



**BREAKFAST**

## COFFEE

GRIND Coffee Roasters

Espresso 4	Matcha Latte 6
Americano 4	Golden Turmeric Latte 6
Macchiato 5	Beetroot Cacao Latte 6
Flat White 5	Chai Latte 6
Cappuccino 5	Grind Coldbrew 6
Latte 5	Grind Coldbrew Oat Latte 6
Mocha 5	Hot Chocolate 6

Extra shot + 0.50 | Decaf available  
Oat, almond, soy and coconut milk are available

## TEA

ALL 5

English Breakfast	Berry
English Breakfast decaf	Darjeeling
Earl Grey	Jasmine Flower
Peppermint	Sweet ginger peach
Chamomile	Silver Needle White
Lemon grass & Ginger	Passion Fruit Black
Japanese Kukicha light green	Apple & Cinnamon
	Tropical green

## HOUSE PRESS JUICE

ALL 6

### GINGER

Apple, Ginger, Lemon

### GLOW CITRUS

Apple, Banana, Orange, Avocado, Lemon, Ginger, Turmeric, Cayenne pepper, Black pepper

### BERRY

Strawberry, Lemon, Mint, Apple

### GREEN

Cucumber, Apple, ginger, Pineapple, Spinach, lime, Romaine, Kale, Spirulina

### CARROT

Carrot, Orange, Apple, Ginger

## WELLNESS DRINKS

### JUICE

ALL 5

Orange / Apple / Grapefruit

### KOMBUCHA

ALL 6

Original / Ginger

### PUNCHY

ALL 6

Peach, ginger, chai  
Blood orange, bitters, cardamom  
Cucumber, yuzu, rosemary

### TRIP CBD

ALL 7

Lemon & basil  
Elderflower & mint  
Peach & ginger

## GRAINS & FRUIT

Porridge or bramble porridge	10 / 11
Millie's granola	11
Pancakes	16
berry compote, whipped cream or bacon & maple syrup	
Fruit salad	12

## EGGS

Avocado on toast	17
poached eggs	
Smoked salmon	18
scrambled eggs	
Boiled eggs, soldiers	12
Any style on toast	12
scrambled, poached, fried	
Eggs Florentine, Benedict or Royale	17 / 18 / 19

## BRITISH

Half or Full English	17/25
eggs any style, sausages,bacon, tomatoes, baked beans, mushrooms, black pudding	
Brioche breakfast bap	11
bacon or Cumberland sausage	
Smoked haddock kedgeree	16
Mushrooms on toast	15
poached egg	
Baked eggs	17
Trealy Farm chorizo, peppers, potatoes, kale	
Egg omelette with your choice of:	17
ham, cheese, mushroom, tomato & spinach	

## SIDES

Roasted tomatoes 6	Cumberland sausage 7
Portobello mushrooms 6	Mixed berries 8
Baked beans 6	Smoked salmon 8
Black pudding 6	Avocado 8
Streaky bacon 7	

## BAKERY

Croissant 5	Cruffin 5
Pain aux raisins 5	Muffins 5
Pain au chocolat 5	Danish pastries 5

Please let us know if you have any allergies or dietary requirements, our dishes and drinks are made here so may contain trace ingredients. There is a discretionary 14.5% service charge added to your bill all of which is distributed among staff. All above prices are inclusive of VAT.

Calorie Content

Scan the QR code to find the calorie content of each dish

