

# EAT



## BREAKFAST

### Bagel, Sourdough Toast or Crumpets 2.5

Choice of either house jam, honey, Nutella, Biscoff, cream cheese, Marmite, house peanut butter or house almond butter

### Pastries from 2.5

### Ham & Cheddar Croissant 3

### Porridge (v) 4

A bowl of rolled oats made with almond butter, topped with berry compote & pecan brittle  
Ask for alternative milk

### Overnight Oats (ve) 4

Rolled oats, coconut & chia seed bircher muesli steeped in coconut water, with berry compote & candied nuts

### Yoghurt & House Granola (v) 5

Natural yoghurt topped with house granola & berry compote

### Freshly Squeezed Orange Juice (v) 3.5

### Breakfast Sandwich 2.5

On either ciabatta or bagel

Bacon	2
Fried Egg	1
Avocado	1.5
Fresh Spinach	0.5
Chutney	1
Cheddar	1

### Breakfast Bowl (v) 6

Smashed avocado with spiced sweet potato, halloumi & poached egg on a bed of spinach with balsamic cherry tomatoes

### Bacon 2

### Vegan Breakfast Bowl (ve) 5

Smashed avocado with sweet potato & spiced chickpeas on a bed of spinach with balsamic cherry tomatoes

### BREAKFAST DEAL

Toasted sourdough, bagel or crumpets & a filter coffee before 9.30 weekdays

3.5

## KIDS

### Cheese & Heinz Beans on Toast 4

### Egg & Soldiers 4

### Milkshake Chocolate, Strawberry or Vanilla 4

## CAKES

Please see counter for our selection of cakes

## BRUNCH

### Eggs Benedict 8

Bacon, poached egg & spinach with hollandaise on toasted sourdough

### Eggs Royale 9

Smoked salmon, poached egg & hollandaise with capers & dill on toasted sourdough

### Eggs Florentine (v) 8

Sautéed spinach, asparagus, poached egg & hollandaise on toasted sourdough

### Foundation Benedict 9

Chorizo hash, poached egg & hollandaise on toasted sourdough

### Omelette 7

Ham, cheddar & red onion

### Feta, tomato, spinach & red onion (v) 7

### French Toast (v) 8

Chai spiced crumpet french toast with berry compote, cinnamon sugar, pecan brittle & white chocolate mascarpone

### + Bacon 2

### Potato Hash (v) 8

Roasted potato, sweet potato, butternut squash, red pepper, tomatoes, chickpeas and spinach with melted cheddar & tomato chutney served with a fried egg  
ve option – swap cheddar & egg for a hearty scoop of avocado

### Smashed Avocado (ve) 6.5

Toasted sourdough topped with smashed avocado, balsamic vinaigrette, dukkha & rocket  
+ Bacon / Egg / Chorizo / Halloumi 2

### Pesto Scrambled Eggs (v) 7

Pesto scrambled eggs served on sourdough toast with cheddar & spinach  
+ Bacon / Halloumi 2

### Eggs Your Way (v) 5

Poached, fried or scrambled eggs on toasted sourdough  
+ Bacon / Halloumi 2  
+ Smoked Salmon / Avocado

### Seasonal Soup (ve) 6

Ask for this month's soup  
Served with toasted sourdough or bagel

AVAILABLE FROM 10AM

## SANDWICHES

### Chicken & Bacon 6

Chicken, bacon, parmesan & mayo with spinach on a ciabatta

### Three Cheese (v) 6

Cheddar, blacksticks blue & goats cheese with caramelised red onion on a ciabatta

### Vegan Slaw (ve) 6

Baked spiced chickpeas and avocado with a cabbage, red onion, carrot & courgette sriracha mayo slaw on a ciabatta

## SALADS

### Salad Bowl (ve) 8

An abundance of shredded courgettes, carrots, red cabbage, spinach, smashed chickpeas, red onion & spring onion topped with sunflower & sesame seeds

### + Satay / Balsamic / Siracha Mayo Dressing 0

### + Chicken / Halloumi / Avocado / Feta 2

### LUNCH DEAL

Sandwich & a drink\*

12-2pm weekdays, \*exclusions apply

7

TO ORDER PLEASE EITHER SCAN THE QR CODE AT YOUR TABLE OR GO UP TO THE BAR  
PLEASE ADVISE YOUR SERVER OF ANY ALLERGIES

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# DRINK

C O F F E E	C H I L L E D
Our coffee beans are sustainably sourced by Origin Coffee Roasters who trade directly with farms to give full traceability to our single origin coffee	
Filter 2.2	Iced Americano 2.7
Espresso 2.7	Iced Latte 3.2
Ristretto 2.7	Iced Mocha 3
Long Black 2.7	Iced Tea 3
Americano 2.7	Iced Chai Latte 3
Macchiato 2.8	Cold Brew Coffee 3
Cortado 2.8	Iced Matcha Latte 3.5
Piccolo 2.8	Coffee & Tonic 3.5
Flat White 3	Coffee Slush 4
Cappuccino 3	
Latte 3.2	S P E C I A L I T Y
Mocha 3.5	Matcha Latte 3.5
Red Eye 2.7	Chai Latte 3
Black Eye 3	Beetroot Latte 3
Dead Eye 3.4	Turmeric Latte 3
Bulletproof 3.5	
Kevlar 3.2	H O T C H O C O L A T E
Vietnamese 3.2	Sao Tome 58% 3.2
Pour Overs from 4	Ecuador 70% 3.2
Extra Espresso Shot 0.5	Dark Madagascar 82% 3.2
Almond / Soya / Oat / Coconut Milk 0	Ivory Coast White 3.2
	Luxury Hot Chocolate 4
	58% chocolate melted into milk & topped with marshmallows, whipped cream & a brownie bite

## T E A

Our tea is supplied by Canton; who source the finest leaves direct from farms to deliver a responsible, ethical & sustainable natural product to your cup

Breakfast 2.7	
Decaf Breakfast 2.7	
Earl Grey 2.7	
Jasmine Pearls Green 3	
Jade Tips Green 2.7	
Darjeeling Black 2.7	
Lapsang Souchong Black 3	
Canton Chai Black 2.7	
Honey Orchid Black 4	
Silver Needle White 3	
Rooibos Herbal 2.7	
Lemongrass & Ginger Herbal 2.7	
Red Berry & Hibiscus Herbal 2.7	
Triple Mint Herbal 2.7	
Chamomile Herbal 2.7	

## S O F T

Please see fridge for our selection of soft drinks

## S M O O T H I E S

Berry Bliss 6	Banana, berries & coconut water
Green Machine 6	Pineapple, kiwi, cucumber, spinach, lime & coconut water
Tropical Mix 6	Mango, pineapple, coconut milk & orange juice
Add a boost to any smoothie	
Flax & chia seeds with goji berries 0.5	
Turmeric 0.5	

## S H A K E S

Oreo 6	Oreos blended with chocolate ice cream & milk, topped with an Oreo crumb & chocolate sauce
Strawberry Shorkcake 6	Strawberries, jam, shortbread & vanilla ice cream, topped with white chocolate sauce
Biscoff 6	Heaped spoon of speculoos spread & vanilla ice cream, topped with a shortbread crumble & white chocolate sauce
+ Whipped cream 0	

### FOUNDATION SINGLE ORIGIN COFFEE BEANS

250g - 9      1kg - 27

Freshly ground for your preferred brew method so you can enjoy FDN coffee at home

THE FOUNDATION  
COFFEE HOUSE