

## BRUNCH COCKTAILS

<b>PAINKILLER</b> ♥	10
Dark rum, orange juice, pineapple juice, coconut & nutmeg.	
<b>PINK GRAPEFRUIT MIMOSA</b> ♥	10
Cava & pink grapefruit juice.	
<b>BLOODY MARY</b>	10
Vodka, tomato juice, Lea & Perrins sauce, Tabasco & pepper.	
<b>RASPBERRY BELLINI</b> ♥	10
Vodka, cava, peach & raspberries.	



## COLD BREWS

<b>VANILLA BREW</b> ♥	5
Cold brew, vanilla syrup & ice.	
<b>CARAMEL BREW</b> ♥	5
Cold brew, caramel syrup & ice.	
<b>COCONUT BREW</b> ♥	5
Cold brew, coconut syrup, coconut shavings & ice.	
<b>TEMPTATION</b> ♥	8
Cold brew, vanilla vodka, coconut syrup & ice.	

## HOT & COLD DRINKS

<b>BABYCCINO</b> ♥	3	<b>AFFOGATO COFFEE</b> ♥	6	<b>ICED VANILLA LATTE</b> ♥	6
Whole milk, whipped cream & cocoa flakes.		Coffee & vanilla ice cream.		Coffee, milk, vanilla syrup & ice.	
<b>COFFEE BON BON</b> ♥	3	<b>IRISH COFFEE</b> ♥	8	<b>ICED CARAMEL LATTE</b> ♥	6
Coffee & condensed milk.		Jameson, coffee & cream.		Coffee, milk, caramel syrup & ice.	
<b>CAPPUCCINO</b> ♥	5	<b>BAILEYS COFFEE</b> ♥	8	<b>ICED MATCHA</b> ♥	8
Coffee, whole milk & milk foam.		Baileys, coffee & cream.		Matcha tea, almond milk, sugar syrup & ice.	
<b>MATCHA LATTE</b> ♥	5	<b>AMARETTO COFFEE</b> ♥	8	<b>ICED CHAI</b> ♥	8
Matcha tea, almond milk & sugar syrup.		Amaretto, coffee & cream.		Chai tea, whole milk, sugar syrup & ice.	
<b>CHAI LATTE</b> ♥	5	<b>ICED AMERICANO</b> ♥	4	<b>FRAPPUCCINO</b> ♥	8
Chai tea, whole milk & sugar syrup.		Americano coffee & ice.		Coffee, milk & ice with an option of sugar, caramel or vanilla syrup.	
<b>VIENNESE CAPPUCCINO</b> ♥	6	<b>ICED LATTE</b> ♥	5		
Coffee, whole milk & whipped cream.		Coffee, milk & ice.			



## COLD PRESSED JUICES

<b>OJ</b> ♥	7
Simply pressed orange juice.	
<b>PRESSED</b> ♥	8
Apple, carrot or grapefruit.	
<b>GREEN MACHINE</b> ♥	8
Apple, kale, spinach, celery, lemon & spirulina.	
<b>PURPLE RAIN</b> ♥	8
Grape, apple, strawberry & purple sweet potato.	
<b>ABC</b> ♥	8
Apple, beetroot & carrot.	
<b>DETOX</b> ♥	9
Apple, beetroot, celery & ginger.	
<b>ENERGISER</b> ♥	9
Orange, strawberry & guarana root.	
<b>JUICE YOUR WAY</b> ♥	9
Your choice of 3 ingredients.	
<b>Select</b>	
Apple   Carrot   Beetroot	
Orange   Celery   Grapefruit	

## SMOOTHIES

<b>BEETS &amp; BERRIES</b> ♥	8
Strawberry, beetroot, banana, date, blackberries, collagen & oat milk.	
<b>BIG MATCHA ENERGY</b> ♥	9
Matcha, banana, date, baby spinach, whey protein & coconut milk.	
<b>NUT CASE</b> ♥	9
Almond butter, banana, date puree, blueberries, vanilla, whey protein & almond milk.	
<b>BANANA POWER</b> ♥	9
Banana, peanut butter, chia seeds, bee pollen & oat milk.	
<b>TROPICAL THUNDER</b> ♥	9
Mango, pineapple, orange, banana, CBD oil & coconut milk.	

