

GRIND

BREAKFAST

Toasted sourdough, house made jam.....	3.-
Granola smoothie bowls.....	6. ⁵⁰
Red - berries, yoghurt, coconut, chia seeds	
Green - kiwi, spinach, yoghurt, goji berries	
Raw fresh breakfast salad.....	7. ⁵⁰
Porridge, coconut milk, berries, chia seeds.....	4. ⁵⁰
Health plate.....	9. ⁵⁰
Fruit smoothie bowl, avocado, mango, berries, green shot	



Smashed avocado with chilli on toast.....	6.-
with poached egg.....	1. ⁵⁰
feta cheese.....	1. ⁵⁰
prosciutto cotto.....	1. ⁵⁰
smoked salmon.....	3.-
San Daniele.....	3.-
Raw fresh breakfast salad.....	7. ⁵⁰
White cabbage, broccoli, avocado, chilli, boiled duck egg	
Smoked salmon, eggs.....	8.-
Oak-smoked salmon, free range scrambled or poached eggs on sourdough	
One-pan eggs.....	8.-
with spinach, tomatoes, beans, pistachio	
with bacon.....	2.-
sausage.....	2.-
Crispy quinoa eggs.....	6. ⁵⁰
Poached eggs rolled in quinoa, tomatoes, rocket	
Breakfast focaccia.....	7. ⁵⁰
Sausage, back bacon, smoked mozzarella, egg, aioli	
The London Grind.....	10.-
Eggs as you like, sausages, bacon, tomato, mushrooms, white pudding, house made beans, sourdough	

Please alert your waiter to any allergies before ordering.
Discretionary service charge of 12.5% will be added. All tips go to our staff.
Shoreditch Grind | Soho Grind | Holborn Grind | London Grind

FRESH PRESSED JUICE

Green.....	4.75
Spinach, broccoli, apple, cucumber, lime	
Red.....	4.75
Beetroot, raspberry, blackberry, banana	
Amber.....	4.75
Orange, carrot, ginger	
Orange.....	3.50

SMOOTHIES

Green.....	5.-
Spinach, banana, coffee, cocoa nibs, almond milk	
Red.....	5.-
Berries, grapes, prunes, avocado, almond milk	
Amber.....	5.-
Mango, vanilla yoghurt, agave, vanilla protein powder	

COFFEE

Brazil Fazenda Sao Silvestre 50%
Rwanda Kanya 40%
Nicaragua Finca La Argentina 10%

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A hearty and rich blend for the winter season,
with hazelnuts, milk chocolate and a cherry sweetness
in the finish

Ristretto, Espresso.....	2.20
Short Black, Long Black.....	2.30
Macchiato, Piccolo.....	2.50
FlatWhite.....	2.80
Latte, Cappuccino	2.80 / 3.10
Mocha, Hot Chocolate.....	3 / 3.30
Iced Coffee.....	3.-
Pot of Tea.....	2.75
Breakfast, Earl Grey, Green, Jasmine, Lemongrass & Ginger, Fresh Mint	

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