

# 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 rye +£1 / GF +£1 / protein bread +£2.50

### 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
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Substitute for rye +£1 / GF +£1 / protein bread +£2.50

SMASHED AVOCADO & POACHED EGGS	£8.00
With chilli, lime & coriander on toasted sourdough with poached eggs	

Add spinach +£2

C/C BOWL	£10.50
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Dukka sautéed greens, topped with a coconut dressing, guacamole, roasted vine tomatoes & poached eggs

Add smoked salmon + £3

BAKED EGGS	£10.50
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Spiced & roasted peppers & tomatoes, poached eggs & guacamole with sourdough

Add chorizo +£3

TURKISH EGGS	£10.50
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Poached eggs with a dill yoghurt, harrisa dressing & toasted sourdough

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.