



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.