

Breakfast Menu

Monday to Friday from 7.30
Saturday from 9.00 - Sunday from 9.30



ORGANIC EGGS

Scrambled Egg with Smoked Salmon GF DF £13.00
Served with Watercress on a Slice of Sunflower Toast
Eggs are rich in nutrients and vitamins and amino acids

Whole Egg or White Omelette GF DF £10.00
Choose three fillings: Cherry Tomato,
Mushrooms, Avocado, Spinach, Kale, Feta

Scrambled Egg or Poached Egg GF DF £7.00
Served with Buckwheat Pancakes or Toast
Buckwheat provides fibre, antioxidants and protein
Add Smoked Salmon, Parma Ham £5.50 or Avocado £3.50
Add Sautéed Mushrooms or Roasted Tomatoes £2.50

LIGHT BREAKFAST

Choice of Live Greek Yoghurt, Live Coconut Yoghurt or Live Kefir GF £3.50
These are rich probiotic foods that provide protein and a good source of fat

Grace Signature Nut and Seed Granola GF £5.50
with Milk of your choice, Live Yoghurt - or Fruit Compote for £1.50
Granola is rich in potassium, zinc, magnesium, calcium,
iron and vitamin E

Oat Porridge, Quinoa Flakes, or Buckwheat Oats GF £7.00
with Cinnamon, Maple Syrup, Berries and Milk of your choice

Buckwheat Banana Pancakes GF DF £10.50
with Vegan Protein Powder, served with Coconut Yoghurt,
Maple Syrup, Berries and Pecan Nuts
This dish is rich in probiotics, potassium and fibre

Acai Bowl GF DF £5.50
Served with Grace Granola and Berries
Acai is rich in vitamin A, calcium and fibre

Seasonal Fruit GF £6.50 Add Yoghurt of your choice for £1.50

Smashed Avocado, Feta and Pomegranate GF £11.00 Add Poached Egg £3.50
Served with Grace Toast with Tomato and Cucumber Ribbons
This dish provides you with vitamin C, Potassium, phosphorus, calcium and iron

Artisan Bread with Butter and Jam £3.50
Gluten free option available



Please inform your server if you have any food allergies or special dietary restrictions. Our food is prepared in an environment where nuts are handled and there may be contamination in dishes that do not contain nuts. A discretionary 12.5% service charge will be added to your bill.