

GRIND

SERVED UNTIL 12pm WEEKDAYS, 3pm SATURDAYS, ALL DAY SUNDAY.

TABLE SERVICE IF YOU'RE EATING IN.

SMALLS

Toasted sourdough, jam ^V	3.-
Granola smoothie bowl ^{GF, V}	6.-
Acai bowl, seeds, berries ^{VG, GF}	6.-
Gluten-free porridge, orange, streusel ^{VG, GF}	5.-

BREAKFAST

French banana toast, coconut cream ^V	9.-
Raw breakfast salad, avocado, grains, egg ^{V, GF}	8.-
Full English breakfast, eggs as you like	10.-
Full vegetarian breakfast ^V	10.-
Beetroot smoked salmon, eggs on toast	10.-
One-pan eggs, chorizo, spinach, yoghurt	8.-
Sweet potato harissa cakes, poached egg ^V add Bacon /	9.-

JUICES

Green Spinach, broccoli, cucumber, apple, lime	4.75
Amber Orange, carrot, ginger, lemon	4.75
Red Banana, berries, beetroot, apple	4.75
Orange Juice	3.50

PASTRIES

Croissant	1.80
Pastel del Nata	1.80
Pain au Chocolat	2.20
Pain au Raisin	2.20
Almond Croissant	2.80

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

SIDES

Eggs / toast	1.50
Sweet potato cake ^V	2.50
Avocado / sausage / bacon	2.50
Beetroot smoked salmon	4.-

SMOOTHIES

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

V - Vegetarian | GF - Gluten free | VG - Vegan

RECORDING STUDIO

Head upstairs and you'll find the Grind recording studio. The studio was originally built as a base for co-founder Kaz's music projects and since then friends of the Grind including Sam Smith, FKA Twigs, Pixie Lott, Hurts, Tinie Tempah, Mike Skinner and many others have dropped by to write, record and master their work - alongside an Espresso Martini. Some of them also signed the wall.

Our resident DJ's also use the studio to create the Grind playlists, which are updated every few weeks and are played day and night in all of the Grinds. To stay tuned in once you leave, find us on Spotify by searching for 'Shoreditch Grind'.

The studio is available to hire on a daily basis | To book, email studio@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 | @grind | grind.co.uk
Now playing - 'Shoreditch Grind' on Spotify | events@grind.co.uk