

# BREAKFAST

Served until 12pm

## 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.

### 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.

### 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 +£2.500  
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

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

With homemade chimichurri, fried onions & rocket served on toasted ciabatta with salad & crisps

### ITALIAN WINTER VEGETABLE STEW (v) (d, c) £10.95

With lentils, tomatoes, aubergines, peppers & courgettes.  
Topped with grilled goat's cheese & served with toasted focaccia

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

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

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

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

### HUMMUS PLATTER (vc) (c, s) £10.25

Homemade hummus, olives, crudités & toasted pitta

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

Choose 4 salads from our deli counter. Add ham £3.00 // Grilled halloumi £2.50 // Smoked Salmon £4.50

### 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

### 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)

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

With a fried egg & aged parmesan

### SOUP OF THE DAY (v) (c) £6.95

Served with toasted ciabatta. Please ask for flavour & allergens

### HOMEMADE FRITTATA (d) £8.65

Served with a choice of two salads from the counter

### HOMEMADE SAUSAGE ROLL (c, s, d) £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 // Toasted focaccia £2.50

# HOMEMADE CAKES

### SALTED CARAMEL BROWNIE (c, 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

### MANDARIN & CHOCOLATE LOAF (n, sy) £3.00

## 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/VODKA &amp; TONIC</b>	£7.50
Portobello Road gin / Stolichnaya vodka & Fever Tree tonic	
<b>NEGRONI</b>	£7.50
Portobello Road gin, Campari bitters & Martini Rosso	
<b>BLOODY MARY</b>	£7.95
Stolichnaya vodka & Big Tom spiced tomato juice & celery	
<b>DARK 'N STORMY</b>	£7.50
Plantation dark rum, lime & ginger beer	
<b>APEROL or CAMPARI SPRITZ</b>	£8.50
Prosecco, Aperol/Campari & soda water	
<b>MOSCOW MULE</b>	£7.95
Stolichnaya vodka, ginger beer & lime juice	
<b>LEMON PASSION</b>	£7.50
Prosecco, elderflower, lemon juice & mint	
<b>VIRGIN MARY</b> (non-alcoholic)	£3.95
Big Tom spiced tomato juice, celery & lemon	

## JUICES & SMOOTHIES

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

## 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>COKE ZERO</b>	£2.45
		<b>SPRITE ZERO</b>	£2.45

## BEER & CIDER

<b>MEANTIME LONDON LAGER</b> 330ml, 4.5%	£4.35	<b>BIRRA MORETTI LAGER</b> 330ml, 4.6%	£4.25
<b>MEANTIME LONDON PALE ALE</b> 330ml, 4.3%	£4.35	<b>ORCHARD PIG SOMERSET CIDER</b> 500ml, 4.5%	£4.95

## 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> (gingerbread & Vanilla available)	£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)

## WINE & PROSECCO

### WHITE

**ABADIA MENCIA WHITE** £19.95 bottle / £12.95 carafe / £6.50 glass  
Spain. Peach & citrus, refreshing, great value.

**WV SAUVIGNON BLANC** £23.95 bottle / £13.95 carafe / £6.95 glass  
Classic NZ sauvignon blanc - gooseberry & apple. Light.

### ROSÉ

**CHÂTEAU ST PIERRE** £23.95 bottle / £13.95 carafe / £6.95 glass  
Côtes De Provence, France, Dry, summer fruit flavours with a soft minerality

### RED

**ABADIA MENCIA RED** £19.95 bottle / £12.95 carafe  
Fantastic red with masses of red fruits & blueberry.

**SOTTANO MALBEC** £20.50 bottle / £13.95 carafe  
Argentina. A belter of a wine. Big, bold, ripe red & black fruits.

### SPARKLING

**TENUTA FIOREBELLI PROSECCO** £25.95 bottle / £7.50 glass  
Light & crisp with familiar apple & peach aromas.