

Grilled Courgette & Gruyere bread (V)	6
Tomato chilli jam	
Plain Avo Toast (V)	9
Avo/sourdough	
ALFS Avo Toast (V)	12.5
Avo/sourdough/tomatoes/sprouts/chilli/poached egg	
Feta Smashed Avo Toast (V)	14.5
Avo/sourdough/feta/tomato chilli jam/poached egg	
Halloumi Smashed Avo Toast (V)	15
Avo/sourdough/halloumi/wild mushrooms/poached egg	
Scrambled Eggs (V)	13.5
Roasted tomatoes/sourdough toast	
Turkish Scrambled Eggs on Sourdough (V)	15
Tomato/red pepper/feta/chives	
Classic Eggs Benedict	13 / 7.5
Ham/muffin/hollandaise	
Eggs Royale	15 / 9
Smoked Salmon/muffin/hollandaise	
Eggs Florentine (V)	12 / 7
Baby spinach/muffin/hollandaise	
ALFS Fried Buttermilk Chicken Burger	15.95
Brioche bun/jalapeño mayo/coleslaw/French fries	
Toasted Banana Bread	8.25
Honey/yogurt/berries/banana	
Scone	4.5
Clotted cream & jam	

Poached Egg	1.75
Fries	4
Parmesan & Truffle Fries	6
Smoked salmon	5
Maple bacon	5
Upgrade poached eggs to scrambled	1.5

SALADS FROM THE COUNTER

Available 11.30 – 15.30 (Mon-Sat)

Turkey Kofta Balls (GF)

Sweetcorn/courgette/sweet chili & lime mayonnaise/pea shoots

Roasted Butternut & Blackened Corn (V/GF)

Feta/roasted red pepper/spring onion/baby watercress/parsley/spiced pumpkin seeds

Broccoli, Wild & Basmati Rice (Vg/GF)

Avocado/spring onion/golden raisins/sunflower seeds/shredded basil/zesty lemon vinaigrette

Lentil & Smokey Aubergine (V/GF)

Puy lentil/aubergine/red pepper/parsley/spring onion/radish/crème fraîche/smokey aubergine puree

Fresh Slaw (Vg/GF)

Cabbage/carrot/red onion/green apple pomegranate seeds/radish/sesame seeds/soy/sherry vinegar & Dijon dressing

Ask us about our daily salad specials

Small Salad (up to 3) 14.50

Add meat or fish + 4

Large Salad (up to 4) 16

Add meat or fish + 4

SEASONAL HOT DRINKS

Mint hot chocolate	4
Chocolate Orange hot chocolate	4
Hot chocolate & rum	5.5

175ml / 350ml / 750ml

Sparkling

NV, Prosecco Valdobbiadene Brut DOCG, Borgoluce (11.5%) 6.95 25
Dry & elegant with aromas of stone fruit & wild herbs

White

2019, Picpoul de Pinet, Villa des Croix (12.5%) 6.5 12 24
Clean, light, fresh and lively – dangerously easy drinking!

2018, Mâcon-Villages, Domaine Joseph Burrier 8 15 30
A wonderfully balanced Chardonnay with citrus & mineral notes and a smooth texture

Rose

2019, Triennes Nans-les-Pins (12%) 7 13 26
Light, clean, crisp Provence rosé with hints of Strawberry

Red

2018, Le Paradou Grenache, Château Pesquié (13%) 6.5 12 24
Easy drinking with a nose of black & red berries and spicey notes

Cocktails

Sipsmith Bloody Mary 7.5	Phil Collins 8.5
Sipsmith Vodka, spiced tomato juice, celery	Vodka, Green Chartreuse, lime, cucumber, soda
Bellini 7.5	Frozen Margarita 8.5
Prosecco/peach puree	Tequila, Cointreau, lemon, celery, pomegranate
Mimosa 7.5	Paloma 8.5
Prosecco/orange juice or pink grapefruit	Tequila, Cointreau, lemon juice, grapefruit juice
Aperol Spritz 7.5	Espresso Martini 8.5
Aperol/prosecco/soda orange	Kahlua, Vodka, Maestro Café Liqueur, espresso
Beer	
Camden Hells (4.6%) 4.75	Camden Pale Ale (4%) 4.75

SOFT DRINKS

Fresh Orange/Apple/Carrot	3.50	Orange Sanpellegrino	3.20
+ Ginger	.50	Ginger Jarr Kombucha	3.20
Kids Fresh Orange Juice	3	Passion Fruit Jarr Kombucha	3.20
Kids Fresh Apple Juice	3	Karma Cola	2.50
Homemade Lemonade	3.30	Karma Cola Sugar Free	2.50
Ginger Beer	3.20	Still Water	2.10 / 3.25
Sparkling Elderflower	3.20	Sparkling Water	2.10 / 3.25