

Menu



Food Allergies and Intolerances

(v) - Vegetarian (vg) - Vegan

Ask your server about Gluten free options

Please inform a member of staff before you order if you have any specific dietary requirements. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens due to fryers being used for more than one product on the menu. There is a small risk of cross-contamination of products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

(S) Sulphur Dioxide (E) Eggs (F) Fish (C) Celery (MU) Mustard (N) Nuts (P) Peanuts
(SS) Sesame Seeds (SY) Soya (M) Milk (MS) Molluscs (L) Lupin (G) Gluten (CR) Crustaceans

Brunch

Available until 4pm

+

Full English **C** **G** **E** **M** **SY** **S** 8.95

Smoked streaky bacon, Cumberland sausage, black pudding, mushrooms, tomato, hash brown, Heinz baked beans, slice of toasted bloomer and free range hens' eggs
(your choice of poached / fried / scrambled eggs)

Veggie Breakfast (v) **G** **E** **SY** **M** **L** 7.95

Vegan sausage, black bean & quinoa falafel, mushroom, roasted tomato, hash brown, Heinz baked beans, slice of toasted white or brown bloomer and free range egg
(your choice of scrambled / poached / fried)

Vegan Breakfast (v)(vg) **G** **SY** 7.95

Vegan sausage, black bean & quinoa falafel, mushroom, roast tomato, hash brown, smashed avocado, Heinz baked beans, slice of toasted white or brown bloomer

Add the following on to your full English, veggie or vegan breakfast (price per item):

Avocado / Smoked streaky bacon Halloumi **M** **L** 2.00

Veggie sausage **G** Cumberland sausage **C** **G** **SY** **S**

Mushrooms / Tomato / Heinz baked beans / Hash brown 1.00

Free range hens' egg **E** Black pudding **G**

Quinoa black bean falafel

Eggs Benedict **G** **E** **M** **SY** **S** **L** 7.50

Smoked streaky bacon, free range poached hens' eggs, hollandaise sauce, toasted muffin

Eggs Florentine (v) **G** **E** **M** **SY** **L** 7.50

Spinach, free range poached hens' eggs, hollandaise sauce, toasted muffin

Love thy Omelette (v) **E** **M** **L** **S** 7.50

Smoked crispy bacon, tenderstem broccoli, feta and creamy free range egg

Smashed Avocado on Toast (v) **G** **E** **M** **L** 6.95

Avocado mixed with lime and chilli and free range poached hens' eggs

Chickpea Pancake (v)(vg) **SS** **N** 6.95

Chickpea pancake, smashed avocado, confit cherry tomatoes, houmous, tomato sauce

Granola (v) **G** **SY** **N** 4.50

Sprinkle of nuts with seasonal berries and matcha or honey yoghurt

Build your own Bloomer

All our toast spread with butter Available until 4pm

+

Toasted Bloomer 3.50

Smoked streaky bacon **G** **M** **L**

Cumberland sausage **C** **G** **S** **M** **L**

Free range hens' eggs (v) **G** **E** **M** **L**

Add the following on to your bloomer (price per item)

Avocado / Smoked streaky bacon / Halloumi **M** **L** 2.00

Cumberland sausage **C** **G** **SY** **S** Veggie sausage **G**

Mushrooms / Tomato / Heinz baked beans / Hash brown 1.00

Free range hens' egg **E** Black pudding **G**

Quinoa black bean falafel

Fluffy Pancakes (v)

Available until 4pm

+

Fresh Berries, Matcha & Yoghurt **G** **SY** 6.50

Blueberry, banana, peanut butter and Maple syrup 6.50

Strawberries & Chocolate **G** 6.50

Crispy bacon, Maple syrup **G** 6.50

Vegan options available

Smoothies Bowls (v)

Our signature smoothie bowls come with a side of granola and are garnished with seasonal berries, coconut and chai seeds
Available until 4pm

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Energy Booster **G** **N** **P** 7.50

Strawberry, Blueberry, Raspberry, Banana, Blackcurrant, Spinach, Flax Seed, Macha & Guarana

Strawberry & Banana **G** **N** **P** 7.50

Strawberry & Banana

Mango, Pineapple & Passionfruit **G** **N** **P** 7.50

Mango, Pineapple & Passionfruit

The Detox **G** **N** **P** 7.50

Pineapple, Apple, Spinach, Kale, Ginger, Spirulina, Chlorella, Wheatgrass & Barley grass

Snacks and Sides

Available from 11am

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Chilli and lime kale crisps (vg)(v) 2.90

