

<b>Forbidden Rice Porridge</b> VGN GF	5.75
Black rice and oat porridge made with coconut milk, served with a fruit preserve and maple syrup	
<b>Poached Eggs on Toast</b>	4.75
Choice of halloumi or spinach,	
<b>Mushrooms on Pumpernickel Rye Toast</b> VGN	6.75
Mixed wild mushrooms, hazelnut cream, truffle oil. Poached egg for 1.50	
<b>Avocado on Pumpernickel Rye Toast</b> VGN	7.50
With either poached egg or cherry tomatoes	
<b>Homemade Crumpets</b> VGN	7.50
Mixed mushrooms, spinach, mace butter. Add a poached egg for 1.50	
<b>Salt Baked, Cured Carrots</b> VGN	7.00
This dish is our vegan version of 'salmon gravlax on toast'. Comes with pumpernickel rye toast, pan fried capers, and dill cream. Add a poached egg for 1.50	
<b>Smoked Haddock Kedgeree</b> GF	7.25
Curried rice and peas with poached smoked haddock and a poached egg. Add mushrooms for 2.00	
<b>Pork Belly Benedict</b>	8.25
Slow roasted rolled pork belly, apple, sweet pickled fennel, seeded pumpernickel toast, rye crumb, oats, 2 poached eggs, hollandaise. Add seasonal greens for 2.00	
<b>Pork Belly Bokkeumbap</b> GF	8.95
Pork belly, kimchi fried rice, crispy fried egg. Add mushrooms for 2.00	
<b>Cured Sea Trout Smørrebrød</b>	8.95
This is a more sustainable fish than salmon which Staal Smokehouse in York cold smokes for us, and we serve with pumpernickel rye toast, apple and celeriac remoulade, dill, pickled fennel, and fresh horseradish	
<b>Pearl Barley Risotto</b> VGN	8
Choose from either vegan blue cheese, walnut oil, and walnut cream or butternut squash, truffle oil, and pumpkin seed cream. Both served with a dressed rocket salad. Add extra smoked tofu or chicken for 2.50	
<b>Spring Gnocchi</b> V GF	9
Green beans, watercress pesto, courgette ribbons, sunflower and pumpkin seed cream with a rocket salad. Add extra smoked tofu or chicken for 2.50	
Add Chicken 2.50	Add Mushrooms 2.00
Add Poached Egg 1.00	Add Seasonal Greens 2.00
Add Halloumi 2.25	Add Smoked Tofu 2.50
Add Smashed Avo 2.50	