

# B R E A K F A S T

\*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

8 a m - 11<sup>30</sup> a m

## 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

## Hummus eggs\* 10.5

Poached eggs with portobello mushrooms, spinach, hummus, 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

## Filmore gluten free granola 7.5

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

## Smashed avocado on rye toast 9

with feta & roasted pear V

ADD Poached or scrambled egg 2.5

## Filmore baked beans & smoked chickpea in tomato sauce\* 9

with poached eggs on toasted sourdough V

## Toasted bagel or multiseed toast\* 5 V

Choose from

 Peanut butter & banana

Honey & butter

Berry compote & butter

## Winter porridge\* 5.5 V

Choose from

**Fresh fruit**, maple & granola

 **Benchpress** peanut butter,

whey protein & banana

FOR VEGAN ASK FOR SOYA OR ALMOND MILK

\*GLUTEN FREE AVAILABLE

## 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

### Smashed avocado on rye toast 9

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

ADD Poached or scrambled egg 2.5

## BREAKFAST 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

# LUNCH

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## BREAD BOARD 6

Selection of breads with spinach hummus, sundried tomatoes, feta & oil

## NIBBLES 4

Spiced nuts | Chorizo

### CLASSICS

- Soup** with toasted wholemeal bread VE | DF 6.5
- Tagine of the day** with wholegrain basmati rice DF | GF 12
- Smoked haddock & sweet potato fish cakes** with tamari, chilli broccoli, green herb quinoa salad & tzatziki dressing GF 11
- Turkey or beef meatballs** in a red pepper & tomato sauce served with spaghetti DF 12
- Swedish open sandwich** Salmon fillet with cottage cheese & cucumber served on toasted sourdough 10
-  **Warm chicken salad** with kale, butternut squash & caramelised red onions 12
- Smashed avocado on rye toast**  
Classic feta & pear with tamari, chilli broccoli & green herb quinoa salad V 10.5
- Shakshuka** baked eggs with Middle Eastern spiced peppers, mushrooms & potatoes served with lemon paprika toast DF | GF 11
-  **ADD Sliced sirloin steak + £3 supplement**
- Hummus eggs** poached eggs with portobello mushrooms, spinach, tomatoes, hummus & pesto on toasted sourdough V 10.5  
ADD Smoked salmon or bacon 2.5
- Bench press bowl** with green herb quinoa, lentil & feta, sweet potato, cottage cheese, poached egg & maple tahini dressing GF 12  
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  
with spinach hummus, salad & smoked cheese on pumpkin seed bun with sweet potato wedges

### VEGAN

- Soup** with toasted wholemeal bread VE | DF 6.5
- Jackfruit Pie** slow cooked jackfruit with winter vegetables & brown miso topped with sweet potato & toasted almonds VE | DF | GF 11
- Veatballs on courgetti** in a red pepper & tomato sauce with almond 'parmesan' VE | DF | GF 9.5
- Vegan sweet potato & lentil burger**  
spinach hummus, salad on pumpkin seed bun served with sweet potato wedges VE | DF 12
- Smashed avocado on rye toast**  
turmeric roasted tomatoes, mushroom, spinach & asparagus DF | VE 9  
ADD Poached or scrambled egg 2.5
- Union street bagel** homemade hummus, spinach, roasted courgette, aubergine, butternut squash & caramelised red onions V 8.5  
ADD Sweet potato wedges 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
- HOT JACKS\*** Cajun & smoked paprika roasted chicken with red peppers & homemade guacamole
- BACK TO BASICS\*** Smoked salmon, cream cheese, dill, spinach & gherkins

### WRAPS 8.5

- with cherry tomato salsa
- ROM'S CHICKEN SCHNITZEL** Peanut butter, flaked almond & sunflower seed chicken with apple & avocado
- FILMORE STREET VEGGIE** Feta, spinach, roasted courgette, aubergine & butternut squash V

### SIDES 4

- Sweet potato wedges GF | DF | VE
- Tamari broccoli & chilli salad GF | DF | VE
- Green herb quinoa salad GF | DF | VE
- Cajun spiced new potatoes GF | DF | VE
- Green lentil, sundried tomato & feta salad GF

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