Skin on potato fries (vg)(v) 3.25

Sweet potato wedges (vg)(v) 4.00

Home made humus and flat bread crisps (vg)(v) **SS** **G** **S** **SY** 4.25

Cauliflower popcorn, chipotle mayo (vg)(v) **G** **SY** **S** 4.90

Crispy buffalo onion wedges (vg)(v) **G** **S** **SY** 4.00

Wild rocket blackberry salad balsamic dressing (vg)(v) **N** **S** 3.75

Super grains salad (vg)(v) **SS** **N** 4.00

Honey coriander halloumi fries (v) **M** **L** 5.75

Bae Burgers

Available from 11am

+

Cheese Burger **G** **M** **L** **SY** **MU** 7.50

with crispy onion and fried egg 9.50

Double Bacon Cheese Burger **G** **M** **L** **SY** **MU** **S** 9.50

with crispy onion and fried egg 11.50

Jerk Chicken Burger **G** **M** **L** **SY** **S** **MU** 7.50

with cheese and bacon 9.50

DoubleJerk Chicken Burger **G** **M** **L** **SY** **S** **MU** 9.50

with cheese and bacon 11.50

Black Bean Quinoa Falafel **G** **SY** **MU** 7.50

Cheese Burger (v) (vg) 9.50

with smashed avocado and crispy onion

Double Black Bean Quinoa Falafel **SY** **MU** **G** 9.50

Cheese Burger (v) (vg) 11.50

with smashed avocado and crispy onion

Add crushed avocado 2.00

Add smoked streaky bacon **S** 1.50

All burgers come with burger sauce, cabbage slaw, sliced tomato and a side of skin on fries. (GF bun available)

Buddha Bowls

Available from 11am

All our bowls come with chicken breast or falafel balls

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Sweet & Spicy Bowl (v)(vg) **P** **SS** **S** 9.95

Sweet potato wedges, houmous, charred tenderstem broccoli, coconut paprika chickpeas, coriander, toasted peanuts

Super Food Bowl (v)(vg) **N** **S** **P** 9.95

Crispy kale, charred tenderstem broccoli, spinach, roasted squash, beets, toasted seeds, pomegranate, citrus pomace dressing, black bean quinoa

Moroccan Bowl (v)(vg) **G** **S** **SS** 9.95

Roasted aubergine turmeric red pepper pickled lemon apricot couscous with rocket salad lemon tahini dressing

Go Green Bowl (v)(vg) **N** 9.95

Green beans ,garden peas , spring onion, spinach with kale pesto, chard broccoli red lentil rice

Signature Love Thy Neighbour Pizza of the Day

Ask your server for today's toppings and allergens! 8.95

Please see reverse for allergen information

Love
· thy ·
Neighbour



Love thy Cocktails



Hibiscus Margarita

7.50

Aqua Riva tequila, hibiscus flower, lime, agave, Himalayan pink salt

Espresso Martini

7.50

Smirnoff, Kahlua, espresso, vanilla

Autumn Garden

7.00

Bombay Sapphire, St Germain elderflower, cucumber, mint, amaranth, lemon, apple juice

