

# W LONDON BREAKFAST MENU

## **Breads**

Crispy bread, Quinoa Sourdough, Campaillou, American Pumpernickel

## **Pastries**

Homemade Paleo blueberries muffins, Nutty Energy bar, Croissant

## **Dried Fruits and Nuts**

Figs, Apricots, Raisins, Goji berries, Coconut, Almonds, Walnuts, Cashews

## **Seeds**

Pumpkin, Sunflower, Flax seeds, Chia, Hemp seeds, Buckwheat

## **Cereals**

Chopped mix nuts, Weetabix, Organic cereals, Barley flakes, Spelt

## **Jams and Honey**

Galloway strawberry jam, Galloway blackcurrant jam, Valencia Orange jam

## **Honey (from the Local Honey Man)**

Turmeric Honey, Lemon Zest Honey, Borage Honey

## **Bread Toppings**

Hummus, Tomatoes, Cucumber, Carrots, Bean sprouts, Alfalfa, Smoked Turkey breast, Hertford Roast Beef, Smoked Trout from Chalk streams, Pickled herring, Lacto free Emmental, Lacto free butter, Butter

## **Smoothies**

Carrot ginger turmeric, Mango and honey, Mix berries and banana

## **Flavoured Water**

Cucumber and lemongrass, Orange and vanilla, Apple and cinnamon

## **Juices**

Beetroot, Grapetfruit, Carrot

All prices include VAT. A discretionary service charge of 12.5% will be added to your bill. These dishes contain allergens. We welcome enquiries from customers who wish to know whether any dishes contain particular ingredients. Please inform your order-taker of any allergens or special dietary requirements that we should be made aware of, when preparing your menu request.

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## **Milks**

Almond, Coconut, Soy, Full, Semi-skimmed

## **Yoghurts**

Natural low-fat, Greek natural, Kefir, Skyr

## **Muesli Pod Mix**

Chia seed pod mix with figs and almonds

Kefir with organic granola and Local Honey Man honey

## **Superfood Sandwich Corner**

Hummus, spinach, Mozzarella and pickled onions on Sourdough bread

Tzatziki with cabbage, carrot with smoked turkey

## **Homemade Power Bars**

Almonds and coconuts with cardamom bar

Ginger and flax seeds bar with goji berries

## **Fresh Fruit**

Watermelon, Pineapple, Honeydew, Kiwi

## **Seasonal Detox Fruit Mini-Bowls**

Pomegranate, Grape fruit, Tangerines, Cranberries

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## Hot Plates

### Choose from one of the following:

Shakshuka:

Fried eggs, tomato, Mozzarella, basil, Sourdough bread

W Tricolor:

Sourdough toast with avocado mash, baby spinach, smoked salmon, poached eggs and Hollandaise sauce

Hot bowl of quinoa, tender broccoli, mushrooms and sweet potato with ginger yoghurt dressing

Red velvet pancakes with walnuts, yoghurt and honey

Savory waffle:

Smoked ham with cheddar cheese and a poached egg

Chia seed breakfast bowl, almond milk, banana, raw almonds, hemp seeds and dried fruit

Dry fruit granola with low-fat yoghurt, seasonal fruit and berries

Eggs Your Way:

Poached, Hard Boiled, Fried, Scrambled

Omelet Your Way (3 eggs), choose from:

Ham, Cheese, Tomato, Mushroom, Red Pepper, Onion, Spinach

Benedicts

Toasted English Muffin, Poached Egg and Hollandaise Sauce

With choice of:

Sautéed Spinach

Honey Roast Ham

Smoked Salmon

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