

BREAKFAST BUN   **4.95**

A fresh floury bap with grilled Smoked Bacon, 'Grandad's' Sausage, and a free-range fried Egg

EGGS 'YOUR WAY'   **4.95**

2 Poached or scrambled free range Eggs with fresh Sourdough Waffle or toasted Sourdough

- Pan-fried Chorizo, 'Grandad's' Sausage, Smoked Bacon, Smashed Avocado **+1.95**
- Fried Mushrooms, Wilted Spinach **(V)** Grilled Tomato **(V)** **+1.75**
- Smoked Salmon **+2.50**
- Pan-fried Halloumi **(V)** **+1.95**

OMELETTE   **4.95**

3 Free range eggs with foraged Cheshire Wild Garlic, served with toasted sourdough

EGGS BENEDICT  

2 poached free range Eggs, on toasted Sourdough, with Hollandaise

- Benedict - Grilled smoked Bacon **7.50**
- Royal - Smoked Salmon **7.95**
- Florentine - Wilted Spinach **(V)** **7.50**

PANINIS AND WRAPS  **6.50**

Freshly prepared and served with a Salad choice from the counter.

- Grilled Chicken, Smoked Bacon, Sliced Avocado
- Grilled Chicken, Spanish Chorizo, Sweet Chilli
- Smoked Salmon, Wilted Spinach, Scrambled Eggs with Turmeric
- 3 Cheese (Cheddar, Red Leicester, and Mozzarella), with Mango Chutney
- Chickpea Falafel, Hummus, and our own-made roasted Seasonal Vegetables **(VG)**
- Smashed Beans, Avocado, Red Onion **(VG)**

TERIYAKI RICE BOWL (GF) 

Our own special recipe Teriyaki sauce; tangy - sweet & irresistible.

With Jasmine Rice, and steamed Seasonal Greens

- Teriyaki Chicken **7.50**
- Teriyaki Salmon **8.50**
- Teriyaki Tofu **(VG)** **6.95**

'PROTEIN POWER' PORRIDGE   **4.95**

Delicious, healthy and satisfying (440 calories)

Organic Oats, Chia seed, sliced Banana, toasted flaked Almonds, toasted crushed Walnuts, Green Raisins, Berries, Pumpkin seeds, & Cinnamon.

Topped with Greek Yoghurt (optional), and Blue Agave syrup. Made with Almond milk. **(V)**

GRANOLA BOWL    **4.50**

Nutty, healthy, and satisfying (350 calories)

Our own recipe, with organic Oats, Seeds, Nuts, and Raisins, Berry compote, low fat Greek Yoghurt **(V)**

YOGHURT BREAKFAST   **4.50**

Delicious, filling and protein rich (375 calories)

Low fat Greek Yoghurt, Green Raisins, flaked toasted Almonds, Banana, Pumpkin Seeds, Berries. **(V)**

DAILY SPECIALS

Please See Our Deli Counter for our own-made Cakes, freshly prepared Salads, and savoury Specials

MEZZE PLATTER **7.50**

Choose from a selection of our deli counter items Served with wholemeal pitta bread. (V)

PROTEIN PLATE  **6.50**

Protein rich, low calorie, filling (344 calories)

Low fat Cottage Cheese, Tuna Salad, Sauerkraut, Sliced Red Pepper, Scandi Rye Crackers.

SOURDOUGH WAFFLES * See our waffle menu *

Our delicious homemade sourdough batter is fermented overnight to give a light and crispy texture with a characteristic chewy tanginess.

Milk and eggs are substituted for cashew milk and flaxseed for our **vegan waffles** - equally delicious.

Freshly prepared, Low sugar, low fat, nutritious fermentation, and only **250 calories** each waffle

SOUP OF THE DAY (V) **4.95**

Freshly prepared, served with toasted Sourdough

Welcome to North Star Piccadilly

