



Life's a BACH - A **bach** (pronounced 'batch') is a small often very modest holiday home or beach house in **New Zealand**.

FRUITS & GRAINS all available vegan

PORRIDGE w/banana & honey (GF)	5.2
HOUSE-MADE GLUTEN FREE GRANOLA w/ berry compote & yoghurt	6.2
SUPER FOOD RICE PORRIDGE w/ goji berries, blueberries, cocoa nibs	
Coconut milk & coconut blossom (V + GF)	7.6

NIBBLES

TOASTED BANANA BREAD w/ butter OR yoghurt & honey	3.6 4.6
SOURDOUGH TOAST w/ a selection of fresh spreads	3.0
GF ORANGE AND ALMOND CAKE	
w/ fresh yoghurt and berry compote	5.4

TOASTIES all available gluten-free + £1.00

BANANA SWEET TOASTIE w/ peanut butter OR nutella	6.5
NUTELLA SWEET TOASTIE w/ marscapone	6.5
GOATS CHEESE TOASTIE w/ house made chilli jam	5.5
HAM & CHEDDAR TOASTIE w/ chutney	5.5
MOZZARELLA & TOMATO TOASTIE w/ pesto	5.5

Please inform our staff, before ordering, of any allergies.

We are always happy to accommodate gluten-free, lactose-free and vegan dietary needs. This is not a nut free kitchen.

SMALL PLATES all available gluten-free + £1.00

SOUP OF THE DAY w/Sourdough toast	5.0
CHILI EGGS ON TOAST choice of poached, scrambled or fried eggs	5.9
FIGS & RICOTTA ON TOASTED SOURDOUGH w/ pistachios nuts & honey	7.9
KIMCHI & FRIED EGGS ON TOASTED SOURDOUGH w/ black sesame seeds & chilli	8.9
AVACADO & FETA ON SOURDOUGH w/ fresh chili & side garden salad	8.5

BIG PLATES all available gluten-free + £1.00

SMOKED SALMON BY FIN & FLOUNDER & SCRAMBLED EGGS ON SOURDOUGH w/ cream cheese	11.7
SPICY SWEET POTATOES, FALAFEL, HUMMOUS & AVO w/ toast, chili jam, peppers & courgettes (Vegan)	9.9
FRENCH TOAST w/ mascarpone, fried banana and berries OR house treacle bacon	10.7 11.7
GLUTEN FREE PANCAKES w/ maple syrup + add blueberries +£2 banana + £2 treacle bacon + £3	8.2
FREDDIES SPECIAL - sourdough w/ poached eggs, avo, grilled tomato. W/ halloumi OR salmon	10.5 12.5

BOOZE

MIMOSA PROSECCO GLASS (125 ml)	6
PROSECCO BTL	24
CELIA DARK GLUTEN FREE DARK LAGER, 5.7% (330 ml)	5.5
CELIA ORGANIC GLUTEN FREE LAGER, 4.5% (330 ml)	5
CRATE BREWERY, LAGER 4.8% (330 ml)	5.5

BREKKIE SIDES

Salmon	4.0
Kimchi	3.0
Avacado	3.0
Halloumi	3.0
Treacle Bacon	3.0
Scrambled Egg (2)	3.0
Fried Egg (2)	3.0
Poached Egg (2)	3.0
Sourdough Toast	2.9
Feta	2.5
Spicy Sweet Potato	2.5
Green Salad	2.5
Maple Syrup	2.0
Chili Jam	1.0
Grilled Tomato	1.0
Courgette	1.0

HOT DRINKS

MÖRK HOT CHOCOLATE 50% 70%	3.0 3.5
MATCHA CHAI LATTE TUMERIC LATTE	3.5
ESPRESSO MACCHIATO	2.0
PICCOLO LONG BLACK AMERICANO	2.2
FLAT WHITE CORTADO LATTE CAPPUCCINO	2.7
ICED LATTE AMERICANO	3.0
ICED MOCHA CHOCOLATE MATCHA	3.5
FILTER COFFEE - CUP BOTTOMLESS	2.0 3.5
BABYCCINO	1.0
EXTRA SHOT LARGE T/A CUP	0.5
SOY DECAF	0.3
ALMOND OAT COCONUT	0.4

TEA SELECTION

GREEN ENGLISH BREAKFAST EARL GREY ROOIBOS	
POMEGRANATE CHAMOMILE PEPPERMINT	2.7

SMOOTHIES add whey protein shot +£1.00

BACH FAVE w/ peanut butter & banana	4.9
YOGI START w/ banana, turmeric & chia seeds	4.9
BREKKIE BOOST w/ mixed berries & Granola	4.9
GREEN GOODNESS w/ avo, spinach, pear and matcha	6.5

JUICES glass 285 ml | bottle 500 ml

APPLE ORANGE GRAPEFRUIT	3.2 4.7
GREEN MACHINE w/ kale, cucumber, lime & apple	4.2 5.7
CARROT TOP w/ carrot, orange, ginger & lemon	4.2 5.7
BEETROOT BURST w/ beets, carrot, orange and ginger	4.2 5.7

Look in our fridge and on our counter for daily fresh salads and lunch specials. All ingredients are responsibly sourced, with eggs from Clarence Court happy free-range hens and our meat from The Rare Breed Meat Company.

A discretionary service charge of 12.5% will be applied to each eat in bill.

Follow us on Social Media @wearethebach

www.wearethebach.com