



# FOOD MENU

## ALL DAY BREAKFAST

### **TGL Breakfast - £12.50**

*Scrambled Eggs, Chicken Patties, Charred Avocado, TGL Beans, Roasted Tomato, Sweet Potato Rosti, Toasted Sourdough*

*Make it vegan - Scrambled Tofu, Portobello Mushroom stuffed with Cashew Cream, Charred Avocado, TGL Beans, Roasted Tomato, Sweet Potato Rosti, Toasted Sourdough*

### **Moroccan Eggs - £10.50**

*Tomato & Paprika base, Spinach, Roasted Squash, Spring Onion, Red Chilli, Coriander, Sumac Yoghurt, Toasted Sourdough*

*Make it vegan - Tofu replacing Poached Eggs*

### **Rancheros - £12.00**

*Pork Fillet, TGL Beans, Smashed Avo, Pico de Gallo, Pickled Cucumber and Shallots, Toasted Sourdough*

### **French Omelette - £9.50**

*French Omelette, Smoked Salmon, House Pesto, Watercress & Pomegranate on Crispy Sourdough*

### **Truffle Eggs - £10.50**

*Truffle Hollandaise, Avocado Fan, Poached Eggs, Sautéed Mushrooms and Chives on a Poppy Seed Bagel*

### **Okara Sourdough (VG) - £9.50**

*Scrambled Tofu, Sweet & Spicy Chipotle Dressing, Charred Avocado on Toasted Sourdough*

## EXTRAS

**Banana Bread - £3.50**

**TGL Beans - £2.50**

**Poached Eggs - £3.00**

**Smoked Salmon - £3.00**

**Smoked Beetroot - £2.50**

**Smashed Avo - £2.50**

**Chicken Pattie - £3.00**

**Sweet Potato Rosti - £2.00**

## PANCAKE STACKS

### **Chicken Pancakes - £12.50**

*Air-Fried Panko Chicken, Turkey bacon, Baked Eggs, Maple Syrup*

### **Matcha Pancakes - £9.50**

*Plant Based Yogurt, Nut Butter, Maple Syrup, Seasonal Berries.*

*Vegan option available*

### **Mixed Berries Pancakes - £9.50**

*Seasonal Berries, Cranberry & Pistachio Granola, Yogurt Cream.*

*Vegan option available*

*Add Agave / Maple Syrup / Honey £1.50*

## FRENCH TOAST

### **Miso Pain Perdu (VG) - £9.50**

*Banana & Cinnamon French Toast, Seasonal Berries, Miso Caramel*

### **Granola Pain Perdu (VG) - £9.50**

*Banana & Cinnamon French Toast, chunky Strawberry Jam, Granola, Plant Based Yogurt Cream*

## BAGELS / SANDWICHES

### **Smoked Beetroot Bagel (VG) - £7.25**

*Roast Garlic Cashew Cream, Spinach, Avocado, Smoked Beetroot, House Slaw*

### **Smoked Salmon Bagel - £8.50**

*Roast Garlic Cashew Cream, Spinach, Avocado, Smoked Salmon, House Slaw*

### **Cherry Tomatoes and Pesto on Sourdough (VG) - £7.25**

*Garlic & Cherry Tomatoes, Kale & Basil Pesto*

IF YOU HAVE ANY FOOD ALLERGIES OR SPECIAL DIETARY REQUIREMENTS, PLEASE INFORM A MEMBER OF OUR TEAM. WE WORK IN AN ENVIRONMENT CONTAINING ALL OF THE MAIN ALLERGIES & CANNOT GUARANTEE NO CROSS CONTAMINATION. PLEASE NOTE THAT FOR DINING IN GUESTS A DISCRETIONARY SERVICE CHARGE OF 5% IS ADDED TO YOUR BILL. THIS CAN BE REMOVED UPON REQUEST



## FOOD & DRINKS MENU

### Açai Bowl (VG) - £9.00

Frozen smoothie bowl full of organic açai with 3 toppings of your choice. Choose from; Granola, Bananas, Seasonal Berries, Coconut Flakes, Chia Seeds, Flax Seeds, Goji Berries, Vanilla Maple Syrup, Agave

## BUILD YOUR OWN NUTRITION BOWL

Become your own mixologist and choose your base, fillers, protein, toppers and dressing to create your perfect match.

