

# BREAKFAST

Served until 12pm

## BLOODY MARY £7.95

Absolut vodka & Big Tom spiced tomato juice

## BROMPTON FOOD MARKET FULL BREAKFAST (G, 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 (G, D) £11.75

With grilled chorizo, fried egg, avocado, sour cream, coriander, spring onions & sracha mayo.

## SCRAMBLED EGGS & SMOKED SALMON (G, D) £10.25

Served with sourdough toast

## BREAKFAST BURRITO (G, D) £8.95

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

## HOMEMADE TOASTED BANANA BREAD (G, 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 (VG) (G, 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 (G, D) £8.50

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

## SCRAMBLED EGGS & BACON (G, D) £9.25

Served with sourdough toast

## SAUTEED MUSHROOMS ON SOURDOUGH (G, 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       | £4.95 |

Gluten free bread is available on all breakfast menu items



# LUNCH

Served from 12.15pm

## TO GET STARTED

**SMASHED AVOCADO & TORTILLA (G)** £5.75      **HUMMUS & PITTA (G, S)** £5.5

**CIABATTA & EXTRA VIRGIN OLIVE OIL (G)** £3.95

## MAINS

**APEROL SPRITZ** £8.75 // **GLASS OF PROSECCO** £7.95

**HOUSE CLUB SANDWICH (G, D, M)** £13.95      **RARE ROAST BEEF SANDWICH (G, D, M)** £14.95

Paprika marinated chicken, bacon, Emmental, tomato, lettuce & garlic mayo. Served with a dressed garden salad

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

**SUMAC ROASTED WHOLE CAULIFLOWER (V, VG) (N)** £10.95      **HOUSE CHEESE TOASTIES (G, D, M)** £11.50

With almond hummus and a harissa, tahini & lemon sauce

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

**GREEK VEGETABLE STEW (G, D)** £11.95

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

**GRILLED HALLOUMI, COURGETTE & TOMATOES (G, D)** £11.95

Grilled courgette wrapped halloumi on slow roast tomatoes & rocket. Served with ciabatta

**SMASHED AVOCADO ON PUMPERNICKEL (VG) (G, SD)** £9.75

With lime, coriander, chilli, toasted seeds & sumac roasted cherry tomatoes. Add grilled halloumi (+£3.00) or smoked salmon (+£4.95)

**SOUP OF THE DAY** £7.75

Served with toasted ciabatta. Please ask for flavour & allergens

**HUMMUS PLATTER (V, VG) (G, S)** £10.95

Homemade hummus, olives, crudités & toasted pitta

**SAUTEED MUSHROOMS ON SOURDOUGH (G, 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 £4.95

**HOMEMADE FRITTATA (D)** £9.50

Served with a choice of two salads from the counter

## DESSERTS & CAKES

**ICE CREAM (per scoop)** £2.25      **CARROT CAKE (D, G, N)** £4.75

Please ask for ice cream flavours and allergens

**LEMON DRIZZLE LOAF (G, D)** £3.50

**WARM BROWNIE & ICE CREAM (G, D, SY)** £7.75

Salted caramel brownie, vanilla ice cream & butterscotch sauce

**BANANA BREAD (VG) (G)** £3.50

**SALTED CARAMEL BROWNIE (G, D, SY)** £3.50

**PEANUT BUTTER BLONDIE (VG) (N, SY)** £3.50

**MANDARIN & CHOCOLATE LOAF (N, SY)** £3.50

**NEW YORK CHEESECAKE (G, D)** £4.25

**CHOCOLATE & BANANA BREAD (N, SY)** £3.50

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

**IMPORTANT ALLERGEN INFORMATION** 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

|   |       |
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| <b>APEROL or CAMPARI SPRITZ</b>   | £8.75 |
| <b>GIN/VODKA &amp; TONIC</b>  | £7.95 |
| <b>NEGRONI</b><br>Gin, Campari bitters & Martini Rosso                            | £7.95 |
| <b>NEGRONI SBAGLIATO</b><br>Prosecco, Campari bitters & Martini Rosso             | £7.95 |
| <b>BLOODY MARY</b><br>Vodka & Big Tom spiced tomato juice & celery                | £7.95 |
| <b>DARK 'N STORMY</b><br>Dark rum, lime & ginger beer                             | £7.95 |
| <b>OLD FASHIONED</b><br>Bourbon, orange bitters & sugar                           | £7.95 |
| <b>TEQUILA SUNRISE</b><br>Tequila, grenadine, orange juice                        | £7.95 |
| <b>MOSCOW MULE</b><br>Vodka, ginger beer & lime juice                             | £7.95 |
| <b>WHISKY MAC</b><br>Whisky and ginger wine                                       | £7.25 |
| <b>VIRGIN MARY</b> (non-alcoholic)<br>Big Tom spiced tomato juice, celery & lemon | £4.25 |

## JUICES & SMOOTHIES

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| <b>HOMEMADE LEMONADES</b><br>Original // Raspberry // Ginger  | £4.50 |
| <b>VITAMIN C IN THE DARK JUICE</b><br>Orange, carrot & ginger | £4.95 |
| <b>BFM GREEN JUICE</b><br>Cucumber, mint, spinach & apple     | £4.95 |
| <b>FRESHLY SQUEEZED ORANGE JUICE</b>                          | £4.75 |

## WATER & SOFT DRINKS

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| <b>HARROGATE WATER</b> 750ml (still & sparkling)               | £3.75 |
| <b>HARROGATE WATER</b> 500ml (still & sparkling)               | £2.50 |
| <b>BUNDEBERG GINGER BEER</b>                                   | £3.50 |
| <b>KOMBUCHA</b> (ginger lemon, wild berry, mango or raspberry) | £3.75 |

## WINE & PROSECCO

### WHITE

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| <b>ABADIA MERCIER WHITE</b><br>£23.95 bottle / £14.25 carafe / £7.00 glass<br>Spain. Peach & citrus, refreshing, great value.                     |
| <b>BOULDERS BEACH SAUVIGNON BLANC</b><br>£27.95 bottle / £15.95 carafe / £7.25 glass<br>South African sauvignon blanc - gooseberry & lime. Light. |

### ROSÉ

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| <b>CHÂTEAU ST PIERRE</b><br>£29.95 bottle / £16.95 carafe / £7.95 glass<br>Côtes De Provence, France, Dry, summer fruit flavours with a soft minerality |
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### RED

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| <b>ABADIA MERCIER RED</b><br>£23.95 bottle / £14.25 carafe / £7.00 glass<br>Fantastic red with masses of red fruits & blueberry.            |
| <b>IRIS MALBEC</b><br>£27.95 bottle / £15.95 carafe<br>Argentina. Red fruits; cherries, plums & spice notes. Soft tannins, pleasing finish. |

### SPARKLING

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| <b>TENUTA FIOREBELLI PROSECCO</b> £29.95 bottle / £7.95 glass<br>Light & crisp with familiar apple & peach aromas. |
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## BEER & CIDER

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

## COFFEE & TEA

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

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

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| <b>COKE</b>        | £2.95 |
| <b>DIET COKE</b>   | £2.95 |
| <b>COKE ZERO</b>   | £2.95 |
| <b>SPRITE ZERO</b> | £2.95 |