

FOOD MENU


BREAK THE FAST
LONDON

BREAKFAST



THE WORKS £15

Pancakes / French Toast topped with whipped cream, fresh fruit, maple syrup, BTFL seasoned house baked beans, hash browns, eggs, bacon (pork/turkey) & sausage (pork/chicken)

THE FULL HOUSE £13

Toasted sourdough bread, BTFL seasoned house baked beans, fried plantain, hash browns, grilled tomato, eggs, mushroom, bacon (pork/turkey) & sausage (pork/chicken)

ACKEE & SALTFISH £13.50

Jamaican ackee and saltfish served with fried plantain, scrambled eggs, BTFL seasoned house baked beans & 3 fried dumplings

(May contain small bones)

THE VEGAN £12.50

Sourdough toast / Pancakes topped with fruit, sausages, BTFL seasoned baked beans, mushroom, hash browns, grilled tomato, fried plantain & sautéed spinach

SHAKSHUKA £10

A North African staple. Spicy tomato sauce with baked egg served with fried plantain, avocado, sourdough bread & garnished with feta cheese

MAKE IT CHEESE TOAST £2

THE OMELETTE £12

Cheese omelette with hash brown, BTFL house baked beans, sourdough toast, grilled tomato & fried plantain

ADD SPINACH / PEPPERS / MUSHROOM / HAM £1

ADD SALMON £3 ADD CHORIZO £2

JERK CHICKEN LOADED FRIES £12

48 hour marinated jerk chicken thigh strips with our house jerk sauce & spicy mayo served on crispy fries

THE VEGGIE £12

Grilled tomato, vegan bacon, tofu eggs / scrambled eggs, mushroom, BTFL house baked beans, plantain, Sourdough toast & vegan sausages

TURKISH EGGS £10

Poached eggs in Greek yoghurt with feta and spicy confit tomatoes.

Served with sourdough toast

MAKE IT CHEESE TOAST £2

CHORIZO & POTATO HASH £11

Cubed potatoes fried in chorizo fat with chunks of chorizo, peppers & onions All topped with a fried egg & avocado

BENEDICTS

EGGS ROYALE £12

An English muffin topped with smoked salmon, poached egg & hollandaise sauce

EGGS BENEDICT £10

A New York classic of an English muffin topped with bacon, poached egg & hollandaise sauce

EGGS FLORENTINE £10 **NEW!**

Poached eggs of your liking on sautéed spinach topped with creamy hollandaise sauce. Served on muffins

SWEET POTATO BENI £12 **NEW!**

House made sweet potato hash topped with sautéed spinach, salmon, poached eggs and creamy hollandaise sauce

SIDES

FRENCH FRIES £4

HALLOUMI FRIES £4

CHICKEN WINGS £6

(honey & sriracha / jerk bbq)

Polite Notice:

Unfortunately, you can not change or swap items on our dishes, it can complicate the order and affect the speed and quality of service. Thank you for your understanding.

LITE BITES

GET YOUR BREAD £7

Warm toasted banana bread with yoghurt, fresh fruit & honey

GRANOLA FIX £6

Greek yoghurt, fresh fruit & granola

SWEETCORN FRITTERS £10

Lightly spiced sweetcorn fritters on a rich tomato sauce, topped with avocado & salsa

ADDEGG (poached / fried) £2

CHEESY HASHBROWNS £8

Crispy hash browns on a rich tomato sauce, topped with cheese & bacon

QUINOA SALAD £8

Fluffy seasoned quinoa, cherry tomatoes, cucumber & BTFL house dressing

ADD CHICKEN £4 ADD AVOCADO £3

STACKS £10

Choice of banana bread French toast / Pancakes / Brioche French toast topped with whipped mascarpone, fresh fruit & flavoured with one of the following:

- Kit Kat
- Oreo
- Nutella (contains hazelnuts)
- Kinder Bueno (contains hazelnuts)
- Reese's Pieces (contains peanuts)
- Caramel
- Maltesers
- Biscoff
- Plain

ON TOAST

AVO ON TOAST £9

Smashed avocado on sourdough toast, poached egg, drizzled with olive oil & topped with chilli flakes

AVO, EGGS & BACON £10

Smashed avocado on sourdough toast, scrambled eggs & bacon

AVO, TOFU & BACON £9

Avocado, seasoned tofu & vegan bacon on sourdough toast

THE HALLOUMI ONE £12 **NEW!**

Toasted sourdough toast topped with smashed avocado, halloumi, poached eggs and spicy confit tomatoes

BLT £10 **NEW!**

Bacon, lettuce and tomato toasted sourdough sandwich with mayonnaise.

Served with French fries

MUSHROOMS ON TOAST £9

Served with poached egg & feta cheese



KiDs!

MINI PANCAKES £6

fruit, scrambled eggs served with bacon & maple syrup

TOAST £6

scrambled eggs, bacon & BTFL beans

FISH FINGERS / CHICKEN NUGGETS £6

with chips & beans

OATMEAL & BANANA £3

EXTRAS

Sausages (pork or chicken) x1 £2.50

Plantain / Sautéed spinach /

Scrambled Eggs £2

Bacon (pork or turkey) x2 £2

Hash Browns x2 £2

Fried / Poached Egg x1 £2

Dumplings x2 £1

Sourdough toast £2

FOOD ALLERGY ADVICE ⚠

If you have a food allergy, inform a member of the team straight away. Due to the presence of some allergens in some of the ingredients that we use, there is a small chance that allergens could be found in any of our dishes.



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