

BREAK- LONGS

good mornings start here

01 L'U BREAKFAST 14.95

greens selection with rocket, dressing (virgin olive + dijon mustard + apple cider vinegar, honey), cherry tomatoes, smoked salmon (opt. swap to hummus or grilled halloumi), 2 eggs (opt. scrambled, fried or soft-boiled/poached), grilled mushrooms, toasted wholegrain sourdough bread, avocado



02 PROTEIN BOWL 13.90

mixed leaf salad selection, cherry tomatoes, kinoa, 2 poached eggs, salmon, edamame beans, avocado, dressing (virgin olive + dijon mustard + drop of balsamic or apple cider vinegar, honey)



03 BREAD YOUR WAY 8.90

slice of toasted wholegrain sourdough bread, mixed leaf salad selection + dressing, cherry tomatoes, smashed avo

- 2 eggs (scrambled, fried, poached, soft-boiled) +3£
- salmon (light-salted/smoked) +3.5£
- grilled halloumi +2.5£



04 SYRNYKY (COTTAGE CHEESE MINI-PANCAKES) ... 11.90

5 mini-cheesecakes, creamy sauce, Bonne Maman confiture, fresh berries, nuts

*lactose-free and fat-free option available

