

BREAKFAST

£4.50

(SERVED WITH A FRESH SPINACH AND TOMATO SALAD)

FULL ENGLISH (add 30p)

Two eggs fried or scrambled with a choice of bacon or sausage, beans and tomato, served with toast

THE JUNIOR

Two eggs fried or scrambled with a choice of bacon or sausage and toast

THE MEXICAN SCRAMBLER

Two eggs, scrambled with tomato, onion and chilli, with choices of bacon or sausage and tortilla or bread

NOVA OMELETTE

Ham and cheese omelette (three eggs), served with toast

GRANOLA

with Greek yogurt with mango and honey

SALADS

£4.20

QUINOA SALAD

Quinoa, white beans, cauliflower, spinach, onion and avocado with olive and sesame oils, soy sauce and chili dressing

SUPER SALAD

Quinoa, bulgur wheat, broccoli, mange tout, onion, spinach and parsley with a lemon, olive oil and soy sauce dressing

BEETROOT SALAD

Beetroot, carrot and mango with a mint, lemon and agave syrup dressing

CAESAR SALAD

Romaine lettuce, crispy bacon, croutons and parmesan cheese with a home made Caesar dressing

(Grilled Chicken add £1.50)

CAPRESE

Tomato, buffalo mozzarella and basil with olive oil and vinegar dressing

SANDWICHES

£4.20

(CHOICE OF BAGUETTE OR CIABATTA, CRISPS OR SALAD)

TUNA

with tomato, celery and mayonnaise

HAM & CHEESE

with tomato and lettuce

PARMA HAM

with rocket tomato and olive oil

GRILLED CHICKEN

with tomato, lettuce and mayonnaise

BLT

Bacon, lettuce and tomato

MOZZARELLA

with tomato and basil

SPECIAL OF THE DAY & NOVA WATER

£7.00

DESSERTS

Carrot Cake	£2.00
Chocolate Cake	£2.00
Dessert of the Day	£3.00

HOT DRINKS

Espresso	£1.30
Macchiato	£1.60
Latte	£2.20
Flat White	£2.20
Cappuccino	£2.20
Americano	£1.50
Mocha coffee	£2.30
Chocolate	£3.00
Tea	£1.20

COLD DRINKS

Still or Sparkling Water	£1.20
Coke or Diet Coke	£1.50
Fresh Juice (Carrot, Orange, Apple)	£2.50
Nova Water - ask for daily flavours	£2.00

CHILDREN'S PARTIES 020 8969 4792

OPENING HOURS

MONDAY - FRIDAY 9am-5pm

SATURDAY 10am-5pm

3-5 THORPE CLOSE, LONDON, W10 5XL