

# GRIND

Toasted sourdough, jam	3.-
Granola smoothie bowl	6.-
Acai bowl, seeds, berries	6.-
Gluten-free porridge, orange, streusel	5.-

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

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.-
Full English breakfast, eggs as you like	10.-
Full vegetarian breakfast	10.-
French banana toast, coconut cream	9.-

## SIDES

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

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.