

SUNDAY BRUNCH

*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

Filmore English breakfast* 12

Gluten free grilled pork & herb sausages, smoked bacon, portobello mushrooms, turmeric roasted tomatoes & scrambled or poached eggs, served with our toasted wholemeal bread

Tagine of the day 12

with wholegrain basmati rice GF | DF

Hummus eggs* 10.⁵

Poached eggs with portobello mushrooms, spinach, tomatoes & pesto on toasted sourdough V

ADD Smoked salmon or bacon 2.⁵

Free range scrambled eggs* 7.⁵

on toasted wholemeal bread V

ADD Smoked salmon & spring onion 2.⁵

Poached eggs 10

on sourdough toast with bacon & asparagus

Bench press scrambled eggs 12

on sirloin steak with spinach, cottage cheese & asparagus GF

Pancakes 9

Choose from

Sweet with Greek yoghurt & berries GF | V

Savoury with scrambled eggs & bacon GF

Gluten free granola 7.⁵

with Greek yoghurt & winter fruits or berry compote GF | V

Smashed avocado on rye toast 9

Classic feta & pear with tamari & chilli broccolini salad

Winter porridge* 5.⁵ V

Choose from

Fresh fruit, maple & granola

Benchpress peanut butter,


whey protein & banana

FOR DF ASK FOR SOYA OR ALMOND MILK

*GLUTEN FREE AVAILABLE

Shakshuka 11

baked eggs with Middle Eastern spiced peppers, mushrooms & potatoes served with lemon paprika toast GF

 Sliced sirloin steak + £3 supplement

Bench press bowl 12

with green herb quinoa, lentil & feta, sweet potato, cottage cheese, poached egg & maple tahini dressing GF

ADD Proteins- Lentil & dill salmon fillet | Turmeric halloumi

Peanut butter chicken schnitzel |

Sweet potato & lentil burger

Salmon + £2 supplement

BURGERS

Choose from **Beef** | **Turkey** 13

Classic pumpkin seeded bun with spinach hummus, salad & smoked cheese served with sweet potato wedges

Bench press protein stack 12

Vegan burger on baby gem, pickled red cabbage, avocado served with sweet potato wedges, green herb quinoa salad & maple tahini dressing GF

VEGAN

Vegan English breakfast 9

Vegan hash with spinach, Filmore smoked beans, turmeric roasted tomatoes, portobello mushrooms & watercress, served with our toasted vegan bread

GF | DF | VE

ADD Poached eggs 2.⁵

Wild mushrooms & spinach on miso toast 9

with thyme & watercress served with salad of the day

DF | VE


Smashed avocado on rye toast 10.⁵

turmeric roasted tomatoes, mushroom, spinach & asparagus DF | VE

ADD Poached or scrambled egg 2.⁵

BAGELS

with cherry tomato salsa | available on plain or multi seed bagel 8.⁵

 **OPEN STEAK** Sirloin with red onion marmalade, leaves, asparagus & poached eggs with DF + £2 supplement

BACK TO BASICS* Smoked salmon, cream cheese, dill, spinach & gherkins

ADD Sweet potato wedges 2.⁵

ADD-ONS

Smoked beans & chickpeas GF VE DF	2. ⁵
Sweet potato wedges GF V	4
Smoked bacon GF DF	2. ⁵
Grilled asparagus GF VE DF	2. ⁵
Smoked salmon GF DF	2. ⁵
Sliced avocado GF VE DF	2. ⁵
Feta GF V	2. ⁵
Pork & herb sausage GF	2. ⁵
Wilted spinach GF VE DF	2. ⁵
Turmeric roasted tomatoes GF VE DF	2. ⁵
Extra toast*	1. ⁵

* FOR GF ASK FOR GLUTEN FREE VEGAN BREAD | **VE AVAILABLE

GF - GLUTEN FREE | DF - DAIRY FREE | V - VEGETARIAN | VE - VEGAN |  POST GYM

PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS