

# BREAKFAST

Served from 8.30 to 11.50

## Golden granola £5.95 (VE).

Lu-Ma homemade G/F granola (N,SS) served with coconut yogurt, fresh berries, banana, berry compote, coconut & chia seed sprinkles

## French brekkie £5.95 (VE).

One fresh baked croissant (G)( apricot/chocolate/ raspberry/plain), one squeezed orange juice and a tea or coffee

## Golden Omelette £8.75

Organic eggs (E) with a splash of soya milk & turmeric with mushroom, spinach, spring onion & vegan cheese served with a slice of gluten free bread

## Indulgent pancakes £9.00 (VE).

Lu-Ma style pancakes (S) served with berries, sliced banana, maple syrup and berry compote, coconut & chia seed sprinkles

## Amazing avocado £6.25 (VE).

Deliciously ripe mashed avocado on gluten free bread and a leafy bed with roasted cherry tomatoes, pomegranate seeds & a sprinkle of omega seeds (SS)  
Add - an organic egg (E), £2.00, smoked salmon £4 add Marinated Tempeh (S) £3.25,

## Clean Full Start £9.95

2 organic poached eggs (E), roasted cherry tomatoes, steamed spinach, mushrooms, avocado, homemade sugar free baked beans (S), sprinkled with chia seeds, served with 2 slices of toasted gluten free bread.  
Make it fully vegan by swapping the eggs with marinated tempeh (S)  
Add Smoked salmon (F) £4

## Gluten Free Toast with -

2 organic poached, fried or scrambled eggs (E) £6.75  
Add Smoked salmon (F) £4 or Avocado £2.25  
Homemade sugar free beans £6.25 (VE)

(VE)= VEGAN/ (F)=FISH/( SS)= SESAME SEEDS /(E)= EGG/ (S)= SOYA/  
(N)=NUTS/ (G)= GLUTEN