

GRIND

Toasted sourdough, jam	3.-
Porridge, coconut milk, berries	5.-
Granola smoothie bowl, raspberries, seeds	6.-
Coconut soaked oats, nuts, seeds	6.-
Yoghurt, nut granola, agave, summer fruits	5.-

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

Raw breakfast salad, avocado, grains, poached egg	8.-
Beetroot - cured salmon, eggs on toast or bagel	9.-

FROM MIDDAY

Club sandwich, chicken, proscuitto, scamorza, gherkin	7. ⁵⁰
Chicken salad, anchovies, ranch dressing	8. ⁵⁰

WEEKENDS

Bottomless Prosecco	13.-
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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.