



## BREAKFAST AND BRUNCH

### TRADITIONAL 10.5

Egg, bacon, cumberland sausage, portobello mushroom, hash brown, beans, grilled tomato, black pudding and toast  
Add bowl of fruit 3.5 or french fries 3

### VEGGIE 9.5

Veg sausage, egg, hash brown, portobello mushroom, beans, grilled tomato and toast  
Add bowl of fruit 3.5 or crushed avocado 3,5

### THE PARLOUR BREAKFAST 12

Garlic sausage, two eggs, two halloumi, crushed avocado, portobello mushroom, grilled tomato, hash brown and toast

### HUEVOS RANCHEROS 10.5

Corn tortilla, fried eggs, avocado, mexican black beans and feta cheese  
Add bowl of fruit 3.5

### ESPANA 10.5

Two mild chorizzo, two eggs, with sour cream, crushed avocado, salsa sauce and spicy beans on tortilla bread topped with cheddar cheese  
Add bowl of fruit 3.5

### SMOKED SALMON BAGEL 8.5

Creamy scrambled egg with smoked salmon, chives and salad  
Add bowl of fruit 3.5

### BREAKFAST BURRITO 10

Creamy scrambled egg, chorizzo, onion with sour cream, salsa, crushed avocado spread in tortilla wrap topped with cheddar cheese  
Add bowl of fruit 3.5

### AVOCADO SPREAD ON SOURDOUGH 7.5

With fresh chillies  
Add smoked salmon 3, poached eggs 2.5 or rashers of bacon 2.5

### BREAKFAST BUTTY 8.5

Fried egg, bacon, hash brown, cheddar cheese in seeded bun served with chips or curly fries

### SCRAMBLED OR POACHED EGGS ON TOAST 6.5

Add bowl of fruit 3.5 or rashers of bacon 2.5 or spinach 2

### VEGAN BREAKFAST 9.5

Smashed Avocado, portobello mushroom, two hash brown, mexican black beans, tomato and salsa sauce

### CILBIR 8.5

Garlic yoghurt with chilli butter sauce on two poached eggs and sourdough toast on the side (South of Turkey's traditional breakfast dish)

### REAL MEDITERRANEAN 10

Fried egg, garlic sausage, halloumi, feta cheese, melon, walnut, jam, mistoliva olives and toast

### SHAKSHUKA (MENEMEN) 11

Tomatoes, peppers, egg, feta cheese, garlic sauce, mix herbs and sourdough bread  
Add sucuk 2.5

## BENEDICTS

### EGGS BENEDICT 9

With honey roast ham  
Add bowl of fruit 3.5

### EGGS ROYALE 10

With smoked salmon  
Add bowl of fruit 3.5

### FRIED CHICKEN HANGOVER BENEDICT 9.5

With breaded chicken, spinach and fresh chillies  
Add bowl of fruit 3.5

### EGGS FLORENTINE 8

With spinach  
Add bowl of fruit 3.5

\* All benedicts served with toasted english muffins, poached eggs and hollandaise sauce

## OMELETTES

### HONEY ROAST HAM & CHEDDAR CHEESE 9.5

### SPINACH & CHEDDAR CHEESE 9

### CHORIZZO & CAMBOZOLA CHEESE 10

### FORZA LIVORNO 9

Prosciutto ham with asparagus, rocket, extra virgin olive oil and parmesan cheese

### BUFFALO MOZARELLA 9

With grilled cherry tomato, extra virgin olive oil and basil pesto

\* All omelettes served with garlic mayo french fries or curly fries

## USA PANCAKES

### VEGGIE 9.5

Two eggs, veg sausage, hash brown, crushed avocado and maple syrup

### MEATY 10

Rashers of bacon, fried egg, cumberland sausage, hash browns and maple syrup

### MARIYLN MONROE 8.5

Mix berries with vanilla ice cream and maple syrup

### BANANA & NUTELLA 8.5

Nutella, banana, walnut and vanilla ice cream

### CLASSIC 6

Three pancakes with butter and maple syrup

### OREO 8.5

Oreo pancakes with strawberry, vanilla ice cream, dark chocolate sauce

## SOUP

### SOUP OF THE DAY 4.5

Served with bread

\* Please ask member of staff

## FRUIT BREAKFAST

### GRANOLA 8

Mix fresh berries with greek yoghurt and maple syrup

### FRUIT SALAD 7

Fresh fruits with greek yoghurt

### FRENCH TOAST 9

Slices of brioche, soaked in beaten eggs with milk and cinnamon, toasted in frying pan with plum, yoghurt and maple syrup

