREAD WITH VINE CHERRY
TOMATOES (CE.G.GFO) 9**
+ VEGAN SAUSAGE 3.5
+ SMOKED SALMON 4.5
+ AVOCADO 3

Joy

**SMASHED AVOCADO WITH SUPERSEED MIX, MICROGREENS ON SOURDOUGH OR
GF BREAD (VG.G.GFO) 13**
+ EGGS AS YOU LIKE 3.5
+ SMOKED SALMON 4.5

Sweetness

**CHIA AND OAT WAFFLES WITH A HOMEMADE BERRY DATE CARAMEL SAUCE,
CRUSHED PISTACHIO, FRESH BERRIES AND SLICED BANANA (VG.SS.N) 13**
+ DATE BERRY CARAMEL 2.25
+ ALMOND BUTTER 2.25

ALLERGEN GUIDE:

CELERY-(C), GLUTEN-(G), MUSTARD-(M), NUTS-(N), PEANUTS-(PN), SESAME-(SS), SULPHATES-(SU),
SOYA-(SY), FISH-(CF), EGGS-(CE), VEGAN-(VG), GLUTEN FREE-(GF), GLUTEN FREE OPTION-(GFO),
NUT FREE OPTION-(NFO)

NOTE: PLEASE BE AWARE THAT OUR DISHES ARE PREPARED IN A KITCHEN WHERE ALLERGENS ARE
PRESENT THROUGHOUT. THEREFORE WE CANNOT GUARANTEE THAT ANY DISHES OR DRINKS WILL
BE FREE FROM TRACE INGREDIENTS. PLEASE LET YOUR SERVER KNOW IF YOU HAVE ANY ALLERGENS
OR INTOLERANCES.

Power

GF BLUE SPIRULINA BLUEBERRY PANCACKES SERVED WITH A BLUE COCONUT YOGURT AND MAPLE SYRUP 13
(VG.N)
+ EXTRA MAPLE SYRUP 2.25

Calm

YEOTOWN ROYALE WITH CHIA AND OAT ENGLISH MUFFIN, SMOKED SALMON (OR VGO: SEARED TOFU) POACHED EGG AND A VEGAN CASHEW HOLLANDAISE SAUCE (VGO.N.M.CE.CF) 15
+ AVOCADO 3

English Breakfast

EGGS AS YOU LIKE, VEGAN SAUSAGE, HOMEMADE BAKED BEANS, SAUTEED MUSHROOMS, SPINACH, POTATO, CHERRY TOMATOES WITH TOAST 16
(G.GFO.VGO.SY)

Extras

VEGAN SAUSAGE 3.5
SMOKED SALMON 4.5
POTATO ROTI 4
AVOCADO 3
EGGS AS YOU LIKE 3.5
BOWL OF MIXED FRUITS 5.5
HOMEMADE BEANS 3.5
SLICE TOAST 3
ALMOND BUTTER 2.25
HOMEMADE CHIA JAM 2.25