

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

***NEW* 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* XMAS TURKEY BAP (c, m)** £12.95

With cranberry sauce, bacon and baby gem lettuce in a brioche bun.
Served with roasted new potatoes, Brussel sprouts & gravy

OPEN RARE ROAST BEEF SANDWICH (c, d) £13.95

With cherry tomatoes, parmesan, balsamic vinegar & rocket.
Served with crispy ciabatta

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

HOMEMADE SAUSAGE ROLL (c, s) £8.65

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

***NEW* 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

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, Gubbeen, 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

SOUP OF THE DAY £6.95

Served with toasted ciabatta.

SIDES

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

HOMEMADE CAKES

SALTED CARAMEL BROWNIE (d, sy) £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

GIN & TONIC Portobello gin, Fever Tree tonic, lime & mint	£7.50
BLOODY MARY Stolichnaya vodka & Big Tom spiced tomato juice	£7.95
DARK 'N STORMY Plantation dark rum, lime & ginger beer	£7.50
APEROL SPRITZ V Prosecco, Aperol & soda water	£8.50
WHISKY MAC Johnnie Walker Red Label & ginger wine on ice	£6.95
VIRGIN MARY (non-alcoholic) Big Tom spiced tomato juice, celery & lemon	£3.95

JUICES & SMOOTHIES

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

WATER & SOFT DRINKS

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

BEER & CIDER

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

COFFEE & TEA

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

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