### REGULAR £7.50

1 Base / 2 Basic Fillers / 2 Premium Fillers  
1 Protein / 2 Toppers / 1 Sauce

### LARGE £9.50

2 Base / 3 Basic Fillers / 2 Premium Fillers  
2 Protein / 2 Toppers / 1 Sauce

#### 1. BASE

Mixed Leaf (5 kcals)  
Iceberg Lettuce (6 kcals)

#### 2. BASIC FILLERS

Beetroot Hummus (26 Kcals)  
Edamame Beans (18 Kcals)  
Chilli & Lime Sweetcorn (23 Kcals)  
Raw Red Cabbage (4 Kcals)  
Sun-Blushed Beetroot (17 Kcals)  
Cucumber Ribbons (3 Kcals)  
Olives (27 Kcals)  
Roasted Red Pepper (9 Kcals)  
Miso Pickled Veg (15 Kcals)

#### 3. PREMIUM FILLERS

Quinoa (64 Kcals)  
Turmeric Cous Cous (107 Kcals)  
Wild Rice (107 Kcals)  
Lemon And Coriander Chickpeas (26 Kcals)  
Tenderstem Broccoli (15 Kcals)  
Kashmiri Roasted Cauli (44 Kcals)

#### 4. PROTEIN

Spiced Tofu (76 Kcals)  
Roast Seeded Falafel (203 Kcals)  
Salmon (183 Kcals)  
Marinated Chicken (88 Kcals)  
Plain Chicken (70 Kcals)

#### 5. SAUCES

Green Harissa (137 Kcals)  
Miso And Yuzu (76 Kcals)  
Balsamic Vinaigrette (199 Kcals)  
Garlic And Chive Mayo (161 Kcals)  
Tamarind And Maple (119 Kcals)  
Lemon And Sumac (120 Kcals)  
Too Hot To Handle (22 Kcals)

#### 6. TOPPERS

Radish (1 Kcal)  
Spring Onions (3 Kcals)  
Pickled Chillies (8 Kcals)  
Pickled Ginger (1 Kcal)  
Pumpkin Seeds (36Kcal)  
Crispy Shallots (20 Kcals)  
Crispy Flatbread (58 Kcals)  
Goji Berries (18 Kcals)

Any extras? Let us know

Please ask for an allergen menu if required.  
Please note, Roast Seeded Falafel contains Nuts, Gluten and Sesame.

#### COFFEE

Espresso £2.00  
Americano £2.25  
Macchiato £2.50  
Cortado £2.60  
Cappuccino £2.75  
Flat White £2.50  
Latte £3.00  
Mocha £3.20  
Iced Latte £3.00  
Dirty Chai Latte £3.50

#### HOT DRINKS

English Breakfast Tea £2.50  
Herbal Tea £2.50  
Sea Moss Tea £2.50  
Chai Latte £3.00  
Turmeric Latte £4.20  
Matcha Latte £4.20  
Charcoal Latte  
Beetroot Latte £4.20  
Butterfly Pea Latte £4.20  
Hot Chocolate £3.00

#### JUICES

The Incredible Bulk £5.00  
Ginger Spice £5.00  
Bring The Beet In £5.00

#### SMOOTHIES

Strawberry Blonde £6.00  
Off The Kale £6.00  
Espresso Martini £6.00

#### PROTEIN SHAKES

Vanilla £4.00  
Strawberry £4.00  
Chocolate £4.00

Oat Milk £0.35 Soya Milk, Coconut Milk £0.25

Carbonated Drinks Available in The Fridge

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