### ACAI BOWL 9

Mashed brazilian acai palm fruit, topped with banana, mixed fruit, coconut and granola

## COUNTER FOOD

### MAINS

With a choice of 3 salads

### GRILLED CHICKEN BREAST 12

Marinated in oregano, mustard and yoghurt

### BOREK 9

With spinach and feta

### VEGGIE LASAGNE 9

### CHICKEN PIE 9.5

With portobello mushrooms

### MEAT LASAGNE 9.5

### QUICHE 9

\* Please ask member of staff

### SALMON PIE 12

With spinach and mozzarella cheese

### CHICKPEA & TAHINI BALL 9

Chickpea ball cooked with tahini, garlic and

### SALMON FISH CAKE 9.5

Salmon potato, dill & whole grain mustard

### VEGGIE TORTILLA 9

Spanish omelette with vegetables

### CHICKEN IN WONDERLAND PIE 9.5

Chicken breast with spinach, roast peppers, pesto and mozzarella cheese

## SALADS

Single - 5.95 / Mixed Salad 8.5

### TABBOULEH

With bulgur, onions and tomato in a refreshing pomegranate molasses dressing

### ORGANIC QUINOA & BLACK RICE

With edamame beans and ginger dressing topped with feta

### ROASTED CAULIFLOWER & CHICKPEA

With tahini and yoghurt dressing

### SWEET & TANGY RED CABBAGE

With carrot and beetroot

\* Please check our counter for more salads

LUNCH MENU

TAGLIETELLE PASTA	
With creamy sauce, rocket & parmesan cheese	
With mushroom & onion	8.5
With chicken	10.5
RAVIOLLI	
Spinach & Ricotta with roasted vegetables	
PENNE PASTA	
Creamy basil sauce or Arrabiata sauce	
CHICKEN SCHNITZEL	10
Served with fries & salad	
SALADS	
GRILLED HALLOUMI	
With red onions, garlic croutons, mustard dressing & leaves	
GRILLED GOAT CHEESE	8
On garlic crostini with walnut dressing, leaves & beetroot	
GRILLED CHICKEN SALAD	9
With red onions, garlic croutons, mustard dressing & leaves	
FALAFEL SALAD	8.5
Rocket, pumpkin seed, halloumi, chickpea, roasted tomato, hoummus & beetroot	

KIDS MENU

KIDDIES MEATY	6
Chips, cumberland sausage, beans, fried egg and toast	
KIDDIES VEGGIE	5.5
Chips, veggie sausage, beans, fried egg and toast	
EGGS ON TOAST	4
BEANS ON TOAST	3.5

COFFEES

FLAT WHITE	2.8
LATTE	2.7
CAPPUCINO	2.7
AMERICANO	2.6
TURKISH COFFEE	3
CORTADO	2.8
HOT CHOCOLATE	3
MOCHA	3.10
VANILLA CHAI LATTE	3.10
SPICY CHAI LATTE	3.10
SINGLE ESPRESSO OR MACCHIATO	2.10
DOUBLE ESPRESSO OR MACCHIATO	2.40
ICED COFFEE	3.5

Soya, Almond, Oat, Coconut, Flavours 0.5 Extra

FRESH JUICES

Carrot - Apple - Ginger - Orange - Celery	4
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MON - FRI 8AM - 4:30PM  
SAT - SUN 8AM - 5:30PM

