



NOURISH BELIEVE IN ENCOURAGING GOOD HEALTH AND WELLBEING WITH VIBRANT AND LOCALLY SOURCED FOOD.

○ **BREAKFAST** (9am-11am)

SOURDOUGH TOAST £3.00

Farmhouse butter & preserves (V) (GFO)

TOASTED TEACAKE £3.00

Farmhouse butter (V)

OVERNIGHT OATS £3.50

Apple Juice, local Skyr yoghurt & Seasonal berries (GF) (VEO)

CRUMPETS £3.00

Farmhouse Butter (VEO)

GRANOLA & CITRUS BOWL £4.00

Baked granola, citrus salad, toasted Almond & dried cranberries (VE)

AVOCADO & COCONUT £6.25

SMOOTHIE BOWL

Coconut yoghurt, lime, chi seed & kiwi (GF) (VE)

TOASTED BAGEL £3.50

Chive crème fraiche (V)

*Please inform the Nourish team on arrival
If you have any special dietary requirements.*

○ **BRUNCH** (11am-12pm)

AMERICAN STYLE PANCAKES £6.25

Blueberries, streaky bacon & maple syrup

ROAST HERITAGE TOMATO £6.50

TOAST

Sourdough toast, sulmac & black Onion seeds (VE) (GFO)

POACHED ARLINGTON £6.50

WHITE EGG

Sourdough toast, smashed avocado & chilli (V) (GFO)

FOREST MUSHROOMS ON £6.50

SOURDOUGH

Confit Garlic & Rosemary Butter (GFO)(VEO)

SIDES (ALL £2.50)

SMOKED SALMON (GF)

HONEY ROAST HAM (GF)

CHORIZO

ARLINGTON WHITE EGG (GF) (V)

HERITAGE TOMATO (GF) (VE)

PECORINO CHEESE (V)

MENU KEY

GF- GLUTEN FREE

GFO- GLUTEN FREE OPTION

V- VEGETARIAN

VE- VEGAN

VEO- VEGAN OPTION

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