

FROM 8.00AM

BREAKFAST

UNTIL 11.00AM

*Dude,
where's
my*

COFFEE



DOUBLE ESPRESSO	£2
LONG BLACK	£2.2
MACCHIATO	£2.2
FLAT WHITE	£2.4
LATTE	£2.4
CAPPUCCINO	£2.4
FILTER COFFEE	£1.5
BOTTOMLESS FILTER	£2
ICED COFFEE	£2.2
ICED LATTE	£2.6
MATCHA LATTE	£3

GO LARGE FOR 50p
DECAF 40p · ALMOND MILK 60p
COCONUT MILK 60p · SOYA MILK 50p

TEA ALL £2

GREEN TEA · PEPPERMINT · CHAMOMILE
ENGLISH BREAKFAST · EARL GREY · ROOIBOS
FRESH MINT TEA - £2.5

WE'RE LEGALLY REQUIRED TO ADD VAT TO
NON-HOT FOOD WHEN YOU EAT IN. SORRY!

BUNS

VE - VEGAN · VG = VEGETARIAN
GF = GLUTEN FREE · DF = DAIRY FREE

SMOKED BACON & EGG BUN £5

CONTAINS EGG, GLUTEN, DAIRY
SMOKED STREAKY BACON, AIR-FRIED EGG, HEMP HASH BROWN, RED LEICESTER,
TOMATO, SPINACH & HARISSA YOGHURT, POTATO BUN

SMOKED TOMATO & EGG £2.75

VG · CONTAINS EGG, GLUTEN, DAIRY
CHOPPED EGG, SMOKED TOMATOES, POTATO BUN

TOPANGA CANYON £4.5

VG · CONTAINS EGG, GLUTEN, DAIRY
BAKED PORTOBELLO MUSHROOM, AIR-FRIED EGG, HEMP HASH BROWN, RED LEICESTER,
TOMATO, SPINACH & SMOKED TOMATO YOGHURT, POTATO BUN

'FRENCHIES' HAM & EGG £2.75

CONTAINS EGG, GLUTEN, DAIRY
CHOPPED EGG, CARVED HAM, FRENCH'S MUSTARD, POTATO BUN

EGGS

BURFORD BROWN POACHED EGG WITH...

OH-BOY £3.75

DF · GF · CONTAINS EGG
CHIPOTLE BAKED BEANS, FENNEL & BACON CRUMB

ANCHO CHILI SWEET POTATO £3.95

GF · VG · CONTAINS EGG, DAIRY, SOYA
ROASTED SWEET POTATO, ANCHO CHILI SEEDS, LIME YOGHURT

HEALTHY HANGOVER HASH £4.25

DF · GF · CONTAINS EGG
GRATED COURGETTE, CARAMELISED ONIONS, RED CHILI & CHORIZO CRUMB

PORRIDGE

Made with almond milk

SALTED DATE CARAMEL

DF · VE · CONTAINS GLUTEN, NUTS
SALTED DATE CARAMEL & CACAO NIBS
£2.25

SUPER DUPER

DF · VE · CONTAINS GLUTEN, NUTS
GOJI BERRIES, CRANBERRIES, MIXED SEEDS,
WALNUTS, AGAVE, BEETROOT POWDER
£2.25

@belairfood

FROM 11.30AM **LUNCH** UNTIL 3.00PM

SALADS

Side **£3.5**
CHOOSE 2

Standard **£4.75**
CHOOSE 3

Super **£5.75**
CHOOSE 4

THE BROCCOLI & ALMOND SLAW

GF · VG · CONTAINS DAIRY, NUTS, SULPHITES
SHAVED BROCCOLI, ALMONDS, CRANBERRIES, RED ONION, BUTTERMILK & COTTAGE CHEESE DRESSING

THE BAJA SWEET POTATO

GF · VG · CONTAINS DAIRY
ROASTED SWEET POTATO, BLACK BEANS, ROCKET, FETA, CINCO DE MAYO LIME YOGHURT, CHILI, SPRING ONION

THE CARROT & CHERMOULA BULGUR

DF · VE · CONTAINS GLUTEN, MUSTARD
ROASTED CARROTS, BULGUR WHEAT, PARSLEY, SPINACH, CHERMOULA DRESSING

THE MEXICAN QUINOA

DF · VE · CONTAINS GLUTEN
BULGUR WHEAT, BLACK QUINOA, SWEETCORN, TOMATOES, BLACK BEANS, JALAPEÑO, CORIANDER, LIME, SHAVED YELLOW PEPPER

THE GREEN NINJA

DF · GF · VE · CONTAINS PEANUTS, SESAME
CABBAGE, FENNEL, CHILI, KALE, SUGAR SNAPS, SPRING ONION, SPINACH, CORIANDER, SPRING ONION, PEANUT SESAME DRESSING

THE BALLER

CONTAINS GLUTEN, DAIRY, MUSTARD, SULPHITES
MUSHROOMS, ORZO, SPINACH, CHIVES, PARSLEY, DILL, PARMESAN, TRUFFLE OIL & CHAMPAGNE VINAIGRETTE

PIMP IT WITH...

Meat

WHOLE CHICKEN BREAST **£3.6** GF DF

HALF CHICKEN BREAST **£2** GF DF

BAKED BUTTERMILK CHICKEN **£3.25** DAIRY GLUTEN

'CLUCK YEAH' CHICKEN SKEWER **£3.25** DF GF

LAMB PINE NUT KOFTI **£3.5** DF GF NUTS

Fish

GRILLED SALMON FILLET **£3.25** DF GF

SMOKED MACKEREL **£2.3** DF GF

EM'S BOMBAY SALMON CAKES **£2.85** DF EGG GLUTEN

Veg

FETA & SEASONAL VEG FRITATTA **£2.25** DF · VG EGG DAIRY

MARINATED ARTICHOKE HEARTS **£2** DF GF VE

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Housemade Sauces



HOT STUFF

Go *LARGE* for £1.5

POLLO CHILI VERDE **£6.75**

GF · CONTAINS DAIRY
CORIANDER RICE, TOMATILLO, BLUE CORN TORTILLAS, LIME YOGHURT

BRAISED BEEF WAT **£7.75**

DF · CONTAINS GLUTEN
CUMIN & FENUGREEK BRAISED BEEF, GIANT GREEN COUS COUS & SUGAR SNAP PEAS

COCONUT & PUMPKIN DAAL **£5.75**

DF · GF · VE
PUMPKIN, GREEN LENTIL & BLACK BEAN DAAL, TURMERIC & CARDAMOM SPICED SOYA YOGHURT, SHAVED COCONUT

BLACK BEAN FALAFEL **£6.5**

DF · GF · VE
FIVE GREENS QUINOA SALAD, TOMATILLO SALSA & AVOCADO LIME "MAYO"

BLACKENED CHICKEN **£6.75**

GF · CONTAINS DAIRY
BLACKENED CHICKEN THIGH, "DIRTY RICE", WINTER GREEN SLAW & ROASTED CORN-CHILI YOGURT

CELERIAC SOUP **£3**

GF · DF · VE
WITH TRUFFLE OIL

#SUNNYEVERYDAY