

BREAKFAST Served until 12pm

BLOODY MARY Stolichnaya vodka & Big Tom spiced tomato juice £7.95

BROMPTON FOOD MARKET FULL BREAKFAST (c, d) £12.95

Scrambled eggs, bacon, smashed avocado, roasted field mushrooms, cherry tomatoes & sourdough toast
(Substitute bacon with halloumi for vegetarian option)

HOMEMADE JALAPENO CORNBREAD (c, d) £11.75

With grilled chorizo, fried egg, avocado, sour cream, dehydrated tomato & lime, coriander & siracha mayo.

SCRAMBLED EGGS & SMOKED SALMON (c, d) £10.25

Served with sourdough toast

BREAKFAST BURRITO (c, d) £8.95

Scrambled eggs, chorizo, cheddar and spring onions served with lime sour cream. Hot siracha sauce on request.

HOMEMADE TOASTED BANANA BREAD (c, d, sd) £9.50

With whipped honey mascarpone, seeds, berries & banana

GREEK YOGHURT & BERRY COMPOTE (d) £6.95

With fresh berries.

SMASHED AVOCADO ON PUMPERNICKEL (vc) (c, sd) £9.75

With lime, coriander, chilli, toasted seeds & sumac roasted cherry tomatoes
Add grilled halloumi (+£3.00) or smoked salmon (+£4.75)

FRENCH TOAST WITH MAPLE SYRUP (c, d) £8.50

Add berries, berry compote & mascarpone +£2.95
Add bacon +£3.50
Add banana & mascarpone £2.95

SCRAMBLED EGGS & BACON (c, d) £9.25

Served with sourdough toast

SAUTEED MUSHROOMS ON SOURDOUGH (c, d) £9.25

With a fried egg & aged parmesan

BRUNCH EXTRAS

Grilled halloumi	£3.00	Avocado	£3.00
Woodland mushrooms	£3.50	Toasted sourdough	£2.50
Fried/scrambled eggs	£3.50	Toast, butter & jam	£4.95
Smoked streaky bacon	£3.50	Smoked salmon	£4.75

Gluten free bread is available on all breakfast menu items

LUNCH Served from 12pm

TO GET STARTED

Aperol Spritz £8.75 // Glass of Prosecco £7.95

Ciabatta & extra virgin olive oil (c) £3.95 // Hummus & pitta (c, s) £5.50 // Smashed avocado & tortilla (c) £5.75

NEW

GRILLED SALT BEEF SANDWICH (c, d) £14.50

On sourdough with our house salt beef, sauerkraut, Emmental & Russian dressing. Served with a giant pickle, rocket & pickled red cabbage

RARE ROAST BEEF SANDWICH (c, d) £14.75

With homemade chimichuri, fried onions, garlic mayo & rocket served on toasted ciabatta with salad & crisps

GRILLED GOAT'S CHEESE & SQUASH SALAD (c, d, n) £11.95

Roasted butternut squash and grilled goat's cheese on toasted focaccia with rocket, pine nuts, and a basil dressing

BFM HOUSE TOASTIES (c, d, m) £11.50

Choose from just cheese or add garlic mushrooms, chorizo or ham. All made with Montgomery Cheddar, Comté, Raclette, garlic and red onion on sourdough. Served with a dressed garden salad

HUMMUS PLATTER (vc) (c, s) £10.95

Homemade hummus, olives, crudités & toasted pitta

NEW

GREEK WINTER VEGETABLE STEW (c, d) £10.95

Slow cooked carrots, potatoes, peas, tomatoes, dill & parsley. Topped with feta & served with toasted ciabatta

SMASHED AVOCADO ON PUMPERNICKEL (vc) (c, sd) £9.75

With lime, coriander, chilli, toasted seeds & sumac roasted cherry tomatoes. Add grilled halloumi (+£3.00) or smoked salmon (+£4.75)

SOUP OF THE DAY £7.25

Served with toasted ciabatta. Please ask for flavour & allergens

SAUTEED MUSHROOMS ON SOURDOUGH (c, d) £9.25

With a fried egg & aged parmesan

MIXED SALAD PLATE (see salad labels for allergens) £12.75

Choose 4 salads from our deli counter. Add ham £3.95 // Grilled halloumi £3.00 // Smoked Salmon £4.75

HOMEMADE FRITTATA (d) £9.50

Served with a choice of two salads from the counter

SIDES

Salad portion from our deli counter £3.35 // Green side salad £3.00 // Bread or Pitta £2.50
Toasted focaccia £2.95 // Grilled halloumi £3.00 // Smoked salmon £4.75

HOMEMADE CAKES

SALTED CARAMEL BROWNIE (c, d, sy) £3.50

NEW YORK CHEESECAKE (c, d) £4.25

CARROT CAKE (d, g, n) £4.75

With cream cheese frosting & walnuts

LEMON DRIZZLE LOAF (c, d) £3.50

BANANA BREAD (vc) (c) £3.50

MANDARIN & CHOCOLATE LOAF (n, sy) £3.50

PEANUT BUTTER BLONDIE (vc) (n, sy) £3.50

IMPORTANT ALLERGEN INFORMATION

V: Vegetarian // VG: Vegan // D: dairy // G: gluten // N: Contains Nuts // S: Sesame // Sd: Seeds // M: mustard // SY: Soy // F: Fish

We handle peanuts in our kitchen and cannot guarantee that our dishes are completely peanut free. Not all the ingredients in each dish are listed on this menu so if you have any food intolerance or allergies or require any allergen advice, please ask any of our staff.