## SHOTS

<b>GINGER</b> ♥	5
Ginger, apple & lemon.	
<b>FIRECRACKER</b> ♥	5
Turmeric, grapefruit, orange, ginger & cayenne.	
<b>IN THE DARK</b> ♥	5
Pineapple, activated charcoal, milk thistle oil, cinnamon, cayenne & lemon.	

## SHAKES

Banana	Chocolate	Strawberry	Vanilla
♥	♥	♥	♥
8			

## WINE O 'CLOCK

<b>CHARDONNAY</b>	7	25	<b>ROSE</b>	7	25	<b>CAVA</b>	7	25
<b>VERDEJO</b>	7	25	<b>RIOJA</b>	7	25	<b>CAVA ROSE</b>	8	30
<b>SAUVIGNON BLANC</b>	8	30	<b>RIBERA DEL DUERO</b>	8	30	<b>CHAMPAGNE</b>		45

VEGETARIAN OPTION



ALLERGEN MENU



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All prices quoted are in Euros & include IVA. Service not included. Detailed allergen information is available upon request. Please advise us before ordering if you have any allergies. As allergens are present in our kitchen we cannot guarantee trace elements will not be found.

## BREAKFAST FAVOURITES

<b>FULL ENGLISH</b> English bacon, Cumberland sausage, hash browns, roasted tomato, mushrooms, black pudding, baked beans & free range fried eggs, served with toast & our house ketchup.	18
<b>EGGS BENEDICT</b> Classic eggs benedict with ham, 2 poached free range eggs & hollandaise sauce on an English muffin. <b>Switch</b> Bacon 0   Spinach 0   Smoked Salmon 5	13
<b>FRENCH TOAST</b> ♥ Brioche French toast with berry compote, fresh berries, vanilla mascarpone, toasted coconut & bee pollen.	15
<b>PANCAKES</b> Buttermilk pancakes, crispy bacon, grilled banana, lime & maple syrup.	15
<b>WAFFLES</b> ♥ Waffles with maple butter, fresh berries & blueberry compote.	15
<b>FRITTERS</b> ♥ Sweet potato & courgette fritters, turmeric yoghurt, corn salsa & poached egg.	15
<b>TURKISH EGGS</b> ♥ Turkish baked eggs with rose harissa & dukkah, served with toasted pitta.	16
<b>OMELETTE</b> ♥ Free range omelette with a choice of 3 fillings, served with toast. <b>Select</b> Bacon   Onions ♥   Spinach ♥   Cheese ♥ Ham   Tomato ♥   Peppers ♥   Mushrooms ♥	16



## HEALTHY BOWLS

<b>OVERNIGHT</b> ♥ Overnight oats with chia seeds, pistachio, raspberries & agave syrup.	12
<b>GRANOLA</b> ♥ Homemade granola, Greek yoghurt, berry compote, bee pollen & berries.	14
<b>TROPICAL</b> ♥ Smoothie bowl with pineapple, banana, peach & toasted coconut.	15
<b>NUT &amp; CHOC</b> ♥ Almond & chocolate smoothie bowl with chia seeds, crushed almonds & raspberries.	15
<b>AÇAÍ</b> ♥ Frozen açai, granola, banana, blueberries, strawberries, chia seeds & coconut flakes.	16

