

Breakfast

every day until noon

THE WULF BREAKFAST 13.95

smoky butter beans, scrambled ackee, potato layer cake and lemon spinach with sautéed peppers, mushrooms and toasted sourdough

Allergens: Gluten (LG Optional)

MORNING SCRAMBLE 11.95

scrambled ackee with herb roasted datterini tomatoes, mushrooms, spinach and peppers with toasted sourdough

Allergens: Gluten (LG Optional)

SWEET POTATO & ZUCCHINI FRITTER 13.95

served with beetroot houmous, tahini sauce and herb salad in a lemon dressing

Allergens: Gluten, Sesame, Sulphites

WILD MUSHROOM & SPINACH TOAST 9.95

shitake & chestnut mushrooms with spinach on a truffle pâté on toasted sourdough

Allergens: Gluten (LG Optional)

BUDDHA BOWL 10.95

quinoa and millet, sugar snaps, edamame, carrot, cucumber, red cabbage, peppers and coriander with a soya peanut dressing

Allergens: Soy, Peanuts, Sulphites

AMERICAN PANCAKES 10.95

stacked and served with maple syrup, mixed berries and vanilla cashew cream

Allergens: Gluten, Soy, Nuts

AVOCADO & BEETROOT HOUMOUS TOAST 8.50

gently smashed avocado with chilli, lemon & beetroot houmous on toasted sourdough

Allergens: Gluten, Sesame (LG Optional)

SEASONAL FRUITS 9.95

exceptional seasonal fruits especially selected from Natoora with coconut yoghurt and granola on the side

Allergen: Nuts

ALMOND & PECAN PORRIDGE 8.95

gluten free oats mixed with almond milk, topped with banana, toasted pecans and maple syrup

Allergen: Nuts

RHUBARB THYME GRANOLA 6.50

a gluten-free mix of nuts, coconut flakes and seeds, served with a dollop of coconut yoghurt

Allergen: Nuts

LG – Low Gluten

Sides

every day until noon

AVOCADO 3.50

TRUFFLE MUSHROOMS & SPINACH 4.50

SWEET POTATO & ZUCCHINI FRITTER 4.50

SMOKY BUTTER BEANS 3.50

SCRAMBLED ACKEE 4.95

SPINACH & KALE 3.50

KIMCHI 3.50

Allergens: Soy, Sulphites, Mustard, Celery

PASTRIES & MUFFINS

croissants, muffins and cakes available

Drinks

COFFEES

by Musetti

matcha latte

available with oat or almond milk

JING LOOSE TEA 3.20

english breakfast

earl grey

jasmine silver needle

organic green

green apple and hibiscus

whole chamomile flowers

whole peppermint leaf

fresh lemon and ginger

ceremonial matcha tea

3.75

JUICES

orange juice

3.95

berry boost

5.45

clean carrot

5.45

easy green

5.45

clean beet

5.45

HOMEMADE SODAS 3.95

fresh lemon and lime

raspberry basil

ginger ale

SOFT DRINKS 4.95

Karma Cola

Karma Cola sugar free

Real Kombucha dry dragon