

Breaking The Fast... The Ecco Way

No Egg Breakfast...

V WARM OATS

HONEY, BANANA AND CINNAMON WARM OATS...SERVED
PIPING HOT! .. JUST FOR THESE CHILLY MORNINGS! ... 25

V GREEK DELIGHT

THICK GREEK YOGHURT ...LAYERED WITH DELICIOUS
HONEY AND PERFECTLY ROASTED FLAKED ALMONDS ... 35

V BIRCHER MUESLI, SOAKED OATS WITH MUESLI HONEY, GREEK

YOGHURT, GRANNY SMITH APPLE AND MIXED NUTS 45

Flapjack...

3 Golden brown flapjacks with your choice of topping!

WITH MAPLE SYRUP ... 30

WITH BACON AND MAPLE SYRUP ... 50

WITH CREAM AND BERRY COMPOTE ... 40

Eggs & Friends...

DELICIOUS BACON, EGG AND CHEESE CUP ... 22

Oven baked to perfection and perfect for a no carb banting style treat

CRUSHED AVO (SQ)

CRUSHED AVO, 2 POACHED EGGS, SERVED WITH A SLICE OF
OUR GOURMET BREAD ... 55

ADD BACON +20

Little Johnny...

2 RASHERS OF BACON, 2 EGGS AND A SLICE OF WHITE
OR BROWN TOAST ... 45

Johnny English...

2 RASHERS OF BACON, 3 PORK OR BEEF SAUSAGES, 2 EGGS, MUSHROOMS, PORTION OF BAKED BEANS, GRILLED TOMATO AND 2 SLICES OF WHITE OR BROWN TOAST ... 80

Eggs Benedict...

2 poached eggs served on top of a slice sour dough bread, covered in hollandaise sauce, roasted cherry tomatoes and rocket!

EGGS BENEDICT WITH BACON ... 75
EGGS BENEDICT WITH SALMON ... 85
EGGS BENEDICT WITH SPINACH ... 65

Breakfast Wrap

Toasted tortilla wrap with mixed bell pepper relish, scrambled eggs and rocket

BACON BREAKFAST WRAP ... 60
SALMON BREAKFAST WRAP ... 65
MUSHROOM BREAKFAST WRAP ... 55

Omelettes

Served with a slice of white or brown toast, roasted cherry tomatoes and rocket

PLAIN OMELETTE - 2 EGG OMELETTE ... 34
CHEESE OMELETTE - 2 EGG OMELETTE WITH CHEESE MIX ... 42
ADD EXTRAS TO ANY OF THE OMELETTES:
ADD YOUR CHOICE OF GOURMET ARTISAN OR SWEET
POTATO BREAD +10
ADD GLUTEN FREE BREAD +15
ADD BACON +20
ADD GARLIC AND PARSLEY MUSHROOMS +15
ADD SALMON +30
CREAM CHEESE +15

Savoury Croissants & Bagels...

Get your continental groove on and enjoy our crisp delicious buttery croissants or tune into your inner yentl and enjoy the bagels... either way enjoy the tastes of food heaven

Choose scrambled, fried or poached eggs... in your croissant or bagel... you just can't get enough of these "eggstremely" delicious breakfasts

PLAIN CROISSANT ...	20
PLAIN BAGEL ...	20
SALMON AND SCRAMBLE EGG CROISSANT/BAGEL ...	52
BACON AND SCRAMBLE EGG CROISSANT / BAGEL ...	52
MUSHROOM AND SCRAMBLE EGG CROISSANT / BAGEL ...	45
ADD ANY EXTRAS:	
ADD HAM	+10
ADD BACON	+20
ADD SALAMI	+20
ADD PASTRAMI	+20
ADD CHEESE	+10
ADD CREAM CHEESE	+15
ADD SALMON	+30
ADD TOMATO, CUCUMBER	+5
ADD BASIL PESTO	+10

Chips

HAND CUT SWEET POTATO CHIPS	25
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FLAT PRESSED TOASTED SANDWICHES

Served on our farm style white or brown bread...

SWEET POTATO	+10
FOR OUR LOW CARB, GLUTEN FREE BREAD	+15
BACON AND CHEESE	30
SALAMI AND CHEESE	32
HAM AND CHEESE	26
CHICKEN MAYO	26
TUNA MAYO	26

HERBED EGG MAYO	28
v CHEESE AND TOMATO	22
Add Chips +15 / Add Sweet Potato Chips	+18

Gourmet Sandwiches

*Breads: selection of artisan breads to choose from (ask at the counter)
we are pro good bread, the good stuff... not the overly processed high
street kind, good bread made the artisan way, been feeding generations
for thousands of years... no fads... just flavours*

PREGO STEAK , STEAK STRIPS MARINATED IN OUR OWN GARLIC PREGO MARINADE, ROCKET AND CUCUMBER ...	60
PASTRAMI , CARAMELISED RED ONION, ROCKET & WHOLE GRAIN MUSTARD MAYO ...	50
TUNA MAYO SANDWICH CHUNKY TUNE MIXED WITH MAYONNAISE, RED ONION, OLIVES AND SERVED ON TOP OF ROCKET AND CUCUMBER ...	52
SALAMI & MOZZARELLA WITH ROCKET, CUCUMBER, TOMATO AND BASIL PESTO ...	48
BACON , ROCKET, CUCUMBER & CHILLI MAYONNAISE ...	48
FREE RANGE CHICKEN MAYO & WHOLE GRAIN MUSTARD, CUCUMBER AND ROCKET ...	48
OVEN ROAST VEGETABLE , CUCUMBER, ROCKET AND HUMMUS ...	45
CAPRESE , MOZZARELLA, CUCUMBER, ROCKET & BASIL AND TOMATO PESTO MIX ...	44
ADD CHIPS	+15
ADD SWEET POTATO CHIPS	+18

Gourmet Wraps (Flat Flour Tortillas)

Wraps aren't new, but good wraps are news!

