

# B R E A K F A S T

\*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

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

\*GLUTEN FREE BREAD IS AVAILABLE AS AN ALTERNATIVE

## 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

**Swedish open sandwich** Salmon fillet with cottage cheese & cucumber served on toasted sourdough 10

**Turkey or beef meatballs** in a red pepper & tomato sauce served with spaghetti DF 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

**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

**Vegan burger** on a classic pumpkin seeded bun, spinach hummus, salad with sweet potato wedges 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

**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 & chilli 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

\* 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