

# HOUSE KITCHEN

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## BAKERY, FRUIT, YOGHURT

**CEREALS** Rice Krispies / All Bran / Cornflakes 3

**PASTRIES, MUFFINS** 3

**BANANA BREAD** 3

**HOMEMADE COCONUT YOGHURT**, chia seeds, mango 5

**BIRCHER MUESLI** 6

**OATMEAL** almond milk, orange & clove compote 6

**BREAKFAST COUNTER** 10

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## COOKED

**EGGS ON TOAST** any style 6

**EGG WHITE & SPINACH OMELETTE** 7

**PANCAKES** berries, maple syrup 7

**QUINOA PORRIDGE** coconut milk, banana 7

**BAKED EGGS** tomato, chickpeas, chilli 8

**AVOCADO, POACHED EGGS** on toast 9

**EGGS** benedict / florentine / royale 10

**SMOKED SALMON** scrambled eggs 11

**HALF / FULL ENGLISH** 9 / 13

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## SIDES

Sourdough / bagel / wheat free / rye / brown 2

Baked beans / roast tomatoes / mushrooms 2

Bacon / sausage / black pudding 3

Avocado / smoked salmon 5

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## HOUSE PRESS

Cold-Pressed Juice | Small 4.25 / Large 7.5

**GREEN** Kale, apple, cucumber, celery, pineapple, lemon, spinach, parsley, ginger

**HARD GREEN** Broccoli, cucumber, celery, lemon, spinach, parsley, ginger

**RED** Beetroot, carrot, ginger, pineapple, orange, lemon, apple

**CITRUS** Grapefruit, orange, lemon, turmeric, cayenne pepper

**GINGER** Ginger, green apple, lemon

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## SUPER SMOOTHIES

All at 6

**GREEN MACHINE** Banana, apple, kiwi, spirulina, mint, honey

**POPEYE** Spinach, almond milk, ginger, egg white, lemon, agave

**SCHWARZENEGGER**  
Soya milk, pomegranate, broccoli, kale, strawberries

**TARZAN** Acai berries, banana, chilli, passion fruit, cocoa nibs, agave

**RESPIRATION** Goji berries, blueberries, orange, seeds, peanut butter, protein

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## BOTANICAL HOUSE PRESS

Cold-Pressed Juice | All at 4.25

**GLOW** Pomegranate, red grape, guava, ginger, lime, rose, collagen

**ENERGY** Orange, mango, passion fruit, lime, ginger, maca, cacao

**REFRESH** Coconut water, honeydew melon, lime, vanilla, chamomile

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## COFFEE

All at 3.50

Espresso / Macchiato / Americano / Cappuccino / Latte / Flat White / Hot Chocolate

**HOUSE ESPRESSO** Brazil  
Chocolate cookie, Pecan Nut, Berry Syrup. Full Bodied Finish

Sandows cold brew coffee 4

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## HOUSE BREW

Cup 3 .50/ Brew For Two 5.25

Los Altos  
Nicaragua

Creamy Chocolate,  
Stone Fruit, Red Berries

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## TEA

By Canton Tea Co.

English Breakfast / Earl Grey Organic  
Peppermint / Fresh Mint Chamomile / Jade Tips Green Tea / Red Berry And Hibiscus Jasmine Star / Rooibos

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