

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	10.-

SMOOTHIES

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

Please alert us to any allergies before ordering.

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WiFi: Grind | After 6pm we swap laptops for cocktails.

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COFFEE

Espresso, Ristretto, 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
Sandows Cold Brew	3. ⁹⁵
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, oat, decaf, extra shot.⁵⁰

JUICES

Green	4. ⁷⁵
Spinach, broccoli, cucumber, apple, lime	
Amber	4. ⁷⁵
Orange, carrot, ginger, lemon	
Red	4. ⁷⁵
Banana, berries, beetroot, apple	
Orange Juice	3. ⁵⁰

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