

GRIND

BREAKFAST SERVED EVERY DAY UNTIL 2.

Toasted sourdough, jam	3.-
Ham, cheese, chilli jam toastie	3. ⁵⁰
Porridge, coconut milk, berries	5.-
Seeds, yoghurt, goji berries, honey	4. ⁵⁰
Toasted bagel, smoked salmon, cream cheese	5.-

SMASHED	Smashed avocado, poached eggs, chilli on toast	8.-	AVOCADO
	add Prosciutto cotto	2.-	
	Feta cheese	2.-	
	Beetroot - cured salmon	4.-	

Poached or scrambled eggs on sourdough	5. ⁵⁰
Raw breakfast salad, avocado, soft boiled egg	8.-
Smoked salmon and eggs, scrambled or poached on toasted sourdough	9.-

Please alert us to any allergies before ordering.

@grind | grind.co.uk | Now playing - 'Shoreditch Grind' on Spotify | events@grind.co.uk
WiFi: Grind | After 6pm we swap laptops for cocktails.

GRIND

COFFEE

Ristretto, Espresso, Short Black	2. ³⁰
Long Black, Filter	2. ⁵⁰ 2. ⁶⁰
Macchiato, Piccolo	2. ⁵⁰ 2. ⁶⁰
Flat White, Latte, Cappuccino	3.- 3. ³⁰
Hot Chocolate	3.- 3. ³⁰
Mocha	3. ¹⁰ 3. ⁴⁰
Matcha, Beetroot, Turmeric Latte	3.-
Iced Filter	3.-
Iced Coffee	3. ³⁰
Baileys Iced Coffee	8. ⁵⁰
Iced Tea	2. ⁷⁵
Pot of Tea	2. ⁷⁵
Breakfast, Earl Grey, Green, Jasmine, Lemongrass & Ginger, Fresh Mint	

soya, almond, decaf, extra shot .⁵⁰

JUICES

Green Spinach, broccoli, cucumber, apple, lime	4. ⁷⁵
Amber Orange, carrot, ginger, lemon	4. ⁷⁵
Red Banana, berries, beetroot, apple	4. ⁷⁵

SMOOTHIES

Green Spinach, banana, almond milk, coffee, cocoa nibs	5.-
Amber Mango, natural yogurt, vanilla, agave, almond milk	5.-
Red Berries, prunes, avocado, coconut, almond milk	5.-
Add Protein	1.-

Please alert us to any allergies before ordering.

@grind | grind.co.uk | Now playing - 'Shoreditch Grind' on Spotify | events@grind.co.uk
WiFi: Grind | After 6pm we swap laptops for cocktails.