

BREAKFAST BASICS

Toast 3.5
Your choice or sourdough, bagel or crumpets toasted with your choice of Nutella, Biscoff, cream cheese, housemade peanut butter, housemade almond butter or housemade jam.
Additional condiments 0.5

Pastries 4
Croissant, pain au chocolat, pain au raisin, or almond pain au chocolat

Eggs your way 8
3 eggs poached, fried or scrambled. Served on 2 slices of buttered sourdough toast

The Foundation Fry Up 14
Bacon, sausages, fried eggs, mushrooms, potato hash with homemade beans and white toast

The Foundation Vegan Fry Up 13
Vegan sausages, scrambled tofu, chestnut mushrooms, potato hash with homemade beans and white toast

SMOOTHIES & JUICES

FRESHLY SQUEEZED ORANGE JUICE 4
FRESHLY PRESSED APPLE JUICE 4
The Pink One 6
Beetroot, ginger, pineapple and blueberries
The Green One 6
Kale, lemongrass, banana and mango
The Orange One 6
Passion fruit, papaya, pineapple, peach, guava and aloe vera

ON BREAD

CBLT 9
Chicken, bacon, baby gem lettuce and tomato with pesto mayo, served on toasted foccacia

Tofu and Aubergine Sando 7
Marinated and grilled tofu and aubergine, rocket, and tomato relish served on toasted foccacia

Croque Madame Croissant 9
Ham hock, cheddar cheese, cheese sauce; grilled served in a croissant. Topped with a fried egg

MancMuffin 10
Sausage patties, bacon, fried egg, cheddar cheese, tomato relish on an English muffin stacked with hash browns
Make me veggie by swapping out the sausages, or vegan with vegan sausages and a tofu patty

Salmon Schmeat 10
Whipped dill and chive cream cheese on a bagel topped with smoked salmon

French Toast 12
Brioche French toast
SAVOURY; topped with chestnut mushrooms, bacon and cheese sauce +1
SWEET; topped with strawberry and lime compote, pistachio cream sauce, white chocolate sauce and white chocolate mascarpone

Bennies 12
2 poached eggs served with hollandaise and a parsley oil on toasted sourdough with your choice of
Bacon and spinach
Salmon and dill +1

Vegan Bennie 12
Scrambled tofu patties and vegan hollandaise with spinach, served on sourdough

BOWLS

Overnight Oats 6
Rolled oats, coconut and chia seeds steeped in coconut water, soya milk topped with stewed chocolate plums

Yoghurt & Granola 6
Sea salt and dark chocolate granola, topped with stewed plums and maple syrup
Make me vegan by swapping the yoghurt for soya yoghurt + 0.5

Porridge 6
Rolled oats, almond butter & maple syrup porridge, topped with stewed chocolate plums.
Make me vegan with any of our alternative milks + 0.5

Hash 10
Fried potato, cheese, pepper and tomato hash topped with scrambled egg, sliced avocado and almond pepper sauce
Make me vegan by swapping the eggs and the cheese for scrambled tofu

ADDITIONS

Sausages	3
Bacon	3
Vegan sausages	3
Avocado	3
Eggs - poached / fried / scrambled	3
Halloumi	3
Scrambled tofu	3
Hash Browns	3
Ham Hock	4