

# SERVED FROM 10 AM - 12 NOON

## BREAKFAST AND BRUNCH

### FULL VEGAN BREAKFAST 11.00

BBL SAUSAGES, HOUSE SMOKEY BACON, TOFU SCRAMBLE, MUSHROOMS, POTATO SCONE, TOMATO, SPINACH & TOAST

ADD EXTRA: SAUSAGE, BACON, SCRAMBLE, AVO 1.5

### VEGAN EGGS BENNY 8.95

FIRM FRIED TOFU, HOUSE RUNNY YOLK SAUCE, HOUSE SMOKEY BACON, HOUSE HOLLANDAISE SAUCE, SERVED ON A TOASTED MUFFIN TOPPED WITH SPRING ONION & SMOKED PAPRIKA (served from 10am to 12pm only)

### BREAKFAST PANCAKES 8.00

HOUSE SMOKEY BACON, BBL SAUSAGE, TOFU SCRAMBLE & MAPLE

### SWEET PANCAKES 7.00

FRESH FRUIT, CINNAMON & MAPLE

ADD EXTRA MAPLE SYRUP +1.2

GLUTEN FREE FLOUR PANCAKES +1.2

### YUMMY TOAST 7.00

AVO, TOMATO, ROCKET, RED ONION, OLIVE OIL, LEMON JUICE & HEMP SEEDS

SWAP FOR GLUTEN FREE WRAP +1.2

### BACON AVO TOAST 7.00







HOUSE SMOKEY BACON, AVO, ROCKET, GARLIC MAYO & SESAME SEEDS

### BACON SCRAMBLE TOAST 7.00

HOUSE SMOKEY BACON, TOFU SCRAMBLE, ROCKET & GARLIC MAYO

**EXTRAS** : BACON, SAUSAGE, AVO, CHEESE , SCRAMBLE 1.5

If you have any allergies please talk to a member of staff  
We use sesame seeds in our garnish

-  no gluten containing ingredients
-  no gluten containing ingredients option available
-  contains gluten
-  contains soya
-  contains mustard
-  contains peanuts

## SEEDS BAGELS

### BREKKIE BOSS 6.55

BBL SAUSAGE, HOUSE SMOKEY BACON, TOFU SCRAMBLE, SPINACH, SPREAD, ADD SAUCE OF YOUR CHOICE

### MASHED & BASHED 5.55

AVO, TOMATO, RED ONION, HUMMUS, ROCKET, TAMARI, SWEET CHILLI SAUCE, HIMALAYAN SALT & CRACKED BLACK PEPPER

### BLT 6.55

OUR HOUSE SMOKEY BACON, LETTUCE TOMATO & GARLIC MAYO

### HOUSE SMOKEY BACON 4.00

OUR HOUSE SMOKEY BACON & VEGAN SPREAD  
ADD SAUCE OF YOUR CHOICE

### BEST IN TOWN BBL SAUSAGE 4.00

VEGAN SAUSAGE & VEGAN SPREAD  
ADD SAUCE OF YOUR CHOICE

### SWEET

JAM 2

PEANUT BUTTER, BANANA & JAM 3.50 **P**

PEANUT BUTTER, BANANA & CHOCOLATE SAUCE  
3.50 **P**

### NICE AND SIMPLE

SPREAD 2

GRILLED CHEESE 3.50

CREAM CHEESE 2.50 

**DIPS & SAUCES** : KETCHUP, BBQ, BROWN SAUCE, MUSTARD, HOT SAUCE, SWEET CHILLI SAUCE  
GARLIC MAYO 1.0, SRIRACHA MAYO 1.0

10% service charge applies to tables of 6 or over