

BREAKFAST MENU

Full Eight

Eggs your Way, Bacon, Pork Sausages, eight Ketchup, Garlic Mushrooms, Mixed Beans, Tomato & Black Pudding - 8.50 [DF]

V. Full Eight

Vegetable Sausages, Mushroom Fritters, Tofu, Wilted Spinach, Mixed Beans, eight Ketchup, 'Black Pudding' & Tomato - 8.50 [VEG / DF / V / NF]

Granola Bowl

Seed & Nut Granola, Fruit Compote, Yogurt, Blueberries, Toasted Nuts - 6.00 [V]

Eggs Benedict

Prosciutto Ham, Spinach, Poached Eggs, Toasted English Muffin & Hollandaise - 7.75 [NF]

Eggs Florentine

Toasted English Muffin, Spinach, Poached Eggs & Hollandaise - 6.50 [V / NF]

Eggs Royale

Beetroot Cured Salmon & Poached Eggs on an English Muffin topped with Hollandaise & Smoked Paprika - 8.50 [NF]

Shavacadoo

Smashed Avocado with Coriander & Garlic on Toasted Ciabatta with Balsamic Glaze - 7.50 [VEG / DF / V]

Breakfast Pancakes

A Stack of Pancakes with Acai Powder & Strained Yogurt - 8.75

Choose From

Stewed Apple & Cherry [V/GF]
Fruit Compote [V/GF]
Bacon & Maple [V/GF]

SIDES

Toast & Butter	2.00
Eggs x 2	2.00
Bacon x 2	3.00
Sausage x2	3.00
Black Pudding	1.50
Hollandaise	1.50
Mixed Beans	1.00
Tofu	2.00

ALLERGEN ADVICE

Vegan [VEG]
Vegetarian [V]
Dairy Free [DF]
Gluten Free [GF]
Nut Free [NF]
High Protein [HP]

EAT AT EIGHT

BREAKFAST MENU

