

# FOOD

## BREAKFAST

<b>Bagel, Crumpets or Sourdough Toast (v)</b>	<b>3.5</b>
With your choice or one of house jam, honey, Nutella, Biscoff, cream cheese, Marmite, house peanut butter or house almond butter	
<b>+ Additional Condiment</b>	<b>0.5</b>
<b>Pastries (v) from</b>	<b>4</b>
Croissant, Pain au Chocolat or Pain au Raisin	
<b>Ham &amp; Cheddar Croissant</b>	<b>6</b>
<b>Porridge (v)</b>	<b>6</b>
Rolled oats, almond butter & maple syrup porridge topped with seasonal fruit compote & candied nuts Please ask for alternative milks	
<b>Overnight Oats (ve)</b>	<b>6</b>
Rolled oats, coconut and chia seeds steeped in coconut water, soya milk & soya yoghurt, topped with seasonal fruit compote & candied nuts	
<b>Yoghurt &amp; House Granola (v)</b>	<b>6</b>
Natural yoghurt topped with house granola & seasonal fruit compote	
<b>Breakfast Bowl (v)</b>	<b>10</b>
Spiced sweet potato, mushrooms, garlic sauteed tomato & onions, with halloumi, avocado & poached eggs	
<b>+ Sausages</b>	<b>3</b>
<b>+ Bacon</b>	<b>3</b>
<b>+ Avocado</b>	<b>3</b>
<b>+ Vegan Sausages</b>	<b>3</b>

Make it vegan – swap the halloumi & poached egg for scrambled tofu

## KIDS

<b>Cheese &amp; Beans on Toast (v)</b>	<b>5</b>
<b>Egg &amp; Soldiers (v)</b>	<b>5</b>
<b>Milkshake</b>	<b>4</b>
Chocolate, Strawberry or Vanilla	

<b>Freshly Squeezed Orange Juice</b>	<b>3.8</b>
<b>Freshly Squeezed Apple Juice</b>	<b>3.8</b>

## FOUNDATION BREAKFAST SANDWICHES

All served on a toasted brioche bun (ve)

<b>Meat</b>	<b>10</b>
Sausage, bacon & a fried egg with melted cheese & tomato chutney with a side of hash browns	
<b>Vegetarian (v)</b>	<b>9</b>
Vegan sausages & a fried egg with melted cheese & tomato chutney with a side of hash browns	
<b>Vegan (ve)</b>	<b>8</b>
Vegan sausages, avocado, spinach & tomato chutney with a side of hash browns	
<b>Build your own</b>	<b>3</b>
Toasted brioche bun (ve)	
<b>+ Sausages</b>	<b>3</b>
<b>+ Bacon</b>	<b>3</b>
<b>+ Vegan sausages</b>	<b>3</b>
<b>+ Fried egg</b>	<b>2</b>
<b>+ Avocado</b>	<b>3</b>
<b>+ Spinach</b>	<b>1.5</b>
<b>+ Chutney</b>	<b>1.5</b>

## CAKES

<b>Brownie</b>	<b>4</b>
<b>Blondie</b>	<b>4</b>
<b>Please also see our counter for a wider selection of cakes</b>	



PLEASE ADVISE YOUR SERVER OF ANY ALLERGIES YOU MAY HAVE.  
WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SUITABLE FOR THOSE  
WITH ALLERGIES DUE TO HIGH RISK OF CROSS CONTAMINATION.

## BRUNCH

### Eggs Benedict 12

Bacon, crispy kale & poached eggs with hollandaise & parsley oil on sourdough toast

### Eggs Royale 13

Salmon & poached eggs with hollandaise & a dill & caper oil on sourdough toast

### Eggs Florentine (v) 12

Sautéed spinach, asparagus & poached eggs with hollandaise & parsley oil served on sourdough toast

### Smashed Avocado (v) 10

Toasted sourdough served with smashed avocado, hazelnut dukkah, radish, pomegranate & a pomegranate vinaigrette, with two poached eggs

**Make it vegan – swap the poached eggs for vegan sausage**

+ Bacon 3

+ Chorizo 3

+ Halloumi 3

+ Feta 3

+ Scrambled Tofu 3

### Mushrooms on Toast (ve) 9

Creamy chestnut mushrooms & kale on sourdough toast with a thyme & rosemary oil

+ Eggs 3

+ Bacon 3

+ Chorizo 3

+ Halloumi 3

+ Feta 3

+ Scrambled Tofu 3

### Eggs Your Way (v) 8

Three eggs poached, fried or scrambled on two pieces of sourdough toast

+ Bacon 3

+ Feta 3

+ Halloumi 3

+ Chorizo 3

### The Foundation

### Fry Up 14

Bacon, sausage, fried egg, chestnut mushrooms, kale & sweet potato hash with homemade beans & toast

### The Foundation

### Vegan Fry Up (ve) 13

Vegan sausages, scrambled tofu, chestnut mushrooms, kale & sweet potato hash with homemade beans & toast

### Sticky Toffee French Toast (v) 12

Doorstop brioche French toast topped with toffee sauce, vanilla mascarpone & a pecan & date crumb

+ Bacon 3

## SANDWICHES

### Chicken & Bacon 7

Chicken, bacon & mayo mix with spinach served on a toasted ciabatta

### Deli Meat 7

Pastrami, ham, salami & cheddar with pickles & sun-dried tomato paste served on sourdough

### Mediterranean Veg (ve) 7

Roasted aubergine, courgette, peppers & red onion with tomato chutney served on sourdough with a hummus dip

## SALADS

### Salad Bowl (ve) 12

Roasted aubergine, courgette, peppers & red onion with hummus, couscous, rocket, pomegranate & pomegranate vinaigrette served with your choice of:

+ Falafel

+ Feta

+ Harissa Chicken

## SAVER MENU

### Ham & Cheese Toastie 5

### Cheese & Caramelised Onion Toastie 5

### Beans on Toast 5

ADD A FILTER COFFEE  
FOR JUST 1.5