

Full Albion breakfast (Bacon, sausage, black pudding, baked beans, grilled tomato, mushrooms, eggs how you want them, toast) (Extra item £1.75)	£12.75
Bacon & eggs on toast	£8.00
Kidneys on toast	£9.75
Kipper	£9.75
Porridge with prunes	£6.50
Albion beans on toast	£4.75
Eggs, how you want them, with toast	£7.75
Fried duck eggs on toast	£8.50
Scrambled eggs & smoked salmon	£12.75
Plain omelette; add ham, cheese or mushroom for £1.25 each	£6.75
Rose water fruit salad & yoghurt	£7.50
Albion granola, yoghurt & poached fruit	£8.75
Muesli with milk or yoghurt & berry compote	£7.00
Toast with jam, marmalade or marmite	£4.75
Breakfast buns & jam	£4.75
English muffins	£4.75
Croissant	£3.25
Pain au chocolat	£3.75
Almond croissant	£4.25
Fruit danish	£4.75
Sausage roll	£6.50
Ham & chesese croissant	£5.75
Breakfast sandwiches; made with choice of white or brown bap:	
Bacon, sausage & egg	£8.75
Bacon & egg	£8.00
Sausage & egg	£8.00
Bacon	£7.00
Sausage	£7.00
Egg	£6.75
The following recipes have been developed together with nutritionists Libby Limon www.libbylimon.com and Chris Sandel www.sevenhealth.com	
Super greens frittata Calories: 252 Carbohydrates: 3.4 grams Protein: 20 grams Fat: 16 grams	£9.50
Grilled sweet potato hash with spinach & poached organic eggs Calories: 375 Carbohydrates: 38 grams Protein: 20.5 grams Fat: 15.5 grams	£9.75

Please note a 12.5% discretionary service charge is added to the final bill. If the food, drink or service does not meet your expectations, then please don't pay this charge but we would appreciate you saying what we did wrong or could do better to rectify.

VAT is included at the prevailing rate.

Please inform the person taking your order if you have any dietary requirements or food allergies

Juice

Orange	£3.60
Pear / Pink grapefruit / Cranberry / Tomato	£3.60
Apple & beetroot / Apple & rhubarb	£3.60

Whin Hill Norfolk Apple Juice

Cox / Greensleeves / Egremont Russet / Discovery	£3.60/£8.50
RubINETTE / Falstaff / Bramley & Cox / James Grieve / Bramley	

Detox

Carrot, apple & ginger juice	£4.65
Fresh mint, lime & honey	£3.60
Albion cooler; green tea, lime & elderflower cordial	£3.60
Hot turmeric & cayenne cleanser	£3.60

Smoothies

Today's smoothies	£4.75
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Soft Drinks

The Dalston Cola Company; Dalston cola / Real lemonade / Raw fiyah	£4.50
Whole Earth; Elderflower / Lemonade / Cola / Cranberry / Ginger / Lemon & orange	£3.00
Square root, handmade in Hackney; Cucumber / Rhubarb / Ginger beer / Lemonade	£4.50
Nix & Kix	£4.80
Fever Tree; Soda's & minerals	£3.25
Coca Cola; Coke / Diet Coke	£3.00

Tea

Pot of Yorkshire tea / Pot of tea for 2	£2.95/£5.00
Fresh mint	£3.50
We Are Tea; Earl Grey Supreme	£3.50
Ceylon vanilla / Chamomile / Gunpowder supreme /	£3.50
Peppermint / Super Berry / Rooibos	
Activitea – energising / Daintea – slimming	£3.75

Coffee

Pot of coffee	£3.60
Espresso	£2.60/£2.90
Macchiato	£2.90/£3.40
Cappuccino / Café latte / Americano	£3.70
Flat white	£3.70
Hot chocolate / Mocha	£3.90
Iced coffee	£3.70
Extra shot	£0.75

Botanic Lab; Raw Cold Pressed Juices & Tonics

Botanic 1 250ml spinach, coconut water, cucumber, parsley, pear, rosemary	£9.00
Botanic 2 250ml sugar cane, grapefruit, lemon, panax ginseng (3000mg), ginger, thyme leaf	£9.00
Botanic 3 250ml carrot, fennel, beetroot, milk thistle (3100mg), sweet fennel seed	£9.00
Isotonic 1 250ml cane juice, lemon, yuzu, salt, activated charcoal	£9.00
Plantmilk 1 250ml coconut water, almonds, honey, virgin coconut oil, vanilla, salt, lecithin	£9.00
Plantmilk 2 250ml coconut water, almond, date, cacao, coconut oil, yerbamaté, vanilla, salt, lecithin	£9.00
Plantmilk 3 250ml coconut water, raw coconut flesh, matcha, lecithin	£9.00
Tonic 1 100ml coconut water, honey, matcha	£4.55
Tonic 2 100ml orange, lemon, turmeric, ginger, honey, spearmint, vanilla, chilli, cardamom, steviol	£4.55
Tonic 3 100ml pineapple, lime, goji berries, ginger, hibiscus, schisandra	£4.55