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BREAKFAST		CHILDREN'S BREAKFAST	
Seasonal Fruit Salad With Yoghurt & Wheat Free Granola	78	Oats and Quinoa With Banana & Honey	38
Croissant With Scrambled Free Range Eggs & Rocket	62	Scrambled Scrambled Free Range Egg On Toast	20
Parmesan & Chives Scrambled Free Range Eggs	68	Mini Breakfast Fried Free Range Egg With Toast & Bac	42 on
On Sourdough With Parmesan & Chives French Toast	79	Waffle Gluten Free Waffle With Blueberries, Stawberries & Honey	42
French Toast With Banana & Free Range Bacon		Fruit Cup Fresh Fruit Topped With Yogurt	28
Traditional Stack Poached Free Range Eggs With Tomato, Mushrooms & Rocket Oil On Sourdough Bread	68	EXTRAS	
Florentine Poached Free Range Eggs On Sourdoug With Spinach & Hollandaise	78 h	Free Range Egg Spinach / Mushrooms Spicy Harricot Beans Grilled Haloumi	12 20 30 35
Benedict Poached Free Range Eggs On Sourdoug With Free Range Rosemary Ham & Hollandaise	88 h	Free Range Bacon (50g) Free Range Ham (35g) Smoked Salmon Trout (40g) Hand Cut Chips (Small)	30 25 45 22
Spicy Beans Wood Fired Flat Bread With Spicy Beans Grilled Haloumi, a Poached Egg,	88	BAKERY	
Oats & Quinoa With Toasted Almonds, Poached Fruit & Honey	56	Butter Croissant Orange And Carrot Muffin Bran Muffin Gluten Free Chia Seed Muffin Served With Grated Cheese	26 28 28 38 +18
		& Home Made Berry Jam	

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COFFEE Americano Flat White Café Latte Espresso	22 25 28 18	MILKSHAKES & SMOOTHIES Coffee 32 Red Espresso 34 Vanilla 15/24 Chocolate Hazelnut 22/30 Real Strawberry 20/30
RED ESPRESSO Flat White Café Latte	28	Mixed Berry & Banana Smoothie 35
TEAS Ceylon Rooibos Earl Grey Green Tea Chamomile Peppermint Chai HOT & MILKY Milo	22 22 24 24 24 23 26	FRESH MADE JUICES Orange 20 / 35 Apple 18 / 30 Carrot 22 / 38 Green Rocket 40 Cucumber, Celery, Ginger, Rocket, Apple Beet Blend 40 Apple, Carrot, Beetroot, Ginger Apple Espresso 38 Apple Juice With Red Espresso Firey Orange 40 Orange, Tumeric & Ginger
Hot Chocolate (Hazelnut Choc)	30	
EXTRAS Decaf Coffee Extra Shot Espresso Soya Milk Almond Milk WATER Aqua V - Still Or Sparkling	2 6 4 12	COLD DRINKS Rockshandy 38 Kombucha 40 Cape Apple Or Berry 32 Coke / Coke Zero 20 Sprite Zero 20 Bos Iced Tea: Peach / Lemon / Berry 28 Lemonade / Soda Water / Tonic 17 Bitter Lemon / Gingerale 17
Small 250ml Large 750ml	16 35	Bitter Lemon / Gingerale 17 Lime/ Passionfruit / Kola Tonic 5