

# BREAKFAST

## SMOOTHIES & JUICE

add organic bee pollen or spirulina to any smoothie +£1

**FIVE-A-DAY GREEN** £4  
vitamin K & D, green & delicious raw veg hit  
kale, spinach, banana, coconut water, honey, mint

**VELVET BERRY** £4  
vitamin C, potassium & acidophilus for gut health  
blueberry, strawberry, raspberry, yoghurt

**MORNING SUNSHINE** £4  
tropical blend full of vitamin C & B6, & plenty of fibre  
mango, pineapple, orange, lemon

**FRESHLY-SQUEEZED ORANGE JUICE** £3

## EGGS

woodland eggs from Hazelwood Manor Farm, Burmington  
gluten free toast available

**SMOKED SALMON & SCRAMBLED EGG** £8  
on toasted, buttered sourdough  
add avocado +£1.50

**EGGS ANY STYLE ON TOAST** £4.30  
add smashed avocado +£1.50  
add grilled halloumi +£1.30  
add seared tofu +£1.50

**BOILED EGGS & SOLDIERS** £4.30  
two soft-boiled eggs with buttered soldiers

## BOWER BREAKFAST

eggs any style  
sausage, maple bacon, mushroom, beans, tomato,  
ciabatta, sourdough, granary or gluten free toast

## BOWER VEGGIE BREAKFAST

eggs any style  
vegan sausage, avocado, mushroom, beans, tomato,  
ciabatta, sourdough, granary or gluten free toast

small £6.50 large £8.50

add grilled halloumi +£1.30  
smashed avo +£1.50 seared tofu +£1.50

## MORNING COCKTAILS

**BLOODY MARY** £7

**MIMOSA** £8

**ESPRESSO MARTINI** £8

## CEREALS

**GRANOLA** £5.25  
made by Taste of the Country, Greek yoghurt, fresh berries

**PORRIDGE** £4.30  
with double cream & muscovado sugar  
or roast hazelnuts & berry compote *vegan*  
or dates, yoghurt & Cotswolds honey

## ON TOAST

**SMASHED AVOCADO** *vegan* £5.50  
coriander, chilli flakes  
ciabatta, sourdough, granary or gluten free toast  
add a poached egg +£1

**TOFU SCRAMBLE** *vegan* £6.50  
scrambled silken tofu, turmeric, coriander  
olive oil toast

**TOAST & JAM** £2.20  
sourdough, granary or gluten free  
butter, jam or marmalade

## BREAKFAST SANDWICHES

gluten free baps available

**BACON BAP** *gfo*  
maple syrup-glazed bacon in a buttered bap  
**with a mug of tea** £3.50  
**with a cup of coffee** £4.50  
add a fried egg +£1

**SAUSAGE SANDWICH** *gfo* £5.25  
buttered ciabatta, fried onions  
add **Montgomery Cheddar** +£1  
add a fried egg +£1

**VEGAN SAUSAGE SANDWICH** *gfo* £5.25  
ciabatta, fried onions  
add **Montgomery Cheddar** +£1  
add a fried egg +£1

## COFFEE & TEA

local Cotswolds milk | oat milk | soy milk

**MONSOON ESTATES COFFEE**  
espresso | macchiato £2  
flat white | latte | cappuccino | mocha | Americano £2.40

**HERBAL LATTES** £2.40  
matcha | beetroot | turmeric

**TEA** £2  
Birchall's loose leaf | bag | fresh mint

**HOT CHOCOLATE**  
with frothed milk £2  
with whipped cream & marshmallows £3