

ALL·BAR·ONE

BRUNCH

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SMASHED AVO & FETA ON SOURDOUGH TOAST (V)	10.5	FRENCH TOAST	11.95
Topped with a poached Copper Maran egg, chilli, spring onion and coriander <i>649kcal</i>		With bacon and maple syrup <i>838kcal</i> With glazed peaches, raspberries and vanilla ice cream (V) <i>805kcal</i>	
THE FULL BREAKFAST	14.5	EGGS BENEDICT	12.5
British pork sausages, smoked streaky bacon, Copper Maran eggs, roasted mushrooms, tomato, baked beans and toasted sourdough <i>808kcal</i>		English muffin topped with smoked streaky bacon and poached Copper Maran eggs, served with omega & sesame seed sprinkle and lemon hollandaise <i>741kcal</i>	
THE VEGGIE BREAKFAST (V)	13.95	EGGS ROYALE	12.5
Meatless Farm™ sausages, Copper Maran eggs, roasted mushrooms, tomato, baked beans, beetroot hash and toasted sourdough <i>628kcal</i>		English muffin topped with smoked Scottish salmon and poached Copper Maran eggs, served with omega & sesame seed sprinkle and lemon hollandaise <i>650kcal</i>	
THE VEGAN BREAKFAST (VE)	13.95	EGGS FLORENTINE (V)	11.5
Scrambled tofu with spinach, Meatless Farm™ sausages, tomato & chickpea stew, roasted mushroom, avocado and beetroot hash <i>683kcal</i>		English muffin topped with spinach and poached Copper Maran eggs, served with omega & sesame seed sprinkle and lemon hollandaise <i>95kcal</i>	
BANANA & BERRY BOWL (VE)	8.5	TRUFFLED SCRAMBLED EGGS	8.5
Granola, berries and non-dairy coconut yoghurt alternative <i>318kcal</i>		With smoked streaky bacon on buttered sourdough drizzled with truffle-infused oil <i>916kcal</i>	
ULTIMATE BACON SANDWICH	8.5	SHAKSHUKA BAKED EGGS (V)	11.5
Smoked streaky bacon, chipotle chilli relish and watercress on toasted focaccia <i>761kcal</i>		Two Copper Maran eggs baked in a spicy chickpea & tomato stew, with wilted spinach and toasted sourdough <i>673kcal</i> Add chorizo <i>247kcal</i> or feta (V) <i>276kcal</i> 2	

EXTRAS

Toasted sourdough (V)	<i>368kcal</i>	1.5
Avocado (VE)	<i>238kcal</i>	2
Mushrooms (VE)	<i>124kcal</i>	2
Smoked salmon	<i>105kcal</i>	3
Smoked streaky bacon	<i>105kcal</i>	2

Our easy to use allergen guide is available for you to use on the food section of our website or on our Glass Onion app. We keep it online so that it's always as up to date as possible and you can filter out dishes containing any of the 14 major allergens. If you can't access the internet, we will be happy to provide you with the information. Our food and drinks are prepared in food areas where cross contamination may occur and our menu descriptions do not include all ingredients. If you have any questions, allergies or intolerances, please let us know before ordering. (V) = made with vegetarian ingredients, (VE) = made with vegan ingredients, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server. Fish dishes may contain small bones. All calories are correct at the time of menu print. Live nutritional information is available online.

SMOOTHIES

AVO-GO-GO SMOOTHIE (VE)	4.75
Spinach, avocado, ginger and lime <i>190kcal</i>	
BERRY BLAST SMOOTHIE (VE)	4.75
Strawberry, raspberry and blackberry <i>139kcal</i>	
SUPER C SMOOTHIE (VE)	4.75
Passion fruit, pineapple and mango <i>162kcal</i>	

Drink Away

Making day drinking socially acceptable one brunch at a time.



APEROL SPRITZ
MOJITO
DAIQUIRI
PROSECCO

Licensing hours apply.

HOT DRINKS

All hot drinks are served with a shot of chocolate beans (V) *91kcal*

ESPRESSO	<i>11kcal</i>	3.5
AMERICANO	<i>11kcal</i>	3.5
MACCHIATO	<i>36kcal</i>	3.95
CAPPUCCINO	<i>119kcal</i>	3.95
FLAT WHITE	<i>72kcal</i>	3.95
MOCHA	<i>179kcal</i>	3.95
LATTE	<i>110kcal</i>	3.95
HOT CHOCOLATE	<i>250kcal</i>	3.95
ICED COFFEE	<i>99kcal</i>	3.95

TEAS	3.5
Breakfast <i>24kcal</i>	
Earl Grey <i>24kcal</i>	
Rooibos <i>24kcal</i>	
Camomile <i>0kcal</i>	
Peppermint <i>0kcal</i>	
Green <i>0kcal</i>	

Our 100% Arabica coffee offers a medium body & delicate taste. Containing beans from plantations in Nicaragua, this coffee is linked to a project which supports the sustainable wellbeing of 26 small scale coffee producing farms.*

EXTRAS

Add an espresso shot	<i>11kcal</i>	0.5
Caramel flavoured syrup	<i>63kcal</i>	0.5
Vanilla flavoured syrup	<i>67kcal</i>	0.5

AVAILABLE TO TAKE AWAY.

*Not applicable for decaffeinated coffee (not Rainforest Alliance certified).



We're partnering with Shelter to make sure your meal makes a difference.

For each sale of any of our brunch dishes, 25p goes towards helping people struggling with bad housing and homelessness.



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Adults need around 2000 calories a day

