

ELEMEN7S

GRAINS & FRESH FRUITS:

CROISSANT	4.00
CROISSANT BUTTER & JAM	5.50
CROISSANT CHEESE & COPPA HAM	5.50
SEVEN ELEMENTS GRANOLA	7.00
Yoghurt, Fresh berries & London honey	
BOWL OF BERRIES	5.00

Please see our counter top display for all our speciality pastries & cakes provided by Lockdown Bakehouse - fresh everyday.

PANCAKES:

MAPLE & BACON	13.00
Served with Maple Syrup & crispy bacon	
SEVEN ELEMENTS	13.00
Vanilla, mascapone & Fresh berries	

EGGS:

Served on English Muffins

SALMON ROYAL	14.00
wilted spinach, Smoaked salmon, poached eggs & hollandaise.	

EGGS BENEDICT	13.00
Thinly sliced Coppa, Poached eggs & hollandaise	

HEARTY PLATES:

THE VILLAGE BREAKFAST	15.00
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2 Cumberland sausages, Bacon , fried egg, grilled tomato, mushroom, Hash browns & Sourdough toast

VEGGIE BREAKFAST	14.00
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2 fried eggs, Halloumi, avocado, spinach, grilled tomato, mushrooms, hash browns & sourdough toast

OPEN STEAK SANDWICH	16.00
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Sourdough toast loaded with tomato chutney, grilled mushroom Bavette Steak, Fried egg, Chimichurri and Rocket

BUNS & TOASTS:

BACON BRIOCHE BUN	7.00
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Streaky & back bacon (Sourdough Available)

BREAKFAST BRIOCHE BUN	11.00
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2 sausage patties, Cheddar cheese, Fried egg & onion chutney

AVOCADO ON SOURDOUGH TOAST	11.00
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Seasoned avocado, roquitto pepper, rocket, feta & basil oil

EXTRAS		EGGS		SIDES:	
BACON	5.00	2 FRIED EGGS	5.00	SOURDOUGH TOAST & MARMELADE	4.00
SAUSAGE	5.00	2 POACHED EGGS	5.00	HASH BROWNS	5.00
GRILLED MUSHROOMS	3.00	SCRAMBLED EGGS	5.00	AVOCADO	4.00
GRILLED TOMATO	3.00			HALLOUMI	4.00

PRICES ARE SUBJECT TO A
12.5% SERVICE CHARGE

PLEASE LET US KNOW IF YOU
HAVE ANY FOOD ALLERGIES

ELEMEN7S

COFFEE

AMERICANO	3.6	FLAT WHITE	3.6	MOCHA	4.0
ESPRESSO	3.2	LATTE	3.8	CHAI LATTE	4.0
CORTADO/PICCOLO	3.4	CAPPUCCINO	3.8	MATCHA LATTE	4.5

CUSTOMISE YOUR COFFEE

EXTRA SHOT	0.5	DECAFFEINATED	0.5	ICED COFFEE	0.5
ALTERNATIVE MILKS	0.2	ADD A SYRUP	0.2		
Oat (GF), Almond or Soya		Vanilla, Caramel or Hazelnut			

TEA:

ENGLISH BREAKFAST	3.6
EARL GREY	3.8
GREEN TEA	3.6
MINT TEA	3.6

MORNING PICK ME UPS:

AQUA VITA COCONUT WATER	3.80
COLD PRESS ORANGE JUICE	3.80
MIMOSA	9.00
freshly squeezed orange & prosecco	
BLOODY MARY	9.00

Absolut vodka, tabasco,
Worchestershire sauce, lemon &
tomato juices.

SHOTS:

TURMERIC SHOT	3.80
lemon, turmeric, apple, ginger & cayenne	
GINGER SHOT	3.80
Ginger, apple & lemon	

JUICES:

RE-HYDRATE	8.00
Ginger, lemon, spinach, apple & coconut water	
RE-ENERGIZE	8.00
passion fruit, pineapple, apple	
DE-STRESS	9.00
strawberries, ginger, apple	

SMOOTHIES & SHAKES:

ACAI & BERRY	8.00
Acai, blueberries, banana, mango, kiwi, apple	
GAME, SET & MATCHA	8.00
Banana, peach, pineapple, spinach, apple & matcha	
HORSE POWER SHAKE	9.00
Strawberries, Banana & Vanilla milk	
GREEN SHAKE	8.00
Avocado, Matcha, Banana & Vanilla milk	

CUSTOMISE YOUR:

JUICE:

LEMON	0.5
GINGER	0.5
CREATINE	0.9
BERRY HYDRATION	0.9
CITRUS BOOST	0.9

SMOOTHIE:

MUSHROOM POWDER	0.9
MACHA POWDER	0.9
COCONUT WATER	0.5
AVOCADO	0.5
BANANA	0.5

SHAKE:

VANILLA PLANT PROTEIN	0.9
COFFEE PLANT PROTEIN	0.9
COLLOGEN	0.9
DATES & AGAVE	0.5

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