



BRUNCH COCKTAILS		COLD PRESSED JUICES		COLD BREWS	
PAINKILLER ♥	10	GINGER SHOT ♥	4	VANILLA BREW ♥	5
Dark rum, orange juice, pineapple juice, coconut & nutmeg.		Ginger, apple & lemon.		Cold brew, vanilla syrup & ice.	
PINK GRAPEFRUIT MIMOSA ♥	10	OJ ♥	7	CARAMEL BREW ♥	5
Cava & pink grapefruit juice.		Simply pressed orange juice.		Cold brew, caramel syrup & ice.	
BLOODY MARY	10	PRESSED ♥	8	COCONUT BREW ♥	5
Vodka, tomato juice, Lea & Perrins sauce, Tabasco & pepper.		Apple, carrot or grapefruit.		Cold brew, coconut syrup, coconut shavings & ice.	
RASPBERRY BELLINI ♥	10	GREEN MACHINE ♥	8	TEMPTATION ♥	8
Vodka, cava, peach & raspberries.		Apple, kale, spinach, celery, lemon & spirulina.		Cold brew, vanilla vodka, coconut syrup & ice.	
		PURPLE RAIN ♥	8		
		Grape, apple, strawberry & purple sweet potato.			
		ABC ♥	8		
		Apple, beetroot & carrot.			
		DETOX ♥	9		
		Apple, beetroot, celery & ginger.			
		ENERGISER ♥	9		
		Orange, strawberry & guarana root.			
		JUICE YOUR WAY ♥	9		
		Your choice of 3 ingredients.			
		Select			
		Apple Carrot Beetroot			
		Orange Celery Grapefruit			
HOT & COLD DRINKS		SMOOTHIES		LEMONADES	
BABYCCINO ♥	3	BEETS & BERRIES ♥	8	LEMONADE ♥	8
Whole milk, whipped cream & cocoa flakes.		Strawberry, beetroot, banana, date, blackberries, collagen & oat milk.		Freshly squeezed lemon & lime juice blended with ice & pure cane sugar.	
COFFEE BON BON ♥	3	BIG MATCHA ENERGY ♥	9	STRAWBERRY LEMONADE ♥	8
Coffee & condensed milk.		Matcha, banana, date, baby spinach, whey protein & coconut milk.		Freshly squeezed lemon juice blended with frozen strawberries & mint.	
CAPPUCCINO ♥	5	NUT CASE ♥	9	BLUEBERRY LEMONADE ♥	8
Coffee, whole milk & milk foam.		Almond butter, banana, date puree, blueberries, vanilla, whey protein & almond milk.		Freshly squeezed lemon juice blended with frozen blueberries & honey.	
MATCHA LATTE ♥	5	BANANA POWER ♥	9		
Matcha tea, almond milk & sugar syrup.		Banana, peanut butter, chia seeds, bee pollen & oat milk.			
CHAI LATTE ♥	5	TROPICAL THUNDER ♥	9		
Chai tea, whole milk & sugar syrup.		Mango, pineapple, orange, banana & coconut milk.			
VIENNESE CAPPUCCINO ♥	6				
Coffee, whole milk & whipped cream.					
AFFOGATO COFFEE ♥	6	SHAKES		WINE O 'CLOCK	
Coffee & vanilla ice cream.		BANANA ♥	8		
IRISH COFFEE ♥	8	CHOCOLATE ♥	8	CHARDONNAY	7 25
Jameson, coffee & cream.		STRAWBERRY ♥	8	VERDEJO	7 25
BAILEYS COFFEE ♥	8	VANILLA ♥	8	SAUVIGNON BLANC	8 30
Baileys, coffee & cream.				ROSE	7 25
AMARETTO COFFEE ♥	8			RIOJA	7 25
Amaretto, coffee & cream.				RIBERA DEL DUERO	8 30
ICED AMERICANO ♥	4			CAVA	7 25
Americano coffee & ice.				CAVA ROSE	8 30
ICED LATTE ♥	5			CHAMPAGNE	45
Coffee, milk & ice.					
ICED VANILLA LATTE ♥	6				
Coffee, milk, vanilla syrup & ice.					
ICED CARAMEL LATTE ♥	6				
Coffee, milk, caramel syrup & ice.					
ICED MATCHA ♥	8				
Matcha tea, almond milk, sugar syrup & ice.					
ICED CHAI ♥	8				
Chai tea, whole milk, sugar syrup & ice.					
FRAPPUCCINO ♥	8				
Coffee, milk & ice with an option of sugar, caramel or vanilla syrup.					
				VEGETARIAN OPTION ♥	
				ALLERGEN MENU	
				FIND US ON	

