

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, 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*
buttered bap, local bacon
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