## ON TOASTS

<b>AVOCADO TOAST</b> ♥ Avocado on sourdough toast with radish & pomegranate. <b>Add</b> Crispy Bacon 3   Smoked Salmon 5 1 Poached Egg 3   2 Poached Eggs 5	12
<b>BACON &amp; EGG ROLL</b> English streaky bacon & free range scrambled egg in a brioche roll with rocket & our house ketchup.	12
<b>SMOKED SALMON TOAST</b> Smoked salmon with scrambled eggs on sourdough toast.	16

## SANDWICHES

<b>All served with rosemary fries.</b>	
<b>QUESADILLA</b> ♥ Grilled cheese, pico de gallo, corn salsa & sour cream. <b>Add</b> Chicken 4   Prawn 6	13
<b>THE CROQUE</b> Ham, Gruyère & dijon mustard.	14
<b>BANH MI BAGUETTE</b> ♥ Miso roasted mushroom, crisp lettuce, pickled vegetables & Sriracha.	14
<b>THE CLUB</b> Spiced chicken mayo, avocado, pickled red onion, baby gem & crispy pancetta.	15
<b>PHILLY STEAK BAGUETTE</b> Rump steak, caramelised onions & house cheese sauce.	17

## BURGERS

<b>P &amp; M ORIGINAL</b> Smashed angus beef burger with braised short rib, house cheese sauce, baby gem, lemon mayo, pickles, brioche bun & rosemary fries.	17	<b>BFC</b> Buttermilk fried chicken burger with baby gem, lemon mayo, pickles, brioche bun & rosemary fries.	15	<b>THE BUFFALO</b> Spicy buffalo fried chicken burger, baby gem, sambal mayo, buffalo sauce, pickles, brioche bun & aggy fries.	17
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## P & M PLATES

Choose any 3 for 35 | 5 for 45

<b>PADRON PEPPERS</b> ♥ Padron peppers, espelette chilli & salt.	8
<b>PUMPKIN ARANCINI</b> ♥ Pumpkin arancini balls with Parmesan.	12
<b>CAULIFLOWER WINGS</b> ♥ Spicy cauliflower wings with buffalo sauce & lemon aioli.	12
<b>LOADED HB</b> ♥ Loaded hash browns, smoked paprika & lemon & garlic aioli.	12
<b>POPCORN CHICKEN</b> Popcorn chicken coated in our secret recipe served with French fries, tomato sauce & lemon & garlic aioli.	14
<b>BEEF CROQUETTES</b> Beef short rib croquettes with truffle mayonnaise.	14
<b>S &amp; P SQUID</b> Salt & pepper baby squid with lemon mayo & crushed wasabi peas.	14

## LAND OR SEA

<b>RUMP STEAK</b> Rump steak, herb butter & rosemary fries.	18
<b>KING PRAWNS</b> King prawns, garlic & chilli butter, house salad & rosemary fries.	20

## SALADS

<b>POKE BOWL</b> ♥ Sushi rice, avocado, pineapple, radish, pickled vegetables, edamame & Sriracha mayo. <b>Add</b> Chicken 4   Crispy Prawn 6   Tempeh ♥ 4	13
<b>HAIL CAESAR</b> Caesar salad with semi dried tomato, anchovies & soft boiled free range egg. <b>Add</b> Chicken 4   Prawn 6	14
<b>PRAWN &amp; AVO</b> Crispy prawn & avocado cocktail, pickled cucumber & lemon.	16

## SIDES

<b>TOAST</b> ♥	4
<b>HASH BROWNS</b> ♥	4
<b>ROSEMARY FRIES</b> ♥	5
<b>FRENCH FRIES</b> ♥	5
<b>AVOCADO</b> ♥	5
<b>BIG GREEN SALAD</b> ♥	7
<b>MAC &amp; CHEESE</b> ♥	8

## BAKERY

<b>COOKIE</b> ♥	3
<b>BROWNIE</b> ♥	6
<b>CARROT CAKE</b> ♥	6
<b>ICE CREAM</b> ♥	6

**VEGETARIAN OPTION** ♥



**ALLERGEN MENU**



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