

# GRIND

BREAKFAST SERVED EVERY DAY UNTIL 12.

## FRUIT & GRAINS

Toast, housemade jam	3.-
Granola smoothie bowl	6.-
Açaí bowl, seeds, berries	6.-
Gluten-free porridge, orange, streusel	5.-

## EGGS

One-pan eggs, chorizo, spinach, yoghurt	8.-
Beetroot smoked salmon, eggs on toast	10.-
Sweet potato harissa cakes, poached egg	9.-
Raw breakfast salad, avocado, grains, egg	8.-

## SIDES

Eggs / toast	1. <sup>50</sup>
Sweet potato cake	2. <sup>50</sup>
Avocado / sausage / bacon	2. <sup>50</sup>
Beetroot smoked salmon	4.-

SMASHED

Smashed avocado, poached eggs, chilli on toast	8.-
add Feta cheese	2.-
Bacon	2.-
Beetroot smoked salmon	4.-

AVOCADO

## BREAKFAST

Buttermilk pancakes, syrup, blueberries	7.-
Full English breakfast, eggs as you like	10.-
Full vegetarian breakfast	10.-
Breakfast burrito, eggs, sausage, bacon	9.-
French banana toast, coconut cream	9.-

## SMOOTHIES

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

## GRIND HOUSE BLEND

50% Brazilian IP  
30% Colombian San Sebastian  
20% Nicaragua Apanas

The IP from Brazil has lots of milk chocolate and walnut flavours, while the San Sebastian provides candied lime and berry flavours, plus some bitter cacao as well.

12oz tins of the Grind House Blend are available for £11 in store,  
and online at [grind.co.uk](http://grind.co.uk)

Shoreditch | Soho | Holborn | London Bridge | Covent Garden | Royal Exchange | Clerkenwell | Exmouth Market | Whitechapel  
Please alert us of any allergies before ordering | Discretionary service of 12.5% will be added to your bill.

WiFi: Grind | At 6pm we swap laptops for cocktails | At busy times we may ask you to move to the bar once you've eaten.  
@grind | [grind.co.uk](http://grind.co.uk) | Now playing - 'Shoreditch Grind' on Spotify | [events@grind.co.uk](mailto:events@grind.co.uk)