Nutty Old Fashioned

8.00

Maker's Mark, macadamia nut, walnut bitters

Herbaceous Bramble

7.50

Bombay Sapphire, basil, lemon, agave, crème de mure

Pink Colada

7.50

Bacardi, coconut milk, pineapple, Malibu

Purple Gold

8.00

Bombay Sapphire, Benedictine, lemon, agave, acai berries, soda, apple

Blood Orange Spritz

8.00

Tanqueray, Cointreau, orange, soda

Tickled Pink

7.50

Pink Gin, Passoa, lemon, aromatic tonic

Aperol Spritz

7.50

Aperol, prosecco, soda



Speciality Gin Serves

40ml gin



Boe 7.50

Blueberries, grapefruit twist & Fever-Tree tonic

King of Soho 7.50

Lemon, grapefruit & Fever-Tree tonic

Bloom 7.50

Strawberries, raspberries & Fever-Tree tonic

Botanist 7.50

Cucumber, lemon & & Fever-Tree elderflower tonic

Larios Pink 7.50

Strawberries, orange & Fever-Tree lemonade

Hendricks 7.50

Cucumber, strawberries & & Fever-Tree tonic

Tanqueray Seville 7.50

Orange, lemon & Fever-Tree tonic



Wine



White Wine

Deer Point Chardonnay, Bulgaria

Bottle 19.95

175ml 4.95

250ml 6.95

Ochre Mountain Sauvignon Blanc (Fair Trade), Chile

Bottle 20.95

175ml 4.95

250ml 6.95

Pinot Grigio Ponte di Piave, Venezie Italy

Bottle 21.95

175ml 5.25

250ml 7.25

Curious Devices Grillo, Italy

Bottle 22.95

Boschendal Rachel Chenin Blanc, Coastal Region, South Africa

Bottle 23.95

Rosé Wine

Stellar Running Duck Fairtrade Shiraz Rosé (Organic), Western Cape, South Africa

Bottle 20.95

175ml 4.95

250ml 6.95

Red Wine

Deer Point Merlot, Bulgaria

Bottle 19.95

175ml 4.75

250ml 6.75

Millstream Cinsaut/Ruby Cabernet, South Africa

Bottle 20.95

175ml 4.95

250ml 6.95

Aimery Cabernet Sauvignon, Vin de Pays d'Oc, France

Bottle 21.95

175ml 5.25

250ml 7.25

Drop Dead Gorgeous Malbec, South Africa

Bottle 22.95

Stellar Running Duck Fairtrade Shiraz(Organic), Western Cape, South Africa

Bottle 23.95

Prosecco

Prosecco Viticoltori Ponte, Treviso, Italy

Bottle 24.95

175ml 4.95

250ml 6.95

Beers and Ciders



Bottles

Corona 4.8%	4.50
Peroni 5.1%	4.95
Pacifico Clara 4.5%	4.50
Punk IPA 5.6%	5.50
San Miguel Gluten Free 5.4%	4.50
San Miguel Alcohol Free 0%	3.50
Poretti 5.5%	4.95
Caple Road Cider 5.2%	4.70
Kopparberg 4.8%	5.00



Spirits



Vodka

	25ml	50ml
Smirnoff	3.75	6.50
Finlandia	3.85	6.70
Black Cow	3.95	6.90
Grey Goose	5.95	10.90

Gin

	25ml	50ml
Gordons	3.75	6.50
Tanqueray	3.95	6.90
Bombay Sapphire	3.95	6.90
Portobello Road	4.25	7.50
Tanqueray Sevilla	4.25	7.50
Bloom Gin	4.25	7.50
Hendricks	4.25	7.50
Boe Gin	4.25	7.50
King of Soho	4.25	7.50
Liverpool Gin	4.50	8.00
Larios Pink	4.25	7.50
Botanist	4.25	7.50

Rum

	25ml	50ml
Bacardi	3.75	6.50
Bacardi Oakheart (spiced)	3.75	6.50
Bacardi Carta Oro (gold)	3.75	6.50
Bacardi Fuego (dark)	3.75	6.50
Kraken	3.95	6.90

Cognac

	25ml	50ml
Courvoisier	3.95	6.90
Courvoisier VSOP	4.50	8.00

Bourbon

	25ml	50ml
Jack Daniels	3.95	6.90
Makers Mark	4.25	7.50

Whisky	25ml	50ml
Bells	3.50	6.00
Jameson	3.75	6.50
Monkey Shoulder	4.25	7.50
Laphraoig	4.50	8.00
Glenfiddich 12yr	4.50	8.00

Liqueur	25ml	50ml
Aperol	3.25	5.50
Passoa	3.00	5.00
Archers	3.00	5.00
Baileys	4.50	8.00
Malibu	3.50	6.00
Antica Sambuca – Black	3.00	5.00
Antica Sambuca – White	3.00	5.00
Pimms	4.50	8.00
Tia Maria	3.50	6.00
Kahlua	3.50	6.00
Jagermeister	3.00	5.00
Southern Comfort	3.50	6.00
Disaronno	3.50	6.00
Jose Cuervo – Silver	3.00	5.00
Cointreau	3.50	6.00
Aqua Riva Tequila	3.00	5.00
Chambord	3.50	6.00
Grand Marnier	3.50	6.00
Benedictine	3.50	6.00
Drambuie	3.95	6.90

Fortified Wine	25ml	50ml
Martini Blanco	3.25	5.50
Martini Rosso	3.25	5.50
Martini Extra Dry	3.25	5.50
Cockburns	3.25	5.50

Soft Drinks

Coca Cola 330ml	2.60	Diet Coke 330ml	2.60
San Pellegrino Araciata 330ml	2.80	San Pellegrino Limonata 330ml	2.80
Fevertree Tonic 200ml	2.30	Fevertree Light Tonic 200ml	2.30
Fevertree Mediterranean 200ml	2.30	Fevertree Elderflower 200ml	2.30
Fevertree Lemonade 200ml	2.30		
Strathmore Still / Sparkling Water 330ml / 700ml	1.50 / 3.50		
Eager Juices	2.50		

Hot Drinks



Teas

Black Teas		2.75
English Breakfast, Earl Grey, masala chai		
Green Teas		2.75
Sencha, Moroccan mint		
Fruit and Herbal		2.75
Rooibos, camomile, berry hibiscus, lemon and ginger		

Coffee

Espresso			
Single	1.50	Cortado	2.20
Double	2.25	Flat White	2.80
		Latte	2.90
Espresso Macchiato		Americano	2.75
Single	1.75	Cappuccino	2.90
Double	2.50	Mocha	3.00

Something Different

Chai Latte	3.25
Matcha Latte	3.25
Turmeric Latte	3.25
Beetroot and Rose Latte	3.25
All made with oat milk	
White, Milk or Dark Cocoa	3.00
Cream and marshmallows	0.50

Extras

Extra Espresso Shot	0.40
Whipped Cream	0.40
Alternative Milks	0.30
Soy, oat, almond, coconut	
Syrups	0.50
Vanilla, caramel, hazelnut, seasonal syrup	