Cooked Breakfasts

Health Garden Classic Breakfast (V)

.........................................................................................................................................................................................................................................................

£8

Two Free Range Poached Eggs, Asparagus, Herb Dehydrated Cherry Tomatoes, Sliced Avocado, Wilted Kale and Spinach with a Pumpkin Seed Oil and Ginger Dressing, served with Seeded Granary Toast

Wholemeal Granary Toast

Gluten Free Toast

High Protein Breakfast (V)

.........................................................................................................................................................................................................................................................

£9.50

3 Free Range Poached Eggs, Marinated Dehydrated Mushrooms, Herb Dehydrated Tomatoes, Asparagus, Sliced Avocado, Edamame Beans, Wilted Kale and Spinach with a Pumpkin Seed Oil and Ginger Dressing, served with Seeded Granary Toast

Wholemeal Granary Toast

Gluten Free Toast

Healthy Full English

.........................................................................................................................................................................................................................................................

£9.50

Two Free Range Poached Eggs, Chicken Sausages, Turkey Bacon, Healthy Beans, Dehydrated Mushrooms, Wilted Spinach served with Seeded Granary Toast and our Homemade Healthy Ketchup

Wholemeal Granary Toast

On Toast

Avocado on Toast (V)

.........................................................................................................................................................................................................................................................

£7

Sliced Avocado, Sliced Tomatoes, Cream Cheese, Basil and Omega Seed Mix served on Seeded Granary Toast

Poached Egg

.........................................................................................................................................................................................................................................................

£1.50

Smoked Salmon and Scrambled Egg on Toast

.........................................................................................................................................................................................................................................................

£7.50

Free Range Scrambled Eggs, Smoked Salmon, Spinach and Rocket, served on Seeded Granary Toast

Smoked Salmon, Cream Cheese and Avocado on Toast

.........................................................................................................................................................................................................................................................

£8.50

Smoked Salmon, Sliced Avocado, Cream Cheese and Dill, served on Seeded Granary Toast

Peanut Butter and Banana on Toast (V)(Vg)

.........................................................................................................................................................................................................................................................

£5

Peanut Butter, Sliced Banana, and Currants served on Seeded Granary Toast

Breakfast Favourites

Protein Pancake Stack (V)

.........................................................................................................................................................................................................................................................

£7.50

Whey Protein Pancakes, Banana, Cinnamon, Vanilla, Topped with Banana, Blueberries and Maple Syrup

Homemade Raw Buckwheat Granola (V)(Vg)

.........................................................................................................................................................................................................................................................

£7

Sprouted Buckwheat, Pumpkin Seeds, Sunflower Seeds, Goji Berries, Mulberries, Currants, Coconut Chips, Coconut Oil, Mixed Spice and Cinnamon, topped with Banana, Blueberries and your choice of Milk

Low-Carb High-Protein Chocolate Waffle (V)

.........................................................................................................................................................................................................................................................

£6.50

Whey Protein, Egg Whites, Cinnamon, Cacao Powder and Vanilla. Topped with Strawberries, Blueberries and Coconut Cream or Maple Syrup

Homemade 3 Grain Porridge (V)(Vg)

.........................................................................................................................................................................................................................................................

£6.50

White Quinoa, Amaranth and Flax Seed Porridge, topped with Cinnamon, Raw Honey or Maple Syrup, and your choice of Milk Chefs Suggestion: Add Nut Butter (High in Protein)

Omega Seed Mix

.........................................................................................................................................................................................................................................................

£1

Coconut

.........................................................................................................................................................................................................................................................

£1

Cacao Nibs

.........................................................................................................................................................................................................................................................

£1

Goji Berries

.........................................................................................................................................................................................................................................................

£1

Bee Pollen

.........................................................................................................................................................................................................................................................

£1.50