

BREAKFAST MENU

UNTIL 12

<b>POACHED EGGS</b>	7.9	<b>TOASTED CROISSANT</b>	
on sourdough toast		/ gruyere & tomato	4.9
<b>SOFT BOILED EGGS</b>	7.9	/ gruyere & ham	5.9
w/ sourdough soldiers		/ gruyere, ham & tomato	6.9
/ add vegemite or marmite		<b>TREACLE CURED BACON SANDWICH</b>	9.5
<b>FOLDED EGGS</b>	8.9	toasted pide, tomato jam, aioli, baby	
w/ lemon & parsley on sourdough toast		gem & vine tomatoes	
<b>TURKISH EGGS</b>	11.5	/ add avocado	11.5
poached eggs, hung yogurt & hot		<b>WOODLAND MUSHROOMS ON BRIOCHE</b>	9.9
chilli butter w/ toasted pide		w/ natural yogurt, a touch of cream,	
<b>EGGS BENEDICT</b>	11.5	spinach & pesto	
on sourdough toast		<b>AVOCADO, CHORIZO &amp; PERSIAN FETA</b>	9.5
<b>EGGS ROYALE</b>	11.5	on toasted sourdough	
on sourdough toast		<b>SMOKEY BACON BOSTON BEANS</b>	8.9
<b>EGGS FLORENTINE</b>	11.5	w/ sourdough toast	
on sourdough toast		<b>CEREAL</b>	3.5
<b>CHORIZO FOLDED EGGS</b>	12.5	/ coco pops	
on sourdough toast		/ crunchy nut cornflakes	
<b>BREW BRUNCH BOWL</b>	10	<b>BREAD</b>	3.5
quinoa, peas, beans, broccoli, feta,		sourdough toast, croissant, toasted	
pomegranate & zesty mint dressing		pide or bagel w/ a choice of jams,	
<b>SWEETCORN FRITTERS</b>	11.9	butter, vegemite / marmite	
w/ avocado, tomato jam & lime aioli		.....	
/ add bacon	13.9	<b>SIDES</b>	
<b>BREW MELT (our favourite)</b>	12.5	- SIDES -	
ham, gruyere, vine tomato, poached		<b>2 FOR £7</b>	
eggs & pesto served on toasted pide		WITH ANY MAIN	
<b>BLUEBERRY PANCAKES</b>	10.9	/smokey bacon boston beans	4.5
w/ caramelised banana, creme fraiche		/steamed green beans	4.5
& maple syrup		/creamed spinach	4.5
<b>AVOCADO</b>	9.5	/treacle cured bacon	4.5
w/ cottage cheese, lemon & maldon on		/french fries w/ aioli	4.5
toasted pide		/pan fried chorizo	5.2
/ add vegemite or marmite		/slow roast tomato w/ feta	4.9
<b>HOMEMADE GRANOLA</b>	6.9	/avocado w/ lemon & maldon	5.2
w/ yogurt, chopped mango, pineapple &		/oak smoked salmon	5.2
melon		/house salad	3.5
/ take home 400 gram bag	4.5	/hand-cut slaw	4.5
<b>ORGANIC JUMBO OAT PORRIDGE</b>		/roasted halloumi w/ chilli & garlic	5.9
/ honey or maple syrup	6.9	/polenta chips w/ aioli	4.5
/ fresh summer berries	7.9	/woodland mushrooms w/ natural	4.9
<b>TOASTED BANANA BREAD</b>	5.9	yogurt, spinach & pesto	
w/ hung honeyed yogurt & pistachios		.....	

LUNCH MENU

STARTERS

<b>GRILLED LAMB KOFTAS</b>	7
w/ harissa yogurt, aubergine & pomegranate	
<b>GRILLED CHICKEN, GEM &amp; CHICORY SALAD</b>	7/14
w/ caesar dressing, drunk grapes & toasted coconut	
<b>MELON &amp; PROSCIUTTO SALAD</b>	7.5
w/ gremolata	
<b>ASPARAGUS QUICHE</b>	8.5
w/ tomato chutney & watercress	
<b>ASIAN BROTH</b>	6.5
served w/ chicken dumplings, corn & summer herbs	

LUNCH

<b>HAKE &amp; CRAB FISHCAKE</b>	14.9
served w/ spinach, poached egg & hollandaise	
<b>STEAK FRITES / KIEV FRITES</b>	15.9
flat iron steak, bearnaise, fries & house salad	
or breaded free-range chicken w/ garlic butter served w/ fries & house salad	
<b>TONKATSU PORK CUTLET</b>	16.9
served w/ coconut & lime rice	
<b>SUMMER VEGETABLE RISOTTO</b>	13.5
served w/ ricotta, peas, tenderstem broccoli & spinach	
<b>BENGALI AUBERGINE &amp; TOFU SALAD</b>	13.5
w/ lentils, cavolo nero, pomegranate, roasted spiced cauliflower & cardamom dressing	
<b>SEARED TERIYAKI BEEF</b>	21
aberdeen sirloin w/ miso mash & sesame asian greens	

GRILLS, PITTA POCKETS & BAGELS

<b>SPICED CAULIFLOWER STEAK</b>	13.5
w/ hung yogurt, summer peas, baby gem, toasted cashews & caviar lentil salad	
<b>HOUSE GROUND CHUCK STEAK BURGER</b>	14.9
gruyere, tomato, lettuce & pickle served w/ house salad & fries	
<b>LAMB SKEWER</b>	16.9
cubes of british lamb marinated in lavender, yogurt & cumin served w/ quinoa, feta & harissa yogurt	
<b>PAN-FRIED HALLOUMI PITTA</b>	12.5
w/ roasted peppers, rocket & aioli	
<b>HOT SMOKED CHICKEN BAGEL</b>	11.5
w/ vine tomatoes, rocket & avocado served in a sesame bagel	
<b>SALT BEEF REUBEN BAGEL</b>	13.9
beef brisket served in a sesame bagel w/ pickles & rocket	
<b>LAMB KOFTA PITTA</b>	13.9
w/ shredded lettuce & harissa yogurt	

- SIDES -  
**2 FOR £ 7**  
 WITH ANY MAIN

<b>SIDES</b>	
/smokey bacon boston beans	4.5
/steamed green beans	4.5
/creamed spinach	4.5
/treacle cured bacon	4.5
/french fries w/ aioli	4.5
/pan fried chorizo	5.2
/slow roast tomato w/ feta	4.9
/avocado w/ lemon & maldon	5.2
/oak smoked salmon	5.2
/house salad	3.5
/hand-cut slaw	4.5
/roasted halloumi w/ chilli & garlic	5.9
/polenta chips w/ aioli	4.5
/woodland mushrooms w/ natural yogurt, spinach & pesto	4.9

ANTIPODEA