

The Baker's Corner

\bigotimes	<i>Mushroom & Asparagus Toastie:</i> grilled sourdough bread, white bean & rosemary spread, sauteed wild mushrooms, grilled asparagus, tomato salsa	£8.50
	Smoked Salmon & Avo: smoked salmon from Forman & Son, avocado, rainbow radish, caper and dill salad on toasted country style bread	£9.50
-	<i>Tomato & Halloumi:</i> roasted beefsteak tomatoes, grilled halloumi, wilted spinach, sorrel spread, served over toasted crumpets and a drizzle of honey and grain mustard essence	£8.50

Juice & Smoothies		The Folio's Favourites
Orange, Grapefruit or Apple Juice Mango & Banana Smoothie	£3.25 £3.50	<i>Crab Benedicts:</i> poached local farm hen eggs over white and dark crab meat, honey baked ham, £11.50 english muffin, chipotle hollandaise
<i>Fruit & Grains</i> <i>⊗ Berry Parfait:</i> Mixed Berry Compote, Greek		<i>Fried Eggs & Black Rice:</i> local farm fried hen eggs over black rice, broccoli, avocado and a light £9.00 turmeric chilli essence
 Yogurt, Pistachios, Organic Honey Overnight Oats: porridge oats and chia seeds, coconut milk, almond butter, chopped strawberries, 		Vegan Bowl: sauteed broccoli, cauliflower, vegan sausage, tomatoes, black bean paste, splash of £10.00 cashew cream
 roasted pecans, cacao nibs <i>Apple, Date and Cinnamon Porridge:</i> steel cut oats cooked in oat milk, dates, sliced apple, toasted coconut, cinnamon, maple syrup 	£ 5.75	Buckwheat & Tofu: tofu scramble with mixed spices, green peas, courgette ribbons and fine green beans served over buckwheat grains, oat £10.25 cream & rose harissa
Tacos		Pancakes
<i>Morning Tacos:</i> scrambled egg, chorizo & oyster mushrooms, mature cheddar cheese, pickled onions, coriander	£10.50	 Blueberry & Pistachio Pancakes with Fruit Compote, Vanilla Cream, Maple Syrup £8.50

Menu may change depending on seasonality. Please inform your server should you have any allergies or intolerances we need to be aware of. We cannot guarantee the absence of all allergens in our dishes. A discretionary service charge of 10% will be added to your bill. VAT is included at the current rate.