

L'ETO

BRUNCH MENU

ALL DAY BREAKFAST

served from 8am until 7:30pm

SEMOLINA PORRIDGE, strawberries & almonds 7.9

OUR GRANOLA served with berries & yoghurt 8.9
ask for coconut yoghurt option

AUSTRALIAN AVOCADO RYE BREAD tartine 7.9 **NF**
add herb cured salmon 4.8

FRENCH TOASTS, fresh caramelised **NF**
plums & bananas 8.9

NUTELLA CRÊPES & fresh berries 8.9

BUCKWHEAT & BERRIES PANCAKES, **NF, GF**
agave syrup, coconut yoghurt 12.9

STRAWBERRY & BLUEBERRY pancakes, vanilla cream 8.9 **NF**

EGGS

A choice of **SCRAMBLED, SOFT BOILED, FRIED EGGS OR EGG WHITE OMELETTE** served with sourdough toast, butter, tomatoes & rocket salad 8.9 **NF**

POACHED EGGS, ciabatta toasts, spinach, avocado 8.9 **NF**

EGGS BENEDICT 10.9 **NF**
roasted turkey or ham

EGGS ROYALE 12.5 **NF**
served with herb cured salmon

REGIONAL 13.9

ITALIAN

pugliese burrata, scrambled eggs, oyster mushrooms, sourdough toast, tomatoes **NF**

CALIFORNIAN

corn tortillas, fried eggs, flat bread, chille, pico de gallo, guacamole, queso fresco **NF**

ARABIC

aubergine yoghurt, halloumi cheese, soft boiled egg, hummus, flat bread, fava beans, tomatoes **NF**

RED SHAKSHOUKA

eggs, red pepper & tomato salsa, sourdough toasts **NF**

OUR HOME MADE FOOD

served from 11am until 7:30pm

3 SALADS 12.9 / **4 SALADS** 14.9

1 MAIN + 2 SALADS 14.9 / **1 MAIN + 3 SALADS** 16.9
Salmon Teriyaki as a main comes with an additional 4.95

SELECTION OF ARTISAN BREAD £3.5

SALADS

AUBERGINES YOGHURT **NF, GF**
grilled aubergines, Greek style yoghurt, pumpkin & sunflower seeds, spring onions, paprika oil

BEETROOT & ORANGE **NF, GF**
red beetroot & fresh mint, oranges, raspberry dressing

GRILLED VEGETABLES **VG, GF**
asparagus, courgettes, aubergines, plums, parsnip, red & yellow peppers, balsamic dressing

FRESH CABBAGE **VG, GF**
white cabbage, celeriac, pomegranate

QUINOA **VG, GF**
red & white quinoa, cucumbers, cherry tomatoes & rocket

BABY POTATOES & OYSTER MUSHROOMS **VG, GF**
oyster mushrooms, potatoes, green beans, cherry tomatoes, radicchio

HONEY ROASTED PUMPKIN & KALE **NF**
pumpkin, bulgur, crispy kale & feta cheese

UDON & PAK CHOI **NF**
udon noodles, carrots, pak choi, radicchio, hijiki

GRILLED BROCCOLI & SUNDRIED TOMATOES **NF**
broccoli, beans, sundried tomatoes, soya chilli ginger dressing

MAINS

CARAMELISED BEETROOT & GOAT CHEESE PIE

TOMATO & MOZZARELLA QUICHE **NF**

COURGETTE FRITTERS WITH yoghurt herb dressing **NF**

CHICKEN & SWEET POTATO burger **NF**

LEMON THYME CHICKEN **NF**

SALMON TERIYAKI, sesame seeds **NF**

SALMON COCONUT PATTY served with wasabi mayo **NF**

ROASTED ROSEMARY TURKEY with tarragon sauce **NF**

OUR SPECIALS

served from 11am until 10:30pm

BEETROOT BORSCH 9 **NF**
served with garlic bread & sour cream

PUGLIESE BURRATA, sweet cheery tomatoes, basil, olive crumbs & Tuscan olive oil 12.95 **NF, GF**

CRAB AVOCADO SALAD, soya & yuzu dressing 16.95 **NF**

BEEF 'TAGLIATA di MANZO'
served with rocket & parmesan 21.95 **NF, GF**

MEAT DUMPLINGS "PELMENI"
served with sour cream 15.95 **NF**

CRAB SPAGHETTI 17.95 **NF**

Please inform your waiter if you are allergic to any food items before you order - we can't guarantee the absence of allergens in our dishes, due to being produced in a kitchen that contains allergens

GF - GLUTEN FREE NF - NUT FREE VG - VEGAN