BREAKFAST FAVOURITES

FULL ENGLISH	18
English bacon, Cumberland sausage, hash browns, roasted tomato, mushrooms, black pudding, baked beans & free range fried eggs, served with toast & our house ketchup.	
EGGS BENEDICT	13
Classic eggs benedict with ham, 2 free range poached eggs & hollandaise sauce on an English muffin.	
Switch	
Bacon 0 Spinach 0 Smoked Salmon 5	
BREAKFAST BURRITO ♥	13
Free range scrambled eggs, mixed cheese, avocado, tomato, red onion, cilantro & a splash of lime juice, in a wheat flour tortilla & served with sour cream.	
Add	
Crispy Bacon 3 Chicken 4	
FRENCH TOAST ♥	15
Brioche French toast with berry compote, fresh berries, vanilla mascarpone, toasted coconut & bee pollen.	
PANCAKES	15
Buttermilk pancakes, crispy bacon, grilled banana, lime & maple syrup.	
WAFFLES ♥	15
Waffles with maple butter, fresh berries & blueberry compote.	
TURKISH EGGS ♥	16
Free range Turkish baked eggs with rose harissa & dukkah, served with toasted pitta.	
OMELETTE ♥	16
Free range omelette with a choice of 3 fillings, served with toast.	
Select	
Bacon Onions ♥ Spinach ♥ Cheese ♥ Ham Tomato ♥ Peppers ♥ Mushrooms ♥	

ON TOAST

AVOCADO TOAST ♥	12
Avocado on sourdough toast with radish & pomegranate.	
Add	
Crispy Bacon 3 Smoked Salmon 5 1 Poached Egg 3 2 Poached Eggs 5	
BACON & EGG ROLL	12
English streaky bacon & free range scrambled egg in a brioche roll with rocket & our house ketchup.	
SMOKED SALMON TOAST	16
Smoked salmon with free range scrambled eggs on sourdough toast.	
CRISPY FETA EGGS ♥	17
Smashed avocado, free range fried egg, crispy feta cheese, Sriracha & chilli flakes on sourdough toast.	

DID YOU KNOW?

ALL OF OUR CHICKEN & EGGS ARE FREE RANGE. CHICKENS ARE BRED IN THE OPEN AIR & FED WITH 100% NATURAL FOOD.



HEALTHY BOWLS

OVERNIGHT ♥	12
Overnight oats with chia seeds, pistachios, raspberries & agave syrup.	
GRANOLA ♥	14
Homemade granola, Greek yoghurt, berry compote, bee pollen & berries.	
TROPICAL ♥	15
Smoothie bowl with pineapple, banana, peach & toasted coconut.	
AÇAÍ ♥	16
Frozen açai, granola, banana, blueberries, strawberries, chia seeds & coconut flakes.	
STRAWBERRY & BANANA ♥	16
Smoothie bowl with strawberry, banana, toasted coconut & fresh berries.	

SANDWICHES

All served with rosemary fries.

QUESADILLA ♥	13
Grilled cheese, pico de gallo, corn salsa & sour cream.	
Add	
Chicken 4 Prawns 6	
THE CROQUE	14
Ham, Gruyère & dijon mustard.	
THE CLUB	15
Roasted honey chicken, spiced mayo, avocado, pickled red onion, baby gem & crispy pancetta.	
PHILLY STEAK BAGUETTE	17
Rump steak, caramelised onions & house cheese sauce.	

BURGERS

P & M ORIGINAL	17
Smashed angus beef burger with braised short rib, house cheese sauce, baby gem, lemon mayo, pickles, brioche bun & rosemary fries.	
BFC	15
Buttermilk fried chicken burger with baby gem, lemon mayo, pickles, brioche bun & rosemary fries.	
THE BUFFALO	17
Spicy buffalo fried chicken burger, baby gem, sambal mayo, buffalo sauce, pickles, brioche bun & aggy fries.	

P & M KIDS

FRUIT BOWL ♥	9
Fresh strawberry & banana, mixed berries, Greek yogurt & honey.	
MAC & CHEESE ♥	10
Macaroni tossed in our creamy house cheese sauce, baked with a crust of parmesan.	
POPCORN CHICKEN	12
Popcorn chicken coated in our secret recipe, served with fries.	
CHICKEN BURGER	12
Buttermilk fried chicken burger, baby gem lettuce, served in a brioche bun with fries.	
CHEESEBURGER	12
Smashed angus cheeseburger, served in a brioche bun with fries.	

SALADS

POKE BOWL ♥	13
Sushi rice, avocado, pineapple, radish, pickled vegetables, edamame & Sriracha mayo.	
Add	
Chicken 4 Crispy Prawns 6 Tempeh ♥ 4	
HAIL CAESAR	14
Caesar salad with semi dried tomato, anchovies & soft boiled free range egg.	
Add	
Chicken 4 Prawns 6	
PRAWN & AVO	16
Crispy prawns & avocado cocktail, pickled cucumber & lemon.	

SIDES

TOAST ♥	4
HASH BROWNS ♥	4
ROSEMARY FRIES ♥	5
FRENCH FRIES ♥	5
AVOCADO ♥	5
BIG GREEN SALAD ♥	7

BAKERY

COOKIE ♥	3
BROWNIE ♥	6
CARROT CAKE ♥	6
ICE CREAM ♥	6

VEGETARIAN OPTION



ALLERGEN MENU



FIND US ON

