

GRAB & GO (v) Two Pastries and a Choice of Coffee, Tea or Juice	£6.00	CARDINAL FULL ENGLISH Two Fried Face Severage Become Slave	£18.00
CHIA SEED PUDDING (v) Coconut Milk Soaked Chia Seed Pudding, with Mix Berry Compote, Nut & Fruit Granola and Fresh Berries	£8.00	Two Fried Eggs, Sausage, Bacon, Slow Roast Tomato, Buttered Mushrooms, Grilled Sourdough Toast and Baked Beans	5
		CARDINAL VEGGIE FRY UP (v)	£16.00
GRANOLA (v) Nut & Fruit Granola with Greek Yoghurt and, Mix Berry Compote and Fresh Berries	£8.00	Hash Brown, Baked Beans, Eggs, Smashed Avocado, Wilted Spinach, Slow Roast Tomato, Roasted Mushrooms, Halloumi and Sourdough Toast	
HOT PORRIDGE (v) Choice of Milk (Regular or Alternative), with Berries	£8.00	SHAKSHUKA (v) Roasted Aubergine, Spicy Tomato Sauce, Eggs, and Feta	£16.00
CONTINENTAL (v) A Choice of Porridge, Granola or Chia Seed Pudding, Two Pastries, Bread, Butter & Jam, One Barista Coffee and a Selection of Juices.	£18.00	AVOCADO TOAST (v) Poached Eggs and Herbs	£13.00
		EGGS FLORENTINE, BENEDICT & ROYALE	
		Poached Eggs on English Muffins	
BUTTERMILK (V)	£14.00	with Hollandaise Sauce Add Spinach (v)	£12.00
PANCAKES Seasonal Fresh Berries, Crème		Add Ham Add Smoked Salmon	£14.00 £16.00
Fraiche, and Maple Syrup			
EGGS YOUR WAY (v) Two Free Range Eggs Scrambled, Poached or Fried, with Toast	£9.00	SMOKED SALMON & SCRAMBLED EGGS Oak smoked Scottish salmon, sourdough toast	£16.00
OMELETTE	£12.00	ADDITIONS	
Three Eggs with a Choice of Two from the following: Spinach, Tomatoes, Mushrooms, Ham or Cheese			50 each
Egg whites also available		Smoked Salmon	£7.00

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7	LATTE	£3.50	ENGLISH BREAKFAST	£4.00
	FLAT WHITE	£3.50	GREEN TEA	£4.00
	MOCHA LATTE	£3.50	FRESH MINT TEA	£4.00
	SINGLE ESPRESSO	£2.50	LEMON GINGER TEA	£4.00
	DOUBLE ESPRESSO	£3.00	CHAMOMILE TEA	£4.00
L	ICED LATTE	£3.50	JASMINE TEA	£4.00

