



the

# BREAKFAST MENU

## BREAKFAST (£)

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<i>Porridge with local honey</i>	3.0
<i>Greek yoghurt, honey, granola &amp; berries</i>	4.0
<i>Croissant with strawberry jam</i>	2.5
<i>Mark's toasted sourdough with jam</i>	3.5
<i>Bacon bap</i>	5.0
<i>Sausage bap</i>	5.5
<i>Loaded bacon &amp; sausage bap</i>	7.5
<i>Veggie sausage bap</i>	5.5
<i>Egg bap</i>	3.0
<i>Add an egg</i>	1.0

## SMOOTHIES

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<i>Nourish (banana, avocado, date, kale, apple, courgette)</i>	6.0
<i>Replenish (pineapple, apple, spinach, kale, ginger, lemon zest)</i>	6.0
<i>Energy (banana, strawberry, blueberry, raspberry, blackcurrant)</i>	6.0
<i>Vitality (pineapple, mango, banana, papaya, ginger)</i>	6.0

## HOT DRINKS & JUICE

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<i>Americano</i>	2.9
<i>Latte</i>	3.5
<i>Cappuccino</i>	3.5
<i>Flat white</i>	3.2
<i>Double espresso</i>	2.8
<i>Mocha</i>	3.5
<i>Hot chocolate</i>	3.0
<i>Jeeves &amp; Jericho tea (breakfast, earl grey, redberry, green tea, lemon &amp; ginger, mint)</i>	2.8
<i>Eager juices (orange, apple, cranberry, pineapple, grapefruit, tomato)</i>	2.75

## WORKSPACE

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*Here at the BLT we welcome those who wish to come and work using our super fast fibre broadband, and enjoy our relaxed surroundings. As long as you put a little money in our tills, we will provide with great workspace!*

**Workspace promo** *bap (sausage or bacon), juice & a tea or coffee - £10*  
**Wifi password** *smallplates*