

# Breakfast

Served all day

**BLOODY MARY** Stolichnaya vodka & Big Tom spiced tomato juice £7.95

**BROMPTON FOOD MARKET FULL BREAKFAST (c, d)** £11.95

Scrambled eggs, bacon, smashed avocado, roasted field mushrooms, cherry tomatoes & sourdough toast  
(Substitute bacon for halloumi for vegetarian option)

**HOMEMADE JALAPENO CORNBREAD (c, d)** £10.75

With grilled chorizo, fried egg, avocado, sour cream, dehydrated tomato & lime, coriander & siracha mayo.

**\*NEW\*** **CHORIZO, MUSHROOM & EGGS (c, d)** £9.95

Served on toasted sourdough with roast cherry tomatoes, crumbled feta, basil and chives

**BREAKFAST BURRITO (c, d)** £8.95

Scrambled eggs, chorizo, cheddar and spring onions served with lime sour cream. Hot siracha sauce on request.

**HOMEMADE TOASTED BANANA BREAD (c, d, sd)** £8.95

With whipped honey mascarpone, seeds, berries & banana

**GREEK YOGHURT & BERRY COMPOTE (d)** £5.95

With fresh berries. Coconut yoghurt instead of Greek +£2.00

**SMASHED AVOCADO ON PUMPERNICKEL (vc) (c, sd)** £8.75

With lime, coriander & chilli, toasted seeds, sumac roasted cherry Tomatoes, lime & kale  
Add grilled halloumi (+£2.50) or smoked salmon (+£4.50)

**FRENCH TOAST WITH MAPLE SYRUP (c, d)** £7.95

Add berries, summer berry compote & mascarpone +£2.75  
Add bacon +£2.50  
Add banana & mascarpone £2.50

**SCRAMBLED EGGS & SMOKED SALMON/BACON(c, d)** £8.95

Served with sourdough toast

**SAUTEED MUSHROOMS ON SOURDOUGH (c, d)** £7.95

With a fried egg & aged parmesan

## BRUNCH EXTRAS

Grilled halloumi	£2.50	Sliced avocado	£2.50
Woodland mushrooms	£1.95	Toasted seeds	£1.25
Toasted sourdough	£1.95	Toast, butter & jam	£3.95
Smoked streaky bacon	£2.50	Smoked salmon	£4.50
Fried/scrambled eggs	£2.50		

Gluten free bread is available on all menu items

# Lunch

Served from 12pm

## TO GET STARTED

Aperol Spritz £8.50 // Glass of Prosecco £7.50

Olive oil & ciabatta (n) £3.95 // Hummus & pitta £4.50 // Smashed avocado & tortilla £4.50

**\*NEW\*** **ENGLISH ASPARAGUS SALAD (c, d, n)** £10.95

With peas, feta, shaved radish, rocket, mint, pea shoots, almonds and a lemon dressing. Served with rosemary focaccia

**GRILLED GOAT'S CHEESE & SQUASH SALAD (c, d, n)** £9.95

Roasted butternut squash and grilled goat's cheese on toasted focaccia with pine nuts, rocket and a basil dressing

**PORK & MANCHEGO BURGER (c, d)** £11.95

With wholegrain mustard mayo, pickled gherkins, lettuce & tomatoes. Served in a brioche bun with a fennel & mint slaw.

**HUMMUS PLATTER (vc) (c, s)** £10.25

Homemade hummus, olives, crudités & toasted pitta

**HOMEMADE FRITTATA (d)** £8.65

Served with a choice of two salads from the counter

**BFM HOUSE TOASTIES (c, d, m)** £10.25

Choose from just cheese or add garlic mushrooms, chorizo or ham. All made with Montgomery Cheddar, Comté, Raclette, garlic and red onion on sourdough. Served with a dressed garden salad

**SATAY CHICKEN BURGER (c, d, s, sy)** £12.95

With homemade satay sauce, coriander & baby gem lettuce. Served on a brioche bun with a giant pickle & tamari slaw.

**MIXED SALAD PLATE (see salad labels for allergens)** £11.75

Choose **4** **salads** from our deli counter. Add ham £3.00 // Halloumi £2.50 // Smoked Salmon £4.50 // Roast Beef £4.00

**HOMEMADE SAUSAGE ROLL (c, s)** £8.65

Served with piccalilli & a choice of two salads from the counter

## SIDES

Salad portion from our deli counter £3.00 // Green side salad £2.25 // Bread or Pitta £1.50

# Homemade Cakes

**SALTED CARAMEL BROWNIE (c, d)** £3.50

**NEW YORK CHEESECAKE (c, d)** £4.25

**CARROT CAKE (d, c, n)** £4.75

With cream cheese frosting & walnuts

**LEMON DRIZZLE LOAF (c, d)** £3.00

**BANANA BREAD (c, d)** £3.00

We only have a limited number of cakes on offer at the moment, sorry! Please ask us in case other cakes are available today.

