

# L'ETO

## BREAKFAST MENU

### PORRIDGE, GRANOLA & FRUITS

Raw green buckwheat & almond porridge, fresh strawberry, agave syrup £7.90

/gluten free, dairy free, sugar free/

Oatmeal porridge served with pineapple, cane sugar and sultanas £7.90

Semolina porridge, orange, honey & almond £6.90

/for soya or almond milk add £1 supplement/

Quinoa granola, dairy free coconut yoghurt, tropical fruit salad £8.50

Granola with homemade Plain OR Berry yoghurt £7.50

Tropical fruit salad bowl, passion fruit & honey dressing, home made yoghurt £7.90

### BOOSTER SHOTS

Ginger Shot £3.90  
Potent immune system boost  
(ginger, lemon, honey)

Sea Buckthorn Shot £3.90  
Anti-inflammatory kick of vitamins A, C and E  
(sea buckthorn, goji berry, ginger, carrot)

Pear & Ginger Shot £3.90  
Your daily dose of vitamins and minerals  
(pear, ginger)

### BAKERY

Australian avocado rye bread tartine £6.90  
/add herb cured salmon £4.80

French toasts, fresh caramelised red plums, bananas £8.90

Mozzarella & tomato croissant £4.90

L'ETO croissant £7.90  
(prosciutto ham OR roasted turkey, mozzarella, poached egg, datterini tomatoes & rocket salad)

### VEGAN SPECIALS

Unique and healthy drinks based on almond milk

Red Velvet Cappuccino £3.80

Green Matcha Cappuccino £3.80

Chai Tea & Cinnamon Latte £3.80

### DRINKS - HOT

Pot of Americano £3.90

Cappuccino £2.80

Flat White £2.90

Pot of Hot Chocolate £4.50

Tea £3.80

English breakfast

Earl grey

Darjeeling

See our beverage menu for more hot drinks

### PANCAKES AND CRÊPES

Farm pancakes, orange sauce & fresh berries £9.90

Chia banana & berries buckwheat pancakes, peanut butter sauce £11.50

/gluten free, dairy free/

Strawberry & blueberry pancakes, vanilla cream £8.90

Nutella & fresh berry crêpes £8.90

Crêpes with berries and a choice of passion fruit & honey / orange marmalade / fruit compote £7.90

### EGGS

Truffled burrata and oyster mushrooms scrambled eggs, sourdough toast £11.50

Soft boiled eggs, milk bread toast, butter £6.90

Poached eggs on ciabatta toast, fresh avocado, datterini tomatoes & rocket salad £9.90

Scrambled OR Fried eggs, avocado rye bread tartines, datterini tomatoes & rocket salad £9.90

Egg white omelette with spinach & tomatoes, sourdough toast, datterini tomatoes & rocket salad £9.90

Shakshouka £11.50

Black truffle eggs Benedict on ciabatta toast £12.50  
(served with roasted turkey OR prosciutto ham, hollandaise sauce)

Eggs Royale, herb cured salmon, ciabatta toast, datterini tomatoes & rocket salad £12.50

Full L'ETO breakfast £13.50  
(fried or scrambled eggs, avocado rye bread tartines, roasted turkey OR prosciutto ham, grilled portobello mushroom, cumin roasted tomato)

/for gluten free bread add £1 supplement/

### SIDES AND EXTRAS

£3.80

Fresh avocado  
~

Cumin roasted tomato  
~

Datterini tomatoes  
& rocket salad  
~

Avocado salsa

Grilled  
portobello mushrooms  
~

Prosciutto ham  
~

Roasted turkey  
~

Avocado tartines

Herb cured salmon £4.80

### DRINKS - COLD

Banana, strawberry, vanilla / Raspberry, coconut and lime smoothie £4.80

Fresh Juices (make your custom mix) from £3.30  
Apple / Orange / Carrot / Lime / Cucumber / Beetroot

Still or Sparkling Water £3.50

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

 letocaffe

 summergoeson

 LetoCaffe