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Monday – Friday 8am – 11am

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### SHAKES & SMOOTHIES

**Golden Glow:** Almond milk, cashews, coconut oil, honey, turmeric, bee pollen & cayenne £5.50

**Green Machine:** Almond milk, kale, avocado, mint, apple, spirulina & banana £5.50

**Super Berry:** Berries, yoghurt, banana, milk & honey £4.80

**Sunshine:** Mango, orange, banana & yoghurt £4.80

### JUICES

Freshly squeezed orange juice £4.80

Fresh apple juice £4.50

Fresh ruby grapefruit £4.80

Ginger shot £3.00

### TEAS & COFFEES

Espresso, Macchiato, Ristretto £2.75

Double Espresso, Americano £3.00

Latte, Cappuccino, Flat White £3.00

Mocha, Hot chocolate £3.00

Teas All £3.00

English Breakfast, Earl Grey, Green tea, Moroccan Mint, Jasmine Green, Lemon & Ginger, Fruit Punch, CO2 Decaffeinated

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### BAKERY

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Home backed croissant, pain au raisin, pain au chocolat £3.00

Toasted coconut & date bread £2.70

Toast rack & jam £3.00

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### FRUIT & GRAINS

Bluebird breakfast bowl – Greek yoghurt, banana, berries cocoa nib, coconut, goji berries, bee pollen.....£8.50  
Seasonal fruit plate.....£6.00  
Chia Seed Bircher muesli, goji berries, Coconut & almond milk.....£8.00  
Quinoa porridge, blueberries, candied pecans & bee pollen.....£6.95  
Granola Lancashire vanilla yoghurt & raspberries.....£7.50

### EGGS

Avocado, poached eggs, coriander, hot sauce & toasted cornbread.....£9.00  
Two West Cornish eggs any style, toasted sourdough.....£6.00  
Eggs benedict /Florentine / Royale..... £9 / £10 / £11  
Fried egg & bacon roll, jalapeno & green tomato salsa.....£6.50  
Roasted cherry tomato & rocket omelette, nduja.....£8.75

### BIG PLATES

Full English breakfast ..... £13.00  
Ricotta hot cakes, banana & maple syrup ..... £9.50  
Baked eggs, tomato, Yorkshire feta cheese & toasted flatbread ..... £9.50  
Sweet corn & green chilli fritters, red pepper relish & avocado ..... £11.50

### EXTRAS

Chorizo ..... £2.95  
Avocado..... £2.95  
Bacon baked beans..... £2.95  
Streaky bacon..... £2.95  
Slow roasted tomato ..... £2.95  
Yoghurt..... £3.50  
Smoked salmon..... £4.50  
Harissa..... £1.50