

MUFFINS

BRAN, RAISIN & PECAN NUT	22.00
WHITE CHOCOLATE CHUNKS & RASPBERRY	35.00
CAPPUCCINO & COCONUT CRUMBLE	20.00
DOUBLE CHOCOLATE CHIP	21.00



★ GIANT NY COOKIES ★

OATMEAL, RAISIN & CINNAMON	18.00
CHOC-CHIP PEANUT BUTTER	18.00



PRETZEL STICKS

3 CHEESE & ROSEMARY	19.00
SESAME SEED STICK	15.00

DONUT STICK

FUNFETTI	15.00
CINNAMON & SUGAR	15.00
APRICOT AFFAIR	15.00

BAGELS & MORE

CHOC CHIP GALORE	20.00
PUMPKIN SEED & CHEESE	25.00
CINNAMON BUN	16.00
ELEPHANT EARS	16.00

BREAKFAST

- ✓ **PARFAIT POT** 350ml serving
Tropical fruit salad layered with thick Greek yoghurt, granola & blackberry preserve **38.00**
- ✓ **QUINOA POT**
Quinoa layered with Greek yoghurt, fresh berries, toasted almonds, pumpkin seeds & honey **59.00**

BIRDIE BAGEL

All toasted

- SALMON TROUT** **69.00**
Smoked trout, cream cheese, cucumber, spring onion & sesame seeds with lemon juice & black pepper
- ✓ **MEDJOL DATES** **40.00**
With cream cheese, pecans, honey & cinnamon
- ✓ **PEANUT BUTTER LOVA** **25.00**
With honey & banana
- ✓ **MARMITE** **40.00**
With white cheddar & cos lettuce

BREAKFAST SANDWICH

- EGG MAYO** **32.00**
Boiled egg, herb mayo, cucumber & cos lettuce on low GI seed bread
- ✓ **LAYERED BLT** **35.00**
With white cheddar, bacon, tomato & cos lettuce on fresh white bread

SANDWICHES

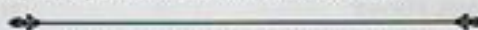
- TUNA MAYO** **35.00**
With gherkins & cos lettuce on low GI seed bread
- GYPSY HAM** **37.00**
With white cheddar, tomato, mango chutney & rocket on white bread
- CHICKEN MAYO** **37.00**
With mozzarella, tomato, cucumber ribbons & cos lettuce on Low GI seed bread
- ✓ **MOZARELLA & TOMATO** **32.00**
With basil leaves, rocket & balsamic glaze on mild rye bread
- PASTRAMI** **65.00**
With sauerkraut, gherkins, Dijon mustard, mayo & cos lettuce on mild rye bread

TOSSED & CHOPPED SALADS

- TUNA & CHICK PEA** **62.00**
With sweet corn, chick peas, sundried tomato, feta, avo, celery, soy sunflower seeds, mint leaves, rocket & cos lettuce
- CORONATION CHICKEN** (mild sweet curry) **62.00**
With fresh mango, toasted almonds, celery, spring onion, red cabbage, lettuce, avo, coriander & cucumber topped with cream cheese
- CRISPY BACON, AVO & CROUTONS** **54.00**
With halloumi, red onion, rocket, cos lettuce, cucumber & poppy seeds served with tahini
- ✓ **ROASTED BUTTERNUT & HUMUS** **46.00**
With Danish feta, chickpeas, pumpkin seeds, chilli flakes, cos lettuce, basil leaves & rocket

WRAPS

- ✓ **BUTTERNUT & HALOUMI** **32.00**
With halloumi, chick peas, avo, red onion, cos lettuce, pumpkin seeds with mango chutney & tahini
- CHICKEN TZATZIKI** **34.00**
With tomato, celery & red onion, marinated mushrooms, mint leaves, soy sunflower seeds, cos lettuce & rocket with balsamic glaze
- RARE ROAST BEEF** **37.00**
With Danish feta, olives, avo, cucumber, tomato, rocket, tahini, sweet mustard & sesame seeds



BAGEL SANDWICHES

- BROOKLYN CLUB** **47.00**
With turkey, gypsy ham, bacon, white cheddar, tomato, gherkins, cos lettuce & Dijon mustard mayo
- STATEN ISLAND** **69.00**
Salmon trout & cream cheese, cucumber ribbons, capers, spring onion, fresh lemon & olive oil
- ✓ **MANHATTEN** **42.00**
Roasted red peppers & Danish feta, avo, tomato, coriander, sesame seeds, rocket & humus