

L'ETO

BREAKFAST MENU

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, 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	Tea £3.80
Cappuccino £2.80	English breakfast
Flat White £2.90	Earl grey
Pot of Hot Chocolate £4.50	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

Fresh avocado	£3.80	Grilled portobello mushrooms
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Cumin roasted tomato		Prosciutto ham
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Datterini tomatoes & rocket salad		Roasted turkey
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Avocado salsa		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

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