

# ALL DAY MENU.



Please Order At The Counter

<b>Poached Porridge</b> Rolled oats, chia seeds, slow poached pear, caramelised banana, cinnamon sugar	7.5	<b>The Poached Special</b> Sausage patty, streaky bacon, 2 fried eggs, breakfast muffin, brown sauce, potato waffles with parmesan	14.2	LUNCH - 11am-3pm	
<b>Coconut Granola Bowl</b> Coconut yoghurt, granola, poached plums, berry compote, tahini-nut butter, chia seeds, 90% cocoa chocolate	9	<b>Avocado &amp; Poached (v)</b> Smashed avo on rye bread, herb butter, poached eggs, whipped feta, seeds, pomegranate, micro salad / add bacon + 3.2	13.2	<b>Protein Bowl</b> Kale & pomegranate quinoa, pickled cabbage, hummus, boiled egg, cucumber, tzatziki, lemon vinaigrette - served with morrocan chicken <b>OR</b> halloumi <b>OR</b> tofu	13
<b>Breakfast bowl</b> Poached eggs, sourdough, herb butter, parma ham, rocket, vined cherry tomatoes, lemon oil	11	<b>Red Hot Chilli Eggs (v) (gf)</b> House-made sweet-corn fritters, crushed avo, smoked chilli jam, micro cress / add halloumi + 3.2	12.5	<b>The Flatbread</b> Flatbread, hummus, red onion, pickled cabbage, gherkins, pomegranate, rocket, tzatziki & chilli jam with a choice of morrocan chicken <b>OR</b> halloumi / add both + 2.5	11
<b>The Healthy Bun (v)</b> Smashed avo, halloumi <b>OR</b> tofu, chilli jam, served in a brioche bun	9	<b>Pancake Stack</b> 3 pancakes served with forest berrie compote, yoghurt & cinnamon sugar <b>OR</b> bacon, blueberries & maple	11	<b>Chicken Focaccia</b> Thyme infused focaccia, lemon & lime chicken, parmesan mascarpone rocket & crispy onion	10
<b>Salmon &amp; Eggs</b> Salmon, 3 scrambled eggs, sourdough, dill / add avo + 3.5	11	<b>Filthy Brioche</b> Brioche bun, scrambled egg, sausage patty, cheese, crispy bacon, chefs special sauce / add a potato waffle + 1.5	11	<b>The Toastie (ve)</b> Vegan mozzarella, pesto, sundried tomatoes, sourdough	9

## SHARERS

Halloumi sticks, chilli jam - 5  
Pitta bread, hummus OR tzatziki - 5

## JAZZ UP YOUR MEAL / SOMETHING EXTRA?

Streaky bacon 4  
Halloumi 4  
Sausage patty, cheese 4

Potato waffles, parmesan 4  
Smoked Salmon 4  
Crushed avocado 4

Please inform the staff of any dietary requirements and allergies.  
GF alternatives available

Turn over for drinks &  
kids menu

# DRINKS.

## PRESS COFFEE.

Espresso	3
Macchiato	3
Cortado	3.5
Flat white	3.7
Americano	3.3 / 3.4
Latte	3.8 / 4
Capuccino	3.8 / 4
Mocha	4 / 4.2
Hot chocolate	3.8 / 4
Matcha latte	4.2
Chai latte	4
Tumeric latte	4

All drinks available iced +0.3  
 Alt drinks, syrup shot +0.4  
 Extra shot + 0.75

## TEA.

### Tea Pot 3.2

English Breakfast, Earl Grey,  
 Green, Peppermint, Lemongrass

## COLD PRESSED JUICES.

Pressed by Daily Dose - 4.2

0'fresco - carrot, apple, lemon,	ginger, tumeric	3
Strawb - strawberry, apple, lemon,	basil	3.7
Dulce verde - cucumber, apple, kale,	lemon, mint	3.8 / 4
Zenzero - apple, ginger, lemon, thyme		4 / 4.2
Ginger HOT shot - 3.6		3.8 / 4
Tumeric tonic shot - 3.6		3.3 / 3.4

## JUICES.

Orange Juice - 4.2

## KIDS.

<b>The Mini Special</b> sourdough, fried egg sided with a pancake with strawberry, banana & maple syrup	7
<b>Kids Pancakes</b> 3 choc chip pancakes, banana, maple syrup <b>OR</b> yogurt	7



@poached\_restaurants

