

KIT C / C HEN

FROM THE KITCHEN

(served until 3pm)

SOURDOUGH TOAST

| | |
|--|-------|
| Banana, peanut butter & freeze-dried raspberries | £3.50 |
| Chia jam, almond butter & bee pollen | £3.50 |
| Guacamole with chilli, lime & coriander | £4.50 |
| Burrata, almond pesto, spinach & toasted pine nuts | £5.50 |

Substitute for spelt +£1 / GF +£1

GRAINS

| | |
|--|----|
| Coconut milk porridge with seasonal toppings | £6 |
| Granola served with berries, greek yoghurt & almond milk | |

Add nut butter / protein +£1

VEGAN PANCAKES

| | |
|--|-----|
| With blueberries & bacon | £10 |
| With caramelised banana & toasted hazelnut | |

Add protein + £1

EGGS ANY WAY

| | |
|--|-------|
| Poached, scrambled, boiled or fried on sourdough | £6.50 |
|--|-------|

Substitute for spelt +£1 / GF +£1

SMASHED AVOCADO & POACHED EGGS

With chilli, lime & coriander on toasted sourdough with poached eggs

£8.00

Add spinach +£2

C/C BOWL

Dukka sautéed greens, topped with a coconut dressing, guacamole, roasted vine tomatoes & poached eggs

£10.50

Add smoked salmon + £3

BAKED EGGS

Spiced & roasted peppers & tomatoes, poached eggs & guacamole with sourdough

£10.50

Add chorizo +£3

TURKISH EGGS

Poached eggs with a dill yoghurt, harrisa dressing & toasted sourdough

£10.50

Add guacamole +£2

EXTRAS

| | |
|--|----|
| chorizo / bacon / sausage / smoked salmon | £3 |
| spinach / mushroom / vine tomatoes / guacamole / | £2 |
| sweet potato toast / extra egg / halloumi / feta | |
| extra toast / almond pesto | £1 |

FROM THE DELI

(served until close & take away available)

CHOOSE YOUR SALADS

Natural, seasonal & delicious salads

| | |
|----------------|-------------|
| 2 salads | £7.50 |
| 3 salads | £8.50 |
| + your protein | £2.50-£4.50 |
| + your extras | £1.50-£3 |

SEASONAL SPECIALS

For our monthly specials please see the boards or ask a member of staff.

We are proud of the delicious produce we get from the best suppliers - Beckland Brown eggs, Dingley Dell Farm & butchery, Foreman & Sons fishmongers, Paul Rhodes Bakery, Goodwood Estate Dairy

Eat in prices are subject to VAT - prices listed below are VAT inclusive

Disclaimer - Although we take the utmost care to accommodate all dietary requirements, our kitchen does use products that contain nuts, dairy, soy, sesame and gluten as well as other allergens. If you have any allergens please ask our staff for further details.

DRINKS

TEA

| | |
|-----------------------|----|
| ENGLISH BREAKFAST TEA | £2 |
| EARL GREY | £2 |
| PEPPERMINT | £2 |
| GREEN | £2 |
| LEMON & GINGER | £2 |

COFFEE

| | |
|------------|-------|
| ESPRESSO | £2 |
| MACCHIATO | £2 |
| PICCOLO | £2.25 |
| LONG BLACK | £2.25 |
| FLAT WHITE | £2.50 |
| LATTE | £2.50 |
| CAPPUCCINO | £2.50 |
| MOCHA | £3.25 |
| CHAI LATTE | £3 |

SUPER FOOD LATTES

| | |
|----------------|-------|
| TURMERIC | £3.25 |
| MATCHA | £3.25 |
| BEETROOT CACAO | £3.25 |

HOT CHOCOLATE

£3

COLD DRINKS

| | |
|----------------------|-------|
| C/C WATER | £1 |
| BLU SPARKLING WATER | £1.75 |
| C/C ICED TEA | £2 |
| JARR KOMBUCHA | £3.99 |
| PRESS JUICES | £4.50 |
| PRESS SHOTS | £3.50 |
| DA-SH WATER | £1.50 |
| TENZING | £1.75 |
| UGLY SPARKLING WATER | £1.25 |
| JAX COCONUT WATER | £2.50 |

SMOOTHIES

| | |
|--|-------|
| ① GREEN CLEAN (protein free) | £5 |
| avocado, spinach, cucumber, mint leaves, lime, ginger, coconut water | |
| ② CHIA BERRY (protein free) | £5 |
| berries, pear, yoghurt, chia seeds, coconut milk | |
| ③ BLUEBERRY NUT | £5 |
| blueberries, oats, peanut butter, banana, almond milk, protein | |
| ④ TROPICAL TURMERIC | £5 |
| mango, turmeric, black pepper, coconut milk, protein | |
| ⑤ COFFEE DATE | £5 |
| double espresso, yoghurt, cacao, dates, coconut milk, protein | |
| ⑥ VANILLA MILK | £5 |
| banana, almond butter, date, lucuma, almond milk, protein | |
| ⑦ KEEP IT LEAN | £4.50 |
| coconut water, protein | |

ADD EXTRAS £0.50

| | |
|-------------|---|
| PROTEIN | vegan / whey |
| VEG | avocado / spinach |
| FRUIT | banana / berries |
| NUT BUTTER | peanut / almond |
| SUPER FOODS | cacao nibs / cacao powder / maca / chia seeds / beetroot powder / bee pollen / turmeric / mushroom powder / matcha / goji berries |
| OTHERS | oats / espresso |