

## BREAKFAST

In/out

**Sprouted porridge** (made with almond drink) (gf, df) **5/4.5**  
with a choice of toppings:  
- Blueberries, mascarpone, berry compote  
maple seeds  
- Coconut yogurt, toasted coconut granola, cacao nibs, honey  
- Salted maple syrup, banana, nuts

**Sourdough, rye or gluten free toast** (df) **3.5/3**  
with seasonal preserves or nut butter

**Boiled eggs with soldiers** **5/4.5**  
(sourdough, rye or gluten free bread)

**Avocado toast** **8/7.5**  
with beetroot, chilli on sourdough, rye or gluten  
free bread

Selection of cakes and baked goods  
– please see counter

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