

breakfast BR&NCH.

Avocado Toast smashed avocado on toasted sourdough add egg +2.5 halloumi +4 feta +3.5	11.5	Eggs on Toast free-range eggs on toasted sourdough. add salmon +3.5 turkey bacon +3.5	10.5
Italian Breakfast cherry tomatoes cooked with garlic & basil pesto toasted sourdough, topped with burrata. add egg +£2	13.5	English Breakfast free-range eggs, chicken sausages, turkey bacon, hash brown, baked beans, mushrooms, grilled cherry tomato, sourdough toast.	16.5
Eggs Benedict poached eggs, turkey bacon & hollandaise on an english muffin.	14.5	Veggie Breakfast free-range eggs, halloumi, avocado, hash brown, baked beans, mushrooms, grilled cherry tomatoes & sourdough toast.	15.5
Eggs Royale poached eggs, smoked salmon & hollandaise on an english muffin.	14.5	Shakshuka two free-range eggs in a rich tomato & pepper sauce with feta, topped with sumac & served with sourdough with za'atar oil. add sausage +2.5	13.5
Eggs Florentine poached eggs, white onion, spinach & hollandaise on an english muffin. add halloumi +3 turkey bacon +3.5	13.5	Omelettes all served with toasted sourdough. • turkey bacon & cheese • spinach & feta • cheese & cherry tomato	13
Turkish Eggs two free-range eggs over garlic & dill yoghurt, topped with paprika oil & served with sourdough drizzled in za'atar oil. add sausage +2.5	13	Breakfast Bagel bagel, cream cheese, lettuce, tomato, onion, scrambled eggs, garnish	9.5
Pancakes • nutella, seasonal berries & maple syrup • fried egg, turkey bacon & maple syrup	12.5	Porridge topped with berries, banana, cinnamon & honey on the side.	13.5
French Toast • nutella, mixed berries & maple syrup • lotus biscoff, banana & maple syrup	13.5		
Granola Bowl greek yoghurt with homemade granola, seasonal berries, banana & honey.	10.5		

Homemade SANDWICHES



Avocado Chicken Baguette chicken, mayo, lettuce, tomato, and creamy avocado	10.5	Tuna Crunch Baguette house-made tuna mix with lettuce & cucumber in our sesame baguette.	9.5
Club Sandwich sip & rise sauce, cheddar slice, lettuce, tomato, fried egg, turkey bacon & chicken	12.5	House Chicken Wrap grilled chicken, garlic mayo, tomato, lettuce, onion & pickles in a soft wrap.	11.5
Salmon Luxe Bagel smoked salmon & smooth cream cheese on a toasted bagel.	9.5	Halloumi & Avocado Wrap grilled halloumi, avocado, fresh tomato, lettuce & garlic mayo in a soft tortilla.	10.5
Parisian Croissant buttery, flaky croissant baked to perfection with turkey ham - 50p	6.5	Turkey Bacon Bagel british cheddar turkey bacon with classic ketchup	8.5
Tuna Melt house-made tuna mix topped with melted cheddar cheese	10.5	Pestorella basil pesto, fresh mozzarella, sliced tomato & rocket.	8.5

halal
FRIENDLY



hot DRINKS



Espresso	2.5	2.8
Americano	2.9	3.2
Latte	3.4	3.8
Cappuccino	3.4	3.8
Cortado	3.2	
Macchiato	2.8	
Flat White	3.6	
Mocha	3.95	
Matcha Latte	4	
Hot Chocolate	3.8	
Tea	3	
Chai Latte	4	
Iced Latte	3.8	

Syrups - 50p | Make It Strong - 50p

Alternative Milk (Oat, Soya, Coconut, Almond) - 50p

fresh JUICES

Orange Juice	6
Carrot Juice	6
Apple Juice	6
Rise & Shine apple, carrot & ginger	6.5
Green Glow celery, lemon, apple, spinach, cucumber & ginger	6.5
Honey C orange · cucumber · mint · honey	6.5

SMOOTHIES & PROTEINSHAKES

Super Green spinach, apple, lime, basil, avocado, spirulina	7
Organic Red strawberry, blueberries, mango	7
Green Reviver curly kale, lemongrass, banana, mango	7
Cherry Berry sweet cherries, strawberries, black currants, banana	7
Vanilla Blueberry Protein vanilla whey, fresh blueberries & banana with almond milk.	7
Chocolate Banana Protein chocolate whey, banana & peanut butter with almond milk.	7
Avocado Banana Protein vanilla whey, avocado, banana, almond milk & honey	8

DELI FRESHH

Chicken Quiche creamy quiche with tender chicken baked	8.5
Veg Quiche broccoli, sun-dried tomato & feta in flaky pastry	8.5
Greek Spinach Pie greek pie with spinach, feta & crisp pastry.	7
Moroccan Omelette flavourful omelette with moroccan spices.	7
Greek Salad tomato, olives, feta, onion, green pepper, green salad & olive oil	9.5
Chicken Caesar Salad grilled chicken, crispy greens, parmesan, and caesar dressing	10.5

ask us for more options available in the display



SiP & RiSE