

# HUB & SPOKE

## BREAKFAST MENU

served until 11.30am

### THE FULL CYCLE

Two rashers of bacon, one Grasmere Lincolnshire sausage, fried egg, Heinz baked beans, sauteed mushrooms, grilled tomato and a slice of sourdough toast

£12.95 GFO

### THE VEGGIE CYCLE

Grilled halloumi, two fried eggs, Heinz baked beans, sauteed mushroom, spinach & pine nuts, avocado, grilled tomato and a slice of sourdough toast

£12.95 V, GFO

### BREAKFAST BAP / SANDWICH

Served on a lightly toasted brioche bap or sourdough bread **VO, VEO, GFO**

**CHOOSE BETWEEN-**

Bacon / Sausage / Fried egg /  
Mushroom / Avocado

£5.50

### BREAKFAST BURRITO

Bacon, sausage, scrambled egg and spinach in a soft tortilla wrap

£7.95

### VEGGIE BREAKFAST BURRITO

Avocado, feta, scrambled egg and spinach in a soft tortilla wrap **V**

£7.95

### EGGS ON TOAST

Poached, scrambled OR fried eggs on sourdough toast **V, GFO**

£6.50

### SMASHED AVO ON SOURDOUGH TOAST

Poached eggs, chilli infused avocado, balsamic glaze, nut dukkah & charred lime **V, GFO**

£9.30 (WITHOUT POACHED EGGS £7.95 **VE**)

### MUSHROOMS ON SOURDOUGH TOAST

Sautéed mushroom and spinach, served on sourdough toast with poached eggs, crumbled feta, pesto & pine nuts **V, VEO, GFO**

£9.30

### **ADDITIONAL ITEMS FOR ANY BREAKFAST DISH**

SAUSAGE / FLAKED SALMON / AVOCADO

**£2.00 PER PORTION**

FETA / HALLOUMI

**£1.50 PER PORTION**

BACON RASHER / MUSHROOMS / EGGS

**£1.00 PER PORTION**

### ORCHARD PORRIDGE

Served with apple, pear & cinnamon, topped with dried fruits, fresh berries and maple **V, VEO**

£6.50

### GRANOLA

Our house blend of oats, mixed nuts, nut-butter and dried fruit, served with Greek yogurt, fresh berries and honey **V, VEO**

£6.50

### OATY SMOOTHIE BOWL

Oatmeal and Greek yoghurt served with your choice of smoothie base, fresh fruit, granola and mixed nuts with a choice of honey OR maple. **V, VEO, GF**

**CHOOSE BETWEEN-**

Green Jersey / Berry Breakaway /  
Yellow Jersey / Cycling Nut

£7.95

### EGGS ROYALE

Flaked salmon and poached eggs served on a toasted English muffin with warm hollandaise sauce **GFO**

£8.95

### EGGS FLORENTINE

Sautéed spinach and poached eggs served on a toasted English muffin with warm hollandaise sauce **V, GFO**,

£7.50 (ADD MUSHROOMS FOR £1.50)

### SOURDOUGH TOAST

Served with real butter and a choice of; honey / peanut butter / Nutella / jam / marmalade / marmite / baked beans (+£1.00) **V, VEO, GFO**

(DAIRY FREE SPREAD AVAILABLE, PLEASE ASK)

£2.95

**A SELECTION OF CAKES AND BAKES ARE AVAILABLE AT OUR TILL COUNTER, PRICED INDIVIDUALLY**

**BREAKFAST MAINS**

**LIGHTER BITES**

PLEASE MAKE A MEMBER OF THE TEAM AWARE OF ANY DIETARY REQUIREMENTS OR ALLERGIES BEFORE ORDERING, THANK YOU

MENU KEY: V = VEGETARIAN, VE = VEGAN, GFO = GLUTEN FREE AVAILABLE, VO = VEGETARIAN AVAILABLE, VEO = VEGAN AVAILABLE