

FUEL

Weekday Breakfast 8 – 11

Bowls

Slow Cooked Porridge Oats – Choose 2 Toppings – 5 G/N/D

Berry compote | Banana | Greek Yoghurt | Honey | Maple | Seed Mix | Whey Protein +0.5

Bircher Muesli – 5 G/N

Vanilla Coconut Yoghurt | Granola Crumble | Maple

Toasts

Smashed Avocado – 9.5 G/N/D

Free Range Fried Egg | Crumbled Feta | Mixed Leaf | Crème Fraiche | Seed Mix

Scrambled Eggs +1.5 | Black Pudding or Bacon +3 each

Spiced Red Pepper Hummus – 7.5 G/NF/DF

Chopped Avocado | Mango Salsa

Add Egg +1.5 | Black Pudding or Bacon +3 each

3 Free Range Scrambled Eggs – 8.5 G/N/D

Sautéed Spinach | Green Pesto | Shaved Parmesan

Add Extra Egg +1.5 | Black Pudding or Bacon +3 each

Plates

Smoked Salmon – 11 GF/N/D

3 Free range scrambled eggs | Avocado | Mixed Leaf | Dill Crème Fraiche

Smoked Bacon – 10.5 G/D/NF

3 Free Range Scrambled Eggs | Mushroom | Tomato | Sautéed Spinach | Brown Sourdough Toast

Turkey & Herb Patty – 11 GF/DF/NF

3 Free Ranged Scrambled Eggs | Grilled Tomato | Sautéed Spinach

Add Black Pudding or Bacon +3 each

Mexican Eggs – 12 G/DF/NF

Spicy Chickpea & Chorizo Beans | 3 Free Ranged Scrambled Eggs | Avo & Lime Mash | Mixed Leaf

| Crème Fresh Brown Sourdough Toast

Add Black Pudding | Bacon +3 each

Green Omelette – 8.5 D/GF/NF

3 Free range eggs | with Spinach & Herbs | Tomato | crumbled Goats Cheese

- Turn over for Juices & Smoothies

Juices & Smoothies

Green Kick

Spinach | Cucumber | Apple | Kale | Lime - - Small 3.5 / Large 5.5

Turmeric & Ginger Boost

Orange | Carrot | Ginger | Turmeric - Small 3.5 / Large 5.5

Orange Juice & Apple Juice - Small 2.5 / Large 3.5

Avocado Smoothie - Spinach | Apple Juice | Avocado - Small 3.5 / Large 5.8

Banana Smoothie - Banana | Oats | Peanut Butter | Milk | Protein Powder - Small 3.5 / Large 5.8

Berry Smoothie - Frozen Mixed Berries | Yogurt | Orange Juice - - Small 3.5 / Large 5.8

Add CBD Oil, Chia Seeds, Multivitamin Boost, Acai Powder, Coconut Oil & Flaxseed - +1 each