

MILDREDS

BREAKFAST

MONDAY - FRIDAY 9AM - 11AM

V'EGG HARISSA BAP **G MS SY** 6
scrambled clean bean tofu, soft herbs, aioli

TEMPEH BACON & AVO BAP **C G MS SY** 8.5
club cultured tempeh, avocado, lettuce, red onion, tomato, aioli

KIMCHEEZE TOASTIE **G MS SS SY** 7.5
smoked vegan cheeze, house kimchi, gochujang mayo

BRUNCH BOWL **C SS SY** 13
club cultured tempeh bacon, goji & carrot quinoa, sesame mushrooms, tomatoes, spinach, avocado

SMASHED AVO TOAST **G MS** 7.5
apricot amba, radish, toasted sourdough

TOASTED COCONUT BREAD **G** 7.5
caramelised pineapple compote, coconut yoghurt, mint

MORELLO CHERRY PORRIDGE **N** 5.5
creamy GF oat porridge, morello cherry compote, pistachios

RED POTATO HOME FRIES 3.5
maldon salt

ADD ONS
smoked vegan cheeze 1.5 avocado 2

**ALLERGEN
GUIDE**

ALCOHOL - A
CELERY - C

GLUTEN - G
MUSTARD - MS

NUTS - N
SESAME SEEDS - SS

SULPHITES - SU
SOYA - SY

**ALL OUR DISHES ARE VEGAN. NOT ALL INGREDIENTS ARE LISTED ON THE MENU.
SPEAK TO THE TEAM IF YOU HAVE ANY ALLERGIES OR INTOLERANCES.
GLUTEN-FRIENDLY BREAD OPTIONS AVAILABLE.**

COCKTAILS

MIMOSA A S U	7.5
prosecco, fresh orange juice	
BLOODY MARY A C G M S	7.5
stolichnaya vodka, big tom, lemon juice, tabasco, henderson's relish	

ORGANIC JUICES

carrot, apple, ginger	5.5
kale, celery, cucumber, apple, lemon C	5.5
pineapple, apple, ginger, turmeric	5.5
apple, beetroot, carrot, lime	5.5
- all juices may contain traces of celery C	

SOFT DRINKS

belu still / sparkling water 330ml / 750ml	2 / 3.5
coke zero / coke 330ml	2.5 / 2.6
pimento ginger beer 250ml	4
real kombucha royal flush 275ml	5
dalston's soda 330ml elderflower / rhubarb / cherryade	3

 **MILDREDSRESTAURANTS**
WWW.MILDREDS.CO.UK

Whilst not containing any gluten, some dishes are cooked in our fryers that have also been used to cook wheat products, these dishes should be avoided if this level of cross contamination will affect you. We do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. As our food is prepared & freshly cooked to order, there may be a risk that traces of all allergens can be found in any dish. We are happy to provide you with allergen and ingredient information for all our menu items. We advise you to speak to a member of staff if you have any food allergies or intolerances. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.

HOT DRINKS

organic coffee by union	
americano / espresso	2.5
cappuccino / latte / flat white	3
loose leaf teas by rare tea co.	3
speedy breakfast / rare earl grey / jasmine silver wild rooibos / sri lankan lemongrass / green leaf	
fresh mint tea	2.5
fresh lemon & ginger tea	2.5
hot chocolate	3.5
milk options:	
moma oat G / rude health coconut / rude health almond N / rude health soya S Y - decaf coffee available	

SMOOTHIES

strawberry & chia	6.5
spiced mango lassi	6.5

HOMEMADE BLENDS

pineapple & lemongrass green iced tea	3.5
CBD, apple & pear iced tea	4
hibiscus & pomegranate iced tea	4.5
peach shrub iced tea	4.5