

# BREAKFAST

\*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

8<sup>am</sup> - 11<sup>30am</sup>

## 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

## Bacon or sausage bagel 6.5

with leaves & chutney or pesto

## Bacon ciabatta 9

with leaves, chutney, sliced avocado & sweet potato wedges

## 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

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

Sliced avocado GF   VE   DF	2.5	Smoked beans & chickpeas GF   VE   DF	2.5
Feta GF   V	2.5	Sweet potato wedges GF   V	4
Pork & herb sausage GF	2.5	Smoked bacon GF   DF	2.5
Wilted spinach GF   VE   DF	2.5	Grilled asparagus GF   VE   DF	2.5
Turmeric roasted tomatoes GF   VE   DF	2.5	Smoked salmon GF   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 ALL DAY

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## CLASSICS

Soup\* with toasted wholemeal bread VE | DF 6.5

Hot pot of the day on a bed of wholegrain basmati rice DF | GF 12

 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  
ADD Poached or scrambled egg 2.5

Hummus eggs\* poached eggs with portobello mushrooms, spinach, hummus, tomatoes & pesto on toasted sourdough V 10.5  
ADD Smoked salmon or bacon 2.5

Filmore English breakfast\*  
Gluten free grilled pork & herb sausages, smoked bacon, portobello mushrooms, turmeric roasted tomatoes & scrambled or poached eggs, served with our toasted wholemeal bread 12

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

HOT JACKS\* Cajun & smoked paprika roasted chicken with red peppers & homemade guacamole

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

BACON OR SAUSAGE with leaves & chutney or pesto 6.5

ADD Sweet potato wedges 2.5

WRAPS with cherry tomato salsa 8.5

THAI FALAFEL Hummus, falafel, pak choi, spring onion & carrot V

PIRI PIRI CHICKEN Roasted chicken, fire roasted red peppers, mozzarella, piri piri hot sauce & spinach

## VEGAN

Soup\* with toasted wholemeal bread VE | DF 6.5

Smashed avocado on rye toast turmeric roasted tomatoes, mushroom, spinach & asparagus DF | VE 9  
ADD Poached or scrambled egg 2.5

Veatballs & courgetti in a red pepper & tomato sauce with almond 'parmesan' VE | DF | GF 9.5

Vegan burger on a classic pumpkin seeded bun, spinach hummus, salad with sweet potato wedges DF | VE 12

Vegan English breakfast  
Vegan hash with spinach, Filmore smoked beans, turmeric roasted tomatoes, portobello mushrooms & watercress, served with our toasted vegan bread GF | DF | VE 9

ADD Poached eggs 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

## SIDES 4

Sweet potato wedges GF | DF | VE

Tamari & chilli broccoli & chilli salad GF | DF | VE

Green quinoa herb salad GF | DF | VE

Cajun spiced new potatoes GF | DF | VE

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