



STONE & WOOD-FIRED OVEN BREADS:  
HEALTH, PAIN DE MIE, SOURDOUGH, 70% RYE OR CIABATTA

## CLASSICS

### CRUSHED AVOCADO TOAST 65

Tahini seeds & boiled eggs

### SMOKED SALMON BAGEL 105

Horseradish crème fraîche, fennel fonds, capers & shallots

### LA BELLE BREAKFAST 115

Cage-free eggs, smoked streaky bacon, beef sausage, roma tomato & brown mushrooms

### SOFT EGG SCRAMBLE 70

Finely minced herbs, butter & cream cheese

### THE BENEDICT

Poached cage-free eggs & tarragon hollandaise

### SALMON 120

### BACON 85

### RICOTTA & ASPARAGUS OMELETTE 110

Grana padano, watercress & black pepper

### GRILLED CHEESE & ASPARAGUS 90

Poached eggs, pain de mie toast, asparagus spears, truffle aioli & cream cheese

### MUSHROOM TARTINES 95

Exotic mushrooms, shallots, garlic, thyme, grana padano & poached cage-free eggs

### FLAT BREAD EGGS 100

Fried eggs, herbed yoghurt, sundried tomato pesto & goats cheese

## BAKED GOODS

### STICKY BACON BUN 65

Cinnamon bun, smoked streaky bacon & maple syrup

### BRIOCHE FRENCH TOAST 90

Brown butter & maple syrup

### BUTTERMILK PANCAKES 65

Vanilla, butter & honeycomb

### THIS MORNING'S BREAD 55

Butter & jam

## CEREALS, GRAINS & FRUITS

### POWER SEED BIRCHER 80

Oats, sunflower, pumpkin & linseed, almond milk, cinnamon, vanilla yoghurt, maple & seasonal berries

### AMARANTH & ALMOND STEEL-CUT OATS 70

Almond milk, almond butter, toasted almond, banana, coconut & honeycomb

### GRANOLA CLUSTER 90

House-made granola, seasonal berries, yoghurt & honeycomb

### FARMERS' FRUIT 80

Seasonal fruit, yoghurt & honeycomb

## RAW JUICES

### FRESH JUICE 40

Choice of apple, carrot, orange & pear

### C BREEZE 50

Grapefruit, pineapple, kiwi & raspberry

### CHILLI QUEEN 50

Carrot, chilli, pineapple, lime & coriander

### RED BEAUTY 50

Beetroot, carrot, celery & cucumber

### GREEN PEACE 50

Celery, apple, cucumber & spinach

## SMOOTHIES

### MANGO MAGIC 60

Mango, pineapple & coconut milk

### FRUIT LOOP 45

Raspberry, passion fruit, litchi & strawberry

### BANANA BLISS 45

Banana, raspberry, litchi & low fat yoghurt

### TROPICAL TANGO 45

Pineapple, kiwi & raspberry

### VITAL HIGH 55

Pineapple, apple, banana & hemp seeds

### GOLDEN GLOW 50

Turmeric, banana, ginger, pineapple, lemon juice & almond milk

## MILKSHAKES

### BERRY & WHITE CHOCOLATE 50

### DOUBLE CHOCOLATE 50

### BANANA & PEANUT BUTTER 50

### THE PEPPERMINT CRISP 50

## TEA SELECTION

### BLACK

#### DARJEELING SUMMER GOLD 28

Black tea with a flowery elegance & a deliciously well-balanced aroma from india

#### ASSAM BARI 28

Strong, spicy & malty black tea from a region in India called assam

#### EARL GREY 28

Autumn darjeeling with the refreshing citrus aroma of bergamot

#### MASALA CHAI 28

Strong blend from assam with its famously exotic & powerfully hot spices

### GREEN

#### GREEN DRAGON 28

Light green tea with a flurry of freshness

#### MOROCCAN MINT 28

Gunpowder green tea melded with fresh moroccan mint

### HERBAL

#### DARJEELING SUMMER GOLD 28

Lemon balm, anise & a breathe of thyme

#### AYURVEDA HERBS & GINGER 28

Ayurveda with ginger, lemongrass & verbena

#### FRUITY CAMOMILE 28

Wholesome infusion of orange petals

#### ROOIBOS CREAM ORANGE 28

Rooibos, vanilla & a taste of ripe oranges

### FRUIT

#### LEMON FRESH 28

Fruit infusion of lemon peels, lemongrass & apple

#### SWEET BERRIES 28

Sweet berry infusion made of native fruits & red berries