

The MENU

BREAKFAST BOWLS

Green Smoothie *avocado, celery, banana, ginger, apple, coconut milk, greek yogurt*

Protein Smoothie *mixed berries, almond/peanut butter, coconut milk, greek yogurt*

Veggie Hash *potato, sweet potato, kale, onion, cumin, paprika, pepper flakes & a selection of poached eggs or bacon*

EGGS

Poached *with avocado toast*

Omelette *selection of bacon, tomatoes, spinach, mushrooms, onion, toast*

Scrambled *selection of avocado toast or potatoes*

TOASTS (3)

Avocado

Salmon

Jamon

A selection of homemade granola, greek yogurt, croissants

Fresh orange juice, coffee, tea

Milk: oat, almond, coconut, regular whole milk

Gluten free bread available