

B R E A K F A S T

*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

8^{a m} - 11^{30 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

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

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

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 GF | DF 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
ADD Poached or scrambled egg 2.5

BURGERS Choose from Beef | Turkey
Classic pumpkin seeded bun with spinach hummus, salad & smoked cheese served with sweet potato wedges 13

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

Hummus eggs* poached eggs with portobello mushrooms, spinach, hummus, tomatoes & 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 | Peanut butter chicken schnitzel | Sweet potato & lentil burger
Salmon + £2 supplement

Bacon ciabatta with leaves, chutney, sliced avocado & sweet potato wedges DF 9

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

Bench press protein stack sweet potato & lentil burger on baby gem, pickled red cabbage, avocado served with sweet potato wedges, green herb quinoa salad & maple tahini dressing GF 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 VE 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 with cherry tomato salsa 8.5
ROM'S CHICKEN SCHNITZEL Peanut butter, flaked almond & sunflower seed chicken with apple & avocado

FILMORE STREET VEGGIE Feta, spinach, roasted courgette, aubergine & butternut squash

SIDES 4

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

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