

# ALL DAY WINTER MENU

## BREAKFAST

<b>SCRAMBLED EGGS with</b> (Served on Sourdough toast)	
- SMOKED SALMON	8.5
- CHEESE, CHILLIES and ONION	6.5
- MUSHROOMS, ONIONS and GARLIC	7.5
- SAUSAGE, BACKED BEANS	7.5

## BAGELS

<b>SALT BEEF</b>	6.95
Salt Beef, Melted Cheese, Pickles and home-made Aeoli sauce	
<b>SMOKED SALMON</b>	6.5
Smoked Salmon, Cream Cheese, Cappers, Red Onion, Lemon and Dill	
<b>MEDITERRANEAN</b>	6.95
Avocado, Sun-Dried Tomatoes, Basil and Vegan Mayonnaise	
<b>EGG SALAD</b>	5.5
Home-made Egg Salad with Eggs, Cheese, Mustard, Red Onions and a touch of fresh green Chillies	
<b>CREAM CHEESE</b>	4.0
Simple Bagel Filled with Cream Cheese	

## MAINS

(Curries served with Fragrant Rice and Raita)

<b>CEYLON CHICKEN CURRY</b>	11.0
<b>AUBERGINE CURRY (Vegan)</b>	9.5
<b>SAMBAR</b>	9.5
(A South Indian dish cooked with Lentils carrots, aubergine potatoes and ochre in tamarind sauce) served with Fragrant rice and raita	
<b>MUTTON CURRY</b>	12.5
Served with fragrant rice and raita	
<b>SOUP OF THE DAY</b>	7.0
Comes with Sourdough Bread or Bagel	
<b>ROTI CANAI</b>	8.0
Chicken and Potato Curry, Coconut Sambol, Roti	
Add charred broccoli	4.5
Creamed spinach	4.5
Roti	2

## COFFEE

<b>ESPRESSO</b>	2.5
<b>LONG BLACK</b>	2.6
<b>MACCHIATO</b>	2.6
<b>CORTADO</b>	2.6
<b>FLAT WHITE</b>	2.6
<b>LATTE</b>	2.8
<b>CAPUCCINO</b>	2.8
<b>HOT CHOCOLATE</b>	3.0
<b>MOCHA</b>	3.0
<b>CHAI LATTE</b>	3.0
<b>ICED COFFEE/CHAI</b>	3.5
<b>TEA</b>	2.5
Breakfast, Earl Grey, Green, Chamomille Jasmin, Lemon & Ginger	
<b>EXTRA OAT MILK</b>	0.4

## SMOOTHIES

<b>PASH N SHOOT</b>	4.35
Passionfruit, Mango, Pineapple and Apple	
<b>AVO GOGO</b>	4.35
Avocado, Broccoli, Spinach, Mango Coconut, Ginger and Lime	
<b>MELON REFRESHER</b>	4.35
Melon, Strawberry, Mango and Apple	
<b>STRAWBERRY SPLIT</b>	4.35
Strawberry, Banana and Apple	
<b>KALE</b>	4.35
Kale, Spinach and Mango	

## FRESH JUICES

<b>'COOL CARROT' JUICE</b>	3.95
Carrot and Ginger	

## DESSERTS

<b>'COOL CARROT' CAKE</b>	3.5
<b>BELGIAN CHOC. BROWNIE</b>	3
<b>FRUIT CRUMBLE</b>	3
Vegan, Gluten Free	

COCKTAILS & WINE MENU AVAILABLE  
Please let us know if you have any allergies