

BREAKFAST

Served until 12pm

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

BROMPTON FOOD MARKET FULL BREAKFAST (c, d) £11.95

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

HOMEMADE JALAPENO CORNBREAD (c, d) £10.75

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

CHORIZO, MUSHROOM & EGGS (c, d) £9.95

Served on toasted sourdough with roast cherry tomatoes, crumbled feta, basil and chives

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) £8.95

With whipped honey mascarpone, seeds, berries & banana

GREEK YOGHURT & BERRY COMPOTE (d) £5.95

With fresh berries.

SMASHED AVOCADO ON PUMPERNICKEL (vc) (c, sd) £8.75

With lime, coriander & chilli, toasted seeds, sumac roasted cherry tomatoes, lime & kale
Add grilled halloumi (+£2.50) or smoked salmon (+£4.50)

FRENCH TOAST WITH MAPLE SYRUP (c, d) £7.95

Add berries, berry compote & mascarpone +£2.75
Add bacon +£2.50
Add banana & mascarpone £2.50

SCRAMBLED EGGS & SMOKED SALMON/BACON(c, d) £8.95

Served with sourdough toast

SAUTEED MUSHROOMS ON SOURDOUGH (c, d) £7.95

With a fried egg & aged parmesan

BRUNCH EXTRAS

Grilled halloumi	£2.50	Sliced avocado	£2.50
Woodland mushrooms	£1.95	Toasted seeds	£1.25
Toasted sourdough	£1.95	Toast, butter & jam	£3.95
Smoked streaky bacon	£2.50	Smoked salmon	£4.50
Fried/scrambled eggs	£2.50		

Gluten free bread is available on all menu items

LUNCH

Served from 12pm

TO GET STARTED

Aperol Spritz £8.50 // Glass of Prosecco £7.50

Olive oil & ciabatta (n) £3.95 // Hummus & pitta £4.50 // Smashed avocado & tortilla £4.50

RARE ROAST BEEF SANDWICH (c, d) £13.95

With homemade chimichurri, fried onions & rocket served on toasted ciabatta with salad & crisps

GRILLED GOAT'S CHEESE & SQUASH SALAD (c, d, n) £10.95

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

BURRATA, PARMA HAM & TOMATOES (c, d, n) £11.95

Served with a pesto dressing, pine nuts, rocket & toasted focaccia.

SATAY CHICKEN BURGER (c, n, d, s, sy) £12.95

With homemade satay sauce, coriander & baby gem lettuce. Served on a brioche bun with a giant pickle & tamari slaw

MIXED SALAD PLATE (see salad labels for allergens) £11.75

Choose 4 salads from our deli counter. Add ham £3.00 // Grilled halloumi £2.50 // Smoked Salmon £4.50

BFM HOUSE TOASTIES (c, d, m) £10.25

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

SMASHED AVOCADO ON PUMPERNICKEL (vc) (c, sd) £8.75

With lime, coriander & chilli, toasted seeds, sumac roasted cherry Tomatoes, lime & kale
Add grilled halloumi (+£2.50) or smoked salmon (+£4.50)

SAUTEED MUSHROOMS ON SOURDOUGH (c, d) £7.95

With a fried egg & aged parmesan

HUMMUS PLATTER (vc) (c, s) £10.25

Homemade hummus, olives, crudités & toasted pitta

HOMEMADE FRITTATA (d) £8.65

Served with a choice of two salads from the counter

SIDES

Salad portion from our deli counter £3.00 // Green side salad £2.25 Bread or Pitta £1.50 // Toasted focaccia £2.50

