

MILDREDS

BREAKFAST

MONDAY-FRIDAY UNTIL 11AM

DATE & APPLE PORRIDGE 5.5 creamy GF porridge, cinnamon bramley apples, date butter	KIMCHEEZE TOASTIE G MS SS SU 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, cherry tomatoes, spinach, avocado	SMASHED AVO TOAST G MS 7.5 slow roasted tomatoes, pumpkin seeds, toasted sourdough
WILD BLUEBERRY HOTCAKES G SY 8.5 wild blueberry compote, chantilly cream	TOASTED COCONUT BREAD G 7.5 morello compote, candied coconut yoghurt
V'EGG HARISSA BAP G MS SU SY 6 scrambled clean bean tofu, soft herbs, aioli	HOME FRIES 3.5
TEMPEH BLT BAP C G MS SU SY 7 club cultured tempeh, lettuce, red onion, tomato, aioli	ADD ONS smoked vegan cheeze 1.5 avocado 2

ORGANIC JUICES

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

SMOOTHIES

date praline N PN 6.5 abc nut butter, banana, date, almond milk
rocket berry 6.5 mixed berries, banana, apple, spinach, flaxseed, maca, cacao, guarana

HOMEMADE BLENDS

CBD, apple & pear iced tea	4.5
hibiscus & plum iced tea	4.5
peach iced tea	4.5

SOFT DRINKS

pimento ginger beer 250ml	4
real kombucha royal flush 275ml	5.5
dalston's soda 330ml elderflower / rhubarb / cherryade	3.5

HOT DRINKS

organic coffee by union americano / espresso	2.5
flat white / latte / cappuccino	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 SY	3.5
matcha latte	4.5

**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 CONSCIOUS BREAD OPTIONS AVAILABLE.**

ALLERGEN GUIDE
ALCOHOL - **A**

CELERY - C
GLUTEN - **G**

MUSTARD - MS
NUTS - **N**

PEANUTS - PN
SESAME SEEDS - **SS**

SULPHITES - SU
SOYA - **SY**

*Allergen information is available in all of our restaurants and on our website at www.mildreds.co.uk/allergen-menus. Please ask a member of staff to view the allergen menu, and let our team know if you have any allergens or intolerances when ordering. Whilst we take all reasonable precautions to prevent cross contamination, 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 do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. Vegan chick'n: although our vegan chick'n is made with entirely plant-based ingredients, we are unable to guarantee the absence of whey protein (milk), egg and peanut during the production process and we advise that you avoid this product if you have an allergy to any of these foods. Gluten: food items stated as gluten conscious are not made with gluten, however some dishes are cooked in our fryers that have also been used to cook wheat products. As a result, we cannot 100% guarantee that there will be no cross-contamination. An optional service charge of 12.5% will be added to your bill for the benefit of all our staff.