## IMPORTANT ALLERGEN INFORMATION

V: Vegetarian // VG: Vegan // D: dairy // G: gluten // N: Contains Nuts // S: Sesame // Sd: Seeds // M: mustard // SY: Soy // F: Fish

We handle peanuts in our kitchen and cannot guarantee that our dishes are completely peanut free. Not all the ingredients in each dish are listed on this menu so if you have any food intolerance or allergies or require any allergen advice, please ask any of our staff.

# DRINKS

## SPIRITS & COCKTAILS

<b>GIN &amp; TONIC</b> Portobello gin, Fever Tree tonic, lime & mint	£7.50
<b>VODKA &amp; TONIC</b> Stolichnaya vodka, Fever Tree tonic, lemon	£7.50
<b>BLOODY MARY</b> Stolichnaya vodka & Big Tom spiced tomato juice, celery	£7.95
<b>DARK 'N STORMY</b> Plantation dark rum, lime & ginger beer	£7.50
<b>APEROL SPRITZ</b> V Prosecco, Aperol & soda water	£8.50
<b>VIRGIN MARY</b> (non-alcoholic) Big Tom spiced tomato juice, celery & lemon	£3.95

## JUICES & SMOOTHIES

<b>HOMEMADE LEMONADES</b>		
Original	£3.75	
Raspberry	£3.95	
Ginger	£3.95	
<b>FRESHLY SQUEEZED ORANGE JUICE</b>	£4.25	
<b>VITAMIN C IN THE DARK JUICE</b>	£4.25	
Orange, carrot & ginger		
<b>BFM GREEN JUICE</b>	£4.25	
Cucumber, mint, spinach & apple		
<b>APPLE JUICE</b>		£3.95
<b>BERRY BLITZ SMOOTHIE</b>		£4.95
Mixed berries, banana & apple juice		
<b>TROPICAL THUNDER SMOOTHIE</b>		£4.95
Mango, passion fruit, banana & apple juice		
<b>CHOCOLOAT SHAKE</b>		£4.95
Cocoa powder, oat milk & ice		

## WATER & SOFT DRINKS

<b>HARROGATE WATER</b> 750ml (still & sparkling)	£2.95	<b>COKE</b>	£2.45
<b>HARROGATE WATER</b> 500ml (still & sparkling)	£1.95	<b>DIET COKE</b>	£2.45
<b>BUNDABERG GINGER BEER</b>	£2.95	<b>KOMBUCHA</b> (ask for flavours)	£3.50

## BEER & CIDER

<b>HOP HOUSE 13 LAGER</b> 330ml, 5.0%	£4.15	<b>BREWDOG PUNK IPA</b> , 330ml, 5.6%	£4.75
<b>MEANTIME LONDON LAGER</b> 330ml, 4.5%	£4.35	<b>ORCHARD PIG SOMERSET CIDER</b> 500ml, 4.5%	£4.95
<b>MEANTIME LONDON PALE ALE</b> 330ml, 4.3%	£4.35		

## COFFEE & TEA

<b>ESPRESSO</b>	£2.00 / £2.25	<b>TEA</b>	£2.75
<b>AMERICANO</b>	£2.55 / £2.75	English Breakfast / Earl Grey / Berry / Camomile / Peppermint / Fresh mint	
<b>CAPPUCCINO</b>	£2.85 / £3.05	Green / Rooibos / White / Fresh lemon / Fresh ginger / Lemon & ginger	
<b>LATTE</b>	£2.85 / £3.05	<b>HOT CHOCOLATE</b>	£2.85 / £3.00
<b>FLAT WHITE</b>	£3.00	<b>'THE WORKS' HOT CHOCOLATE</b>	£3.00 / £4.50
<b>MACCHIATO</b>	£2.15 / £2.45	Whipped cream, mini mallows, flake	
<b>MOCHA</b>	£3.00 / £3.35	<b>VANILLA FRAPPÉ</b>	£3.50
		<b>ICED COFFEE</b>	£3.50

Dairy alternatives available: Bonsoy soy milk (+60p), Rude Health organic almond milk (+45p), Oatly oat milk (+40p)