PREGO STEAK ... 55

Steak strips marinated in our own garlic prego marinade and flash fried with cucumber, rocket and creamy mayo

FREE RANGE TANDOORI SPICED CHICKEN WRAP ... 50

Let the spice and guacamole transport your taste buds to Eastern Bazaars and Arabian nights! Free range chicken served with home made tandoori sauce with cucumber, pepperdews and rocket.

SMOKED CHICKEN FETA WRAP

Sliced smoked chicken, served with chilli mayo, rocket, cucumber and feta ...

55

HONEY MUSTARD CHICKEN WRAP

Free range chicken cooked in a honey and whole grain mustard sauce, served in a tortilla wrap with rocket and cucumber ...

55

OVEN ROAST VEGETABLES AND HUMMUS WRAP ... 45

CAPRESE, MOZZARELLA, TOMATO & BASIL PESTO ... 42

Mezza Luna (Quesadilla)

Lightly toasted Mexican style flat flour tortillas, folded over with delicious gourmet fillings

SPICY STEAK MEZZA LUNA ... 68

Steak strips, mozzarella, cheddar with Mexican salsa

SPICY CHICKEN MEZZA LUNA ... 55

Chicken strips, mozzarella, cheddar with Mexican salsa

THREE CHEESE MEZZA LUNA ... 50

Mozzarella, cheddar, feta with Mexican salsa

Gourmet Burgers

Served in a sesame seed Kitke bun

- VEGETARIAN BURGER ... 64
Hand made burger patty, made with mushrooms, courgettes, black beans, chickpeas, sundried tomato and coriander served in a sesame bun with sliced tomato, rocket and cucumber
- THAI STYLE CHICKEN BURGER ... 62
Hand made chicken burger patty seasoned with aromatic spices, served with our own home made Asian sauce, served in a sesame seed bun with sliced tomato, rocket and cucumber
- BBQ BEEF BURGER ... 68
Hand made & delicious 100% beef burger patty in own home made BBQ sauce, served in a sesame seed bun with sliced tomato, rocket and cucumber

Gourmet Salads

- THAI STEAK SALAD ... 70
Flash fried Steak strips marinated in our own Thai inspired sauce served on a medley of lettuce freshly sliced cucumber, Rosa tomatoes & julienne carrots finished off with a boiled egg, sesame seeds and Asian dressing
- QUINOA SALAD ... 55
Quinoa with chickpeas and oven roasted veg drizzled with a balsamic glaze dressing
- SMOKED CHICKEN SALAD ... 55
Made with slices of smoked chicken on a bed of fancy lettuce, served with cucumber, cherry tomatoes, carrot ribbons and feta, topped with croutons and a coriander infused vinaigrette

- BALSAMIC GLAZED BEETROOT & APPLE SALAD ... 50
Marinated beetroot salad served on a medley of lettuce, sliced apple & cucumber finished off with toasted almonds, Danish feta & a balsamic glaze
- BULGUR WHEAT TABBOULEH SALAD ... 50
A classic Moroccan inspired Vegetarian salad served with cucumber, Rosa tomatoes, spring onions, chopped parsley, mint & finished off with freshly squeezed lemon juice and olive oil
- TANDOORI SALAD ... 50
Made from slices of tandoori spiced free range chicken, medley of lettuce, rocket, cucumber, feta and Pepperdews dressed in our homemade Harissa Dressing
- OVEN ROAST VEG SALAD ... 48
Served with cous cous, and topped with toasted almond flakes, feta cheese and and balsamic glaze
- VILLAGE GREEK SALAD ... 45
Medley of kalalmata olives, red onion, feta cheese and rosa tomatoes, no lettuce, just like on the islands!

Soup of the Day

Subject to seasonal availability, served with artisan bread.

Daily Chef's Lunch Specials

Every day our Chef prepares a special chef's meal of the day. Numbers are limited for these delicious masterpieces, so make sure you place your orders as early as possible.

These are available from 12pm until stocks last, please enquire in-store for details

Pastries and Bakes

Please have a look at our daily selection of cakes and pastries

PLAIN BUTTER CROISSANT	20
BELGIAN CHOCOLATE OR ALMOND CROISSANT	25
BELGIAN CHOCOLATE AND ALMOND CROISSANT	28
70% CHOCOLATE AND PECAN BROWNIE	20
CHOC CHIP AND ALMOND COOKIE	20
SWEET AND SAVOURY MUFFINS	25
BAKED LEMON CHEESECAKE / CARROT CAKE	45
BAKED BERRY CHEESECAKE	50