

L'ETO

M E N U

PORRIDGE, GRANOLA & FRUITS

- 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,£7.90
home made yoghurt

BOOSTER SHOTS

- Ginger Shot. Potent immune system boost. (ginger, lemon, honey)£3.90
Sea Buckthorn Shot. Anti-inflammatory kick of vitamins A, C and E.£3.90
(sea buckthorn, goji berry, ginger, carrot)
Pear & Ginger Shot. Your daily dose of vitamins and minerals£3.90
(pear, ginger)

EGGS

- Truffled burrata and oyster mushrooms scrambled eggs,£11.50
sourdough toast
Soft boiled eggs, milk bread toast, butter£6.90
Poached eggs on ciabatta toast, fresh avocado,£9.90
datterini tomatoes & rocket salad
Scrambled **OR** Fried eggs, avocado rye bread tartines,£9.90
datterini tomatoes & rocket salad
Egg white omelette with spinach & tomatoes, sourdough toast,£9.90
datterini tomatoes & rocket salad
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,£12.50
datterini tomatoes & rocket salad
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/

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 (prosciutto ham **OR** roasted turkey, mozzarella,£7.90
poached egg, datterini tomatoes & rocket salad)

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£7.90
passion fruit & honey / orange marmalade / fruit compote

SIDES AND EXTRAS

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|-----------------------------------|-------------------|------------------------------|
| Fresh avocado | £3.80 | Grilled portobello mushrooms |
| ~ | | ~ |
| Cumin roasted tomato | | Prosciutto ham |
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| Datterini tomatoes & rocket salad | | Roasted turkey |
| ~ | | ~ |
| Avocado salsa | | Avocado tartines |
| | | |
| | Herb cured salmon | £4.80 |

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.