DRINKS

SPIRITS & COCKTAILS

APEROL or CAMPARI SPRITZ Prosecco, Aperol/Campari & soda water	£8.75
GIN/VODKA & TONIC Portobello Road gin / Stolichnaya vodka & Fever Tree tonic	£7.95
NEGRONI Portobello Road gin, Campari bitters & Martini Rosso	£7.95
BLOODY MARY Stolichnaya vodka & Big Tom spiced tomato juice & celery	£7.95
DARK 'N STORMY Plantation dark rum, lime & ginger beer	£7.95
MOSCOW MULE Stolichnaya vodka, ginger beer & lime juice	£7.95
LEMON PASSION Prosecco, elderflower, lemon juice & mint	£7.95
PERCIVAL & CO ALCHOLIC TONIC 330ml, 4.0% Light and refreshing. Elderflower, Rose & Juniper or Apple & Mint	£4.95
VIRGIN MARY (non-alcoholic) Big Tom spiced tomato juice, celery & lemon	£4.25

WINE & PROSECCO

WHITE

ABADIA MERCIER WHITE

£23.95 bottle / £14.25 carafe / £7.00 glass
Spain. Peach & citrus, refreshing, great value.

BOULDERS BEACH SAUVIGNON BLANC

£27.95 bottle / £15.95 carafe / £7.25 glass
South African sauvignon blanc - gooseberry & lime. Light.

ROSÉ

CHÂTEAU ST PIERRE

£29.95 bottle / £16.95 carafe / £7.95 glass
Côtes De Provence, France, Dry, summer fruit flavours with a soft minerality

RED

ABADIA MERCIER RED

£23.95 bottle / £14.25 carafe / £7.00 glass
Fantastic red with masses of red fruits & blueberry.

IRIS MALBEC

£27.95 bottle / £15.95 carafe
Argentina. Red fruits; cherries, plums & spice notes. Soft tannins, pleasing finish.

SPARKLING

TENUTA FIOREBELLI PROSECCO

£29.95 bottle / £7.95 glass
Light & crisp with familiar apple & peach aromas.

JUICES & SMOOTHIES

FRESHLY SQUEEZED ORANGE JUICE	£4.75	FRESH APPLE JUICE	£4.25
HOMEMADE LEMONADES Original // Raspberry // Ginger	£4.50	BERRY BLITZ SMOOTHIE Mixed berries, banana & apple juice	£5.95
VITAMIN C IN THE DARK JUICE Orange, carrot & ginger	£4.95	TROPICAL THUNDER SMOOTHIE Mango, passion fruit, banana & apple juice	£5.95
BFM GREEN JUICE Cucumber, mint, spinach & apple	£4.95	CHOCOLAT SHAKE Cocoa powder, oat milk & ice	£5.50

WATER & SOFT DRINKS

HARROGATE WATER 750ml (still & sparkling)	£3.75	COKE	£2.95
HARROGATE WATER 500ml (still & sparkling)	£2.50	DIET COKE	£2.95
BUNDABERG GINGER BEER	£3.50	COKE ZERO	£2.95
KOMBUCHA (ginger lemon, wild berry, mango or raspberry)	£3.75	SPRITE ZERO	£2.95

BEER & CIDER

MEANTIME LONDON LAGER 330ml, 4.5%	£4.95	CAMDEN HELLS LAGER 330ml, 4.6%	£4.95
MEANTIME LONDON PALE ALE 330ml, 4.3%	£4.95	BIRRA MORETTI LAGER 330ml, 4.6%	£4.50
BEAVERTOWN NECK OIL IPA 330ml, 4.3%	£4.95	ORCHARD PIG SOMERSET CIDER 500ml, 4.5%	£5.95

COFFEE & TEA

ESPRESSO	£2.25 / £2.50	'THE WORKS' HOT CHOCOLATE	£4.25 / £4.95
AMERICANO	£2.95 / £3.15	Whipped cream, mini mallows, flake	
CAPPUCCINO	£3.35 / £3.50	HOT CHOCOLATE	£3.35 / £3.85
LATTE (Vanilla available)	£3.35 / £3.50	VANILLA FRAPPÉ	£3.95
FLAT WHITE	£3.45	ICED COFFEE	£3.95
MACCHIATO	£2.45 / £2.85	CUP OF TEA	£2.95
MOCHA	£3.50 / £3.95	English Breakfast / Earl Grey / Berry / Camomile / Peppermint / Fresh mint Green / Rooibos / White / Fresh lemon / Fresh ginger / Lemon & ginger	