SANDWICHES

SALT BEEF, MAYO & DILL	6
TUNA, MAYO & SWEETCORN	5.5
PARMA HAM, MOZARELLA, SB TOMATO & ROCKET	5.5
PRAWN MAYO, AVOCADO & ROCKET	5.5
CHORIZZO, CAMBOZOLA & ROCKET	5.5
GOAT CHEESE, ROAST PEPPER & ROCKET	5.5
CHICKEN, BASIL PESTO & OLIVE	5.5
AVOCADO, SB TOMATO, ARTICHOKE & ROCKET	5.5
HONEY ROAST HAM, SWISS EMMENTAL & TOMATO PESTO	5.5
CLUB CHICKEN, MAYO & CRISPY BACON	5.5

SIDES

BOWL OF FRUIT	3.5
FRENCH FRIES	3
CURLY FRIES	3
CRUSHED AVOCADO	3.5
RASHERS OF BACON	2.5
ROUND OF TOAST	1.8
SUCUK	2.5
HALLOUMI	3
EGG	1.2
VEGGIE SAUSAGE	1.5
MILD CHORIZZO SAUSAGE	2.5
HASH BROWNS	1.5
CUMBERLAND SAUSAGE	1.8

TEAS

ASSAM BREAKFAST	2.5
EARL GREY	2.5
JADE SWORD GREEN	2.5
ROOIBUS	3
CAMOMILE	2.5
CHAI	2.5
PEPPERMINT	2.5
JASMINE PEARL	3

SOFT DRINKS

APPLETISER	2.5
ELDER FLOWER 25 cl	2.7
LEMON PRESSE 25 cl	2.7
COKE/ZERO/DIET 33 cl	3
SPARKLING WATER 33 cl	2.2
STILL WATER 33 cl	2.2

WRAPS

HALLOUMI & GARLIC SAUSAGE	9
GRILLED CHICKEN	9.5
FALAFEL & HOUMMUS	9

\* All wraps served with garlic mayo french fries or curly fries

BURGERS

BEEF BURGER	10
6 oz beef patty with lettuce, gherkins, tomato and red onion	
MAD BURGER	11.5
6 oz beef patty with crispy bacon, cheddar cheese, grilled onion and tomato	
PRESIDENTE ANDREA PIRLO	9.5
Breaded chicken with buffalo mozzarella and tomato pesto in Italian ciabatta	
GRILLED MARINATED CHICKEN	9.5
Marinated two pieces of chicken with red onion and tomato	
HALLOUMI & PORTOBELLO MUSHROOM	9
Halloumi cheese, portobello mushroom, rocket, tomato, extra virgin olive oil and basil pesto	

\* All burger served with garlic mayo french fries or curly fries

JACKET POTATOES

CLASSIC	7.5
TUNA	7.5
PRAWN	7.5
VEGGIE	7.5
Add cheese 1,5	
* All jacket potatoes served with mediterranean mix salad	

SMOOTHIES

GROOVY GREEN	5
Pear, Mint, Green Apple, Melon, Avocado, Spinach	
MIX BERRY	5
Raspberry, Blueberry, Blackberry, Strawberry	
STRAWBERRY SUNSHINE	5
Strawberry, Mango, Banana	
TROPICAL CRUSH	5
Pineapple, Passionfruit, Papaya, Mango	
* Made with apple juice suitable for vegans	

ALCOHOLIC BEVERAGE

BOTTLE WINE	White/ Red/ Rose	16
GLASS WINE	White/ Red/ Rose	4.5
SAN MIGUEL	33 cl	4.5
MORETTI	33 cl	4.5
PERONI	33 cl	4.5
APEROL SPIRITZ		7
BLOODY MARY		6.5
VIRGIN MARY		5.5

A discretionary 12.5% service charge will be added to your bill, w/ gratuities distributed to the staff. If service hasn't been up to scratch, don't hesitate to ask for it to be removed.

Please speak to your server about the ingredients in your meal when making your order + inform them of any allergies of intolerances. We cannot guarantee that our food is free from nuts + other allergens.