

ON AN OVAL (SMALL & SIMPLE)

smashed avocado with fresh lime on toasted sourdough	9.5
tomato and avocado on toasted wholegrain	9.5
ham sandwich with grainy mustard mayo, aged cheddar and pickle	9.5
1 corn fritter <i>or</i> potato rosti with avocado salsa and house relish	7.5

small salad from our daily fresh selection	7.5
half <i>n</i> half salad plate	12
toasted sandwiches	
– ham, mozzarella and Dijon	8.5
– tasty cheddar, red onion, fresh basil with tomato relish	8.5
– bacon, egg and tomato	9.5
– fried egg and avocado	9.5

ALL DAY BREAKFAST

fresh fruit salad with yoghurt	10.5
half <i>n</i> half fruit and toast with jam	10.5
house muesli (low fat + low sugar)	10.5
– add fruit	13.5
toast and jam	6.5
toasted bagel (see lunch menu)	
eggs your way	9.5
– add bacon	12.5
pancakes with maple syrup	11.5
– add fruit or bacon	14.5
omelette with 2 fillings served with wholegrain toast	15.5
<i>fillings:</i> cheese, ham, spinach, mushrooms, tomatoes, bacon, peppers, avocado	
portobello mushrooms with fresh thyme and lemon on toast	15.5
eggs benedict with crispy bacon	16.5
eggs royale	18
eggs florentine	16.5
full English, eggs your own way, sausage, bacon, mushroom, potato rosti and tomato	19.5

LUNCH - 11.30 - 3.30

pulled pork with Dijon and maple slaw wrap	13.5
open fillet steak sandwich with portobello mushrooms	18.5
open chicken breast sandwich with avocado salsa	18.5
fillet steak and bacon burger	18.5
chicken breast and bacon burger	18.5
hot smoked salmon on a potato rosti with wilted spinach and a poached egg	16.5
market fish of the day – see specials board	18.5
portobello mushrooms with spinach and feta/ <i>or</i> lemon and Italian parsley on toast	17.5
halloumi on toasted focaccia with avocado, fresh chilli and lime	17.5
toasted bagels: – cream cheese and jam	6.5
– hummus and tomato	8
– avocado and tomato	8
– avocado and bacon	12
– salmon and cream cheese	12
half <i>n</i> half salad plate – see specials board	12
corn fritters with zucchini, fresh basil, avocado salsa, house relish and greens	12.5
– add bacon	15.5

PLEASE ORDER AND PAY AT THE COUNTER

– selection of wines and beers available

– *breads available:* honey vienna, wholegrain, ciabatta, sour dough, gluten free (GF)



#hbird