

TOAST

SOURDOUGH TOAST ✕∇	4.0
Butter & Jam Vegan Butter & Jam	
EGGS ON TOAST ✕∇	6.5
Fried Poached Scrambled	
MUSHROOMS ON TOAST ✕∇	9.0
Wild Mushrooms, Grana Padano, Cream Velouté & Fresh Herbs	
AVOCADO ON TOAST ✕∇	7.5

BOWLS

HOMEMADE SOUP OF THE DAY ✕∇	7.25
With Bread & Butter	
POWER BOWL ✕∇N	11.0
Glazed Banana, Whipped Peanut Butter Cream, Coconut Yoghurt, Granola, Pistachio, Pecan, Fresh Berries & Maple Syrup	
MINDFUL BOWL ✕∇	11.0
Matcha Coconut Yoghurt, Granola, Mango, Blueberry, Raspberry, Matcha Power Ball	
HARMONY BOWL ✕∇	11.0
Blueberry Greek Yoghurt, Granola, Candied Lemon, Fresh Berries, Raspberry Power Ball	

HOT PLATES

ULTIMATE CHEESE TOASTIE ∇	10.5
Red Leicester, Cream Cheese, Swiss, Parmesan Cheese Sauce, Topped with Crispy Onions & Served with Chipotle Relish	
CHIMICHURRI FRIED EGGS ✕∇	9.9
Sumac Onions, Sourdough Toast	
PEA & BEAN BURRATA SMASH ✕∇N	10.5
Smashed Peas & Broad Beans, Hot Honey, Burrata, Toasted Pine Nuts, Sourdough Toast	
ROSTI ✕∇	9.9
Potato Rosti, Poached Eggs, Wilted Spinach, Lemon & Chilli Dressing	
HOT HONEY TURKISH EGGS ✕	10.5
Garlic Yoghurt, Coriander, Cress Toasted Flat Breads	
NASHVILLE FRIED CHICKEN BURGER	14.9
Dill Pickles, Buttermilk Ranch Dressing, Coleslaw, Lettuce, Pretzel Bun, Fries	
STEAK & EGGS ✕	17.0
7oz Rump Steak, Fried Eggs, Chimichurri, Grilled Cherry Tomatoes, Watercress Salad	
+ FRIES FOR 3.8	

FRY-UPS

FOREGATE FRY	13.5
Streaky Bacon, Gloucester Old Spot Sausage, Fried Egg, Shallot & Thyme Hash, Grilled Plum Tomato, Parsley & Grana Padano Crumb Mushroom, Black Pudding, House Baked Beans, Sourdough Toast	
FOREGATE VEGAN FRY ∇	12.9
Vegan Sausage, Crispy Fried Tofu, Avocado, Shallot & Thyme Hash, Grilled Plum Tomato, Parsley & Vegan Parmesan Crumb Mushroom, House Baked Beans, Sourdough Toast	

FRENCH TOAST

BERRY ∇	11.5
Fried Brioche, Berry Compote, Greek Yoghurt, Strawberry Chocolate Shavings & Maple Syrup	
BACON	11.5
Fried Brioche, Crispy Bacon & Maple Syrup	
FRIED CHICKEN	13.5
Fried Brioche, Baconnaisse, Maple Syrup, Fresh Chilli, Spring Onion	
TIRAMISU ∇	11.5
Fried Brioche, Coffee Mascarpone, Coffee Liqueur, Dark Chocolate & Biscoff Crumb	
CRÈME BRÛLÉE ∇	11.5
Fried Brioche, Glazed Vanilla Custard, Fresh Berries	

BAKED EGGS

HAM, EGG N' CHIPS	11.0
Pea Velouté, Honey & Mustard Roasted Ham, Crispy Potatoes, Shallot & Thyme Hash	
MEXICAN ✕∇	10.9
Roasted Peppers, Mixed Beans, Spiced Tomato Sauce, Roasted Corn with Harrisia Butter, Coriander & Lime Yoghurt, Homemade Nachos	
LAMB KOFTA	12.9
Lamb Kofta, Spicy Tomato & Cream Sauce, Tzatziki, Pomegranate Seeds, Feta, Parsley, Lemon, Pitta Bread	

LITTLE ONES

TOAST, BUTTER & JAM ∇	2.5
PANCAKES, FRESH FRUIT, GREEK YOGHURT ∇	4.5
SCRAMBLED EGG, SAUSAGE, BEANS ON TOAST	5.9
CHICKEN GOUJONS & CHIPS	6.9

ADD ONS

FRIES	3.8	SAUSAGE	3.0
EGGS	2.5	VEGAN SAUSAGE	2.8
Fried Poached Scrambled		AVOCADO	3.0
CRISPY FRIED TOFU	2.5	HOUSE BEANS	2.5
SMOKED SALMON	4.5	BLACK PUDDING	2.5
FRIED HALLOUMI	3.5	GRILLED PLUM TOMATO	2.0
BACON	2.8	GRILLED MUSHROOM	2.0

FOOD ALLERGIES & INTOLERANCES

Please tell us about any allergies or dietary needs before ordering. Service is not included on your bill.
Gluten Free ✕ | Gluten Free Available ✕ | Vegan ∇ | Vegetarian ∇ | Contains Nuts N