

## STACKS, SANDO'S & FRENCH TOAST

<b>Buttery bacon brioche</b> (b)(d)(g)	5-
<b>ACANTEEN cumberland sausage SANDO</b>   caramelised onion chutney (b)(d)(g)(n)	6-
<b>House Reuben</b>   salt beef, sauerkraut, gouda & deviled dressing (b)(e)(n)	11-
<b>Grilled chicken club</b>   grilled chicken,bacon,lettuce,tomato,garlic mayo (b)(d)(g)(k)(l)	10-
<b>Spring Smash</b>   smashed avocado, poached eggs, ricotta cheese maple baked gold bar squash & spring onions (v)(b)(d)(g)	12-
<b>AMAC MUFFIN</b>   sausage pattie,grilled cheese,bacon,hash browns (b)(g)(d)(g)(n)	10-
<b>Southern Fried chicken &amp; waffles</b>   Garnetts black treacle cured bacon & maple (d)(g)(b)	12-
<b>Traditional French toast</b>  Nutella,banana,praline,cinnamon sugar	7-
<b>Buttermilk Pancakes</b> 3 stack 8.5   5 stack	12-
Yogurt, honey & fresh berries (v) or Maple & bacon	
<b>Vegan Pancakes</b> (vg)	
Dairy free Arla coconut yogurt & fresh berries or Maple & vegan bacon (vg)(b)	

## SALADS & LARGE PLATES

<b>Lamb kofte</b>   Taboule, lavish bread, tatzki	12.5/16.5
<b>Cob salad</b>   Spinach, gem, tomato, corn, vegan feta, cucumber, avocado, house dressing (vg)	11-
<b>Organic rosemary foccacia</b>   hummus, harissa, falafel, mint, sumac, zucchini, spring onion, lemon, tahini salad (vg)(b)(l)	12.5
<b>Burrata</b>   globe artichoke, radish, walnut, endive & salsa verde salad (g)(V)(J)(n)	12.5
<b>Crispy hoi sin duck spring salad</b>   spring onion, sesame, cashew watermelon, daikon, watercress, chilli & coriander (b)(J)(n)(l)	12.5/16.5

## SIDES

<b>Skin on fries</b> (b)	3-
<b>Posh chips</b>   truffle & parmesan (b)(g)	6-
<b>Dirty Fries</b>   American cheese sauce,crispy fried onion,chives (b)(g)	4.5

## DESSERTS

<b>Summer pudding</b>   cream & seasonal berries (gf)(d)	6.75
<b>Buttermilk pannacotta</b>   raspberries, shortbread (b)(d)(g)	6.75
<b>Triple chocolate brownie</b>   vanilla ice cream & chocolate sauce (b)(d)(g)(n)(v)	6.75
<b>Sweet waffle</b>  caramelised banana, biscoff & Sea salted caramel sauce (b)(d)(g)	6.75
<b>Essex Spirits Co strawberry Gin Jam bakewell tart</b>  clotted cream (v)(d)(b)(J)	6.75

## GRAINS

<b>Market Fruit bowl</b>   Honey & yogurt (v)(g) or dairy free coconut Arla yogurt & maple (vg)(g)	8.5
<b>Toasted super seed fruit &amp; nut granola</b>   coconut & fresh berries yogurt & honey or dairy free coconut Arla & maple (vg)(g)(b)(n)(J)(K)	8.5
<b>ACAI</b>   Almond cacao, acai, toasted coconut, banana & mixed berries (J)(vg)	7-
<b>Croissant</b>   ham & cheese   jam & butter (b)(m)(d)(g)	5.5   4.5
<b>Smoked salmon &amp; cream cheese croissant</b> (b)(m)(d)(g)(e)	8.5

<b>TOAST TOPPERS</b> 2 slices of toasted sourdough (b)(v) Gluten free +1-	2.5
Confit garlic portobello (gf)(vg)	3-
Smoked rindless Bacon x 2 (gf)	2.5
Gluten Free cumberland x 1 (gf)	2.5
Old english sausage (b) x 1	2.5
Vegan Not Bacon (vg)	4-
Vegan scramble (vg)(m)	4-
Vegan black Pudding (vg)(b)	3.5
Vegan feta (vg)(gf)	3-
Black pudding (b)	2.5
Hash brown x 2 (v)(b)	2-
Grilled beef tomato, thyme (vg)(gf)	3.2
Boston style baked beans(vg)	3-
Vegan sausage	1.5
Smoked salmon	4.5
Sausage patty	4.5
Eggs your way (v)(gf)(d)	3-
Waffle (v)(b)	1.5
Chorizo (b)	2.5
Feta (v)(g)	3-
Smashed Avocado, lime(vg)	4-
Grilled Haloumi (g)(gf)	4-
Pancake x 1 (vg)	1-
Hollandaise (i)(b)(g)	1.5

## A CLASSICS

<b>Single Big Breakfast</b>   1 sausage, 1 bacon, A beans, 1 tomato, eggs your way 1 mushroom, sourdough toast (b)(e)(d)(g)(i)(n)	9.5
<b>Big Breakfast</b>   2 sausage, A Beans, 2 bacon, 1 hash, 1 tomato, 1 mushroom 2 eggs your way, sourdough toast (b)(e)(d)(g)(i)(n)	14.5
<b>Triple BB</b>   Black pudding, 3 sausages, A beans, 3 bacon, 2 mushrooms, 2 tomato, 2 hash, 3 sourdough toast, eggs your way, (b)(e)(d)(g)(i)(n)	20-
<b>Veggie BB Plaza</b>   NOT sausage, NOT bacon, hash, tomato, mushroom sourdough toast, eggs your way (v)(b)(m)(d)(g)	14-
<b>Roots '2' shoots Vegan Big Breakfast</b>   NOT sausage, NOT bacon, hash, tomato, mushroom, sourdough toast, vegan Scramble (vg)(b)(m)(d)(m)	16.5
<b>Gluten Free Big Breakfast</b>   2 sausages, 2 bacon, smashed avo, mushroom, tomato eggs your way (g)(d)(gf)	16.5
<b>Pesci Plate</b>   Smoked salmon bagel, poached eggs, smashed avo (e)(b)(d)	13-
<b>Hash Benny</b>   poached egg, hollandaise with ham/haloumi/Salmon	9.50/12.50/15-