



THE

BOWER HOUSE

TAKE AWAY BREAKFAST

SMOOTHIES & JUICE

add bee pollen or spirulina +£1

FIVE-A-DAY GREEN kale, spinach, banana, coconut water, honey, mint £4.95

CHOCOLATE BOWER BLISS raw cacao, almond butter, banana, cacao nibs £4.95

VELVET BERRY blueberry, strawberry, raspberry, yoghurt £4.95

SUNSHINE mango, pineapple, orange, lemon £4.95

FRESHLY-SQUEEZED ORANGE JUICE £3.50

CEREALS

GRANOLA £6
fresh berries, Greek yoghurt

PORRIDGE £5
double cream & muscovado sugar
roast hazelnuts & berry compote *vegan*
dates, yoghurt & Cotswolds honey

EGGS

SMOKED SALMON & SCRAMBLED EGG £9
add avocado +£1.75

EGGS ANY STYLE ON TOAST £5
add smashed avocado +£1.75

ON TOAST

SMASHED AVOCADO *vegan* £6.50
add a poached egg +£1

TOFU SCRAMBLE *vegan* £7.50
scrambled silken tofu, turmeric, coriander

PANCAKES

fluffy, gluten free American-style

Nutella v £8.75

bacon & maple syrup £8.75

berry compote & Greek yoghurt v £8.75

BREAKFAST SANDWICHES

gluten free baps available

BACON BAP

with a cup of tea £3.95

with a cup of coffee £4.95

add a fried egg +£1

SAUSAGE SANDWICH £6

buttered ciabatta, fried onions

add **Montgomery Cheddar** +£1

add a fried egg +£1

VEGAN SAUSAGE SANDWICH £6

olive oil ciabatta, fried onions

BOWER BREAKFAST

eggs any style, sausage, maple bacon, mushroom, beans, tomato, toast

VEGGIE BREAKFAST

eggs any style, vegan sausage, avocado, mushroom, beans, tomato, toast

small £7.75

large £9.75

smashed avo +£1.75 seared tofu +£1.75

plus tea, coffee, herbal lattes & hot chocolate