

# 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

<b>APEROL or CAMPARI SPRITZ</b>	£8.75
<b>GIN/VODKA &amp; TONIC</b>	£7.95
<b>NEGRONI</b> Gin, Campari bitters & Martini Rosso	£7.95
<b>BLOODY MARY</b> Vodka & Big Tom spiced tomato juice & celery	£7.95
<b>DARK 'N STORMY</b> Dark rum, lime & ginger beer	£7.95
<b>OLD FASHIONED</b> Bourbon, orange bitters & sugar	£7.95
<b>WHISKY MAC</b> Whisky and ginger wine	£7.25
<b>ESPRESSO MARTINI</b> Vodka, Kalua & coffee	£7.95
<b>MOSCOW MULE</b> Vodka, ginger beer & lime juice	£7.95
<b>PERCIVAL &amp; CO ALCHOLIC TONIC</b> 330ml, 4.0%	£4.95
Light and refreshing. Elderflower, Rose & Juniper or Apple & Mint	
<b>VIRGIN MARY</b> (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

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

## WATER & SOFT DRINKS

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

## BEER & CIDER

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

## COFFEE & TEA

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