HOMEMADE CAKES

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

NEW YORK CHEESECAKE (c, d) £4.25

CARROT CAKE (d, c, n) £4.75

With cream cheese frosting & walnuts

LEMON DRIZZLE LOAF (c, d) £3.00

BANANA BREAD (c, d) £3.00

MANDARIN & CHOCOLATE LOAF (n, sy) £3.00

IMPORTANT ALLERGEN INFORMATION

V: Vegetarian // VC: 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

GIN/VODKA & TONIC	£7.50
Portobello Road gin / Stolichnaya vodka & Fever Tree tonic	
NEGRONI	£7.50
Portobello Road gin, Campari bitters & Martini Rosso	
BLOODY MARY	£7.95
Stolichnaya vodka & Big Tom spiced tomato juice & celery	
DARK 'N STORMY	£7.50
Plantation dark rum, lime & ginger beer	
APEROL or CAMPARI SPRITZ	£8.50
Prosecco, Aperol/Campari & soda water	
MOSCOW MULE	£7.95
Stolichnaya vodka, ginger beer & lime juice	
LEMON PASSION	£7.50
Prosecco, elderflower, lemon juice & mint	
VIRGIN MARY (non-alcoholic)	£3.95
Big Tom spiced tomato juice, celery & lemon	

JUICES & SMOOTHIES

HOMEMADE LEMONADES		
Original	£3.75	
Raspberry	£3.95	
Ginger	£3.95	
FRESHLY SQUEEZED ORANGE JUICE	£4.25	
VITAMIN C IN THE DARK JUICE	£4.25	
Orange, carrot & ginger		
BFM GREEN JUICE	£4.25	
Cucumber, mint, spinach & apple		
APPLE JUICE		£3.95
BERRY BLITZ SMOOTHIE		£4.95
Mixed berries, banana & apple juice		
TROPICAL THUNDER SMOOTHIE		£4.95
Mango, passion fruit, banana & apple juice		
CHOCOLAT SHAKE		£4.95
Cocoa powder, oat milk & ice		

WATER & SOFT DRINKS

HARROGATE WATER 750ml (still & sparkling)	£2.95	COKE	£2.45
HARROGATE WATER 500ml (still & sparkling)	£1.95	DIET COKE	£2.45
BUNDEBERG GINGER BEER	£2.95	COKE ZERO	£2.45
KOMBUCHA (lemon & ginger or pomegranate & blueberry)	£2.95	SPRITE ZERO	£2.45

BEER & CIDER

MEANTIME LONDON LAGER 330ml, 4.5%	£4.35	BIRRA MORETTI LAGER 330ml, 4.6%	£4.25
MEANTIME LONDON PALE ALE 330ml, 4.3%	£4.35	ORCHARD PIG SOMERSET CIDER 500ml, 4.5%	£4.95

COFFEE & TEA

ESPRESSO	£2.00 / £2.25	TEA	£2.75
AMERICANO	£2.55 / £2.75	English Breakfast / Earl Grey / Berry / Camomile / Peppermint / Fresh mint	
CAPPUCCINO	£2.85 / £3.05	Green / Rooibos / White / Fresh lemon / Fresh ginger / Lemon & ginger	
LATTE (gingerbread & Vanilla available)	£2.85 / £3.05	HOT CHOCOLATE	£2.85 / £3.00
FLAT WHITE	£3.00	'THE WORKS' HOT CHOCOLATE	£3.00 / £4.50
MACCHIATO	£2.15 / £2.45	Whipped cream, mini mallows, flake	
MOCHA	£3.00 / £3.35	VANILLA FRAPPÉ	£3.50
		ICED COFFEE	£3.50

Dairy alternatives available: Bonsoy soy milk (+60p), Rude Health organic almond milk (+45p), Oatly oat milk (+40p)

WINE & PROSECCO

WHITE

ABADIA MENCIA WHITE £19.95 bottle / £12.95 carafe / £6.50 glass
Spain. Peach & citrus, refreshing, great value.

BOULDERS BEACH SAUVIGNON BLANC

£23.95 bottle / £13.95 carafe / £6.95 glass
South African sauvignon blanc - gooseberry & lime. Light.

ROSÉ

CHÂTEAU ST PIERRE £23.95 bottle / £13.95 carafe / £6.95 glass
Côtes De Provence, France, Dry, summer fruit flavours with a soft minerality

RED

ABADIA MENCIA RED £19.95 bottle / £12.95 carafe
Fantastic red with masses of red fruits & blueberry.

SOTTANO MALBEC £20.50 bottle / £13.95 carafe
Argentina. A belter of a wine. Big, bold, ripe red & black fruits.

SPARKLING

TENUTA FIOREBELLI PROSECCO £25.95 bottle / £7.50 glass
Light & crisp with familiar apple & peach aromas.