



THE
GARDEN

EST. 2014

BREAKFAST

TOAST	
BUTTER	2.
CHIA JAM CASHEW CREAM (v)(n)	4.
NUT BUTTER BANANA CHIA SEEDS (v)(n)	4.
CACAO SPREAD STRAWBERRIES (v)(n)	4.
AVOCADO SEEDS CHILLI (v)	5.
WILD MUSHROOMS GARLIC SAUERKRAUT	5.

BREAKFAST JAR (v) (gf) (n) oats avocado-banana-lime cacao chia pudding berry parfait granola	5.
GRANOLA BOWL (v) (gf) (n) coconut yoghurt granola nut butter fresh fruit	6.5.
CHIA-QUINOA PORRIDGE (v) (gf) (n) fresh fruit nut butter - or - granola maple	6.
ACAI BOWL (v) (gf) (n) acai fresh fruit nuts	6.
MATCHA PANCAKES (v) (gf) (n) berries cashew cream - or - banana cacao spread	8.
GOOD MORNING GREENS (v) sourdough grated tomato smashed avocado alfalfa sprouts basil oil	6.

SUPERGREEN OMELETTE (gf) broccoli spinach hijiki asparagus spirulina rocket alfalfa sprouts omega seeds mustard dressing	8.
EGGS FLORENTINE sourdough spinach eggs coconut-hollandaise	8.
HARISSA HASH (v option) sweet potato hash eggs or avocado (v) spinach harissa yogurt omega seeds sourdough	8.
PLANT POWER BREAKFAST (v) Turmeric tofu scramble kimchi avocado wild mushrooms vine tomatoes spinach homemade beans sweet potato hash sourdough	9.
THE GARDEN BREAKFAST 2 eggs spinach tomatoes sweet potato hash homemade beans wild mushrooms sourdough sauerkraut	8.

SIDES	
AVOCADO	2.
EGG	1.5
SWEET POTATO HASH	1.5
HALLOUMI	3.
SMOKED SALMON	3.
BACON	3.
SAUSAGE / VEGAN SAUSAGE	3.
BACON + SAUSAGE	3.
KIMCHI/SAUERKRAUT	3.
GLUTEN FREE TOAST AVAILABLE	



(v) vegan (gf) gluten free (n) contains nuts

ALLERGENS

Many of our dishes contain common allergens.

Please alert a member of staff if you have any allergies + we will assist you where possible.