**THE EARLY VEGAN BREAKFAST MENU**  
  
Monday to Friday 6.30am to 11.00am  
Saturday, Sunday & Bank Holidays 7.00am to 11.00am  
Last orders 30 minutes before 11.00am

SAMPLE MENU

CONTINENTAL BUFFET  
Pastries, banana muffin, foccacia, hummus, fruit salad, soya yogurt   
(G)(S)  
£8.95  
  
FULL ENGLISH BREAKFAST  
Vegan sausages, roasted portobello mushrooms, baked beans, vegan ‘bacon’, sliced avocados, sourdough toast and roasted tomatoes   
(S)(G)(GFO)  
Includes filter coffee or a pot of English Breakfast Tea  
£14.95  
  
AVOCADO ON SOURDOUGH TOAST  
Fresh avocado on toasted artisan sourdough with sundried tomatoes, caramelised onion chutney, sliced almonds, fried shallots and roasted cherry vine tomatoes   
(G)(N)(GFO)  
£8.50  
  
SAVOURY MUSHROOM & BLACK BEAN PORRIDGE  
Creamy porridge with button mushrooms, black beans, carrots and onions topped with vegan ‘bacon’   
(S)(Gluten free)  
£6.00  
  
COCONUT BIRCHER MUESLI WITH CARAMELISED BANANAS   
Coconut milk bircher muesli with caramelised bananas, fresh seasonal fruits and coconut flakes   
(Gluten free)  
£5.00  
  
BRIOCHE FRENCH TOAST WITH ROASTED PLUMS  
Artisan brioche French toast, vegan yogurt, roasted plums and sliced almonds, served with vegan honey   
(G)(S)(N)  
£7.50  
  
ADD A SIDE OF VEGAN SALMON  
£3.50