

GRIND

BREAKFAST SERVED EVERY DAY UNTIL 12.

FRUIT & GRAINS

Toast, housemade jam ^V	3.-
Granola smoothie bowl ^{V, GF}	6.-
Açaí bowl, seeds, berries ^{VG, GF}	6.-
Gluten-free porridge, orange, streusel ^{VG, GF}	5.-

EGGS

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

SIDES

Eggs / toast	1. ⁵⁰
Sweet potato cake ^V	2. ⁵⁰
Avocado / sausage / bacon	2. ⁵⁰
Beetroot smoked salmon	4.-

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

BREAKFAST

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

SMOOTHIES

Green Spinach, banana, coffee, cocoa nibs, almond milk	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% Nicaragua La Plata
30% El Salvador El Borbollon
20% Costa Rica Alto San Juan

With version four we wanted to showcase the sugary sweetness so common in Central American coffees.

The Nicaragua La Plata has a really thick, smooth texture and loads of caramel and toffee-like sweetness. This balances really well with the apple-like fruit notes and floral highs of the Costa Rica Alto San Juan. Finally the El Salvador El Borbollon brings milk chocolate and heavy body to the blend, plus a great bitter cocoa finish.

12oz tins of the Grind House Blend are available for £11 in store, and online at 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 | Now playing - 'Shoreditch Grind' on Spotify | events@grind.co.uk