

# AETHOS CAFE

## **Breakfast**

8:00am – 11:45am

## **Have an allergy?**

Please speak to a member of our team about your requirements before ordering. We handle gluten, nuts, and other allergens in our kitchen, and while we take steps to minimise risk, we cannot guarantee any of our dishes are free from cross-contamination.



# FOOD

## Pastries & Baked Goods

|                                             |          |
|---------------------------------------------|----------|
| <b>Croissant</b>                            | <b>4</b> |
| <b>Pain au Chocolat</b>                     | <b>4</b> |
| <b>Pain au Raisin</b>                       | <b>4</b> |
| <b>Twice Baked Almond Croissant</b>         | <b>5</b> |
| <b>Sticky Toffee Bun</b>                    | <b>5</b> |
| <b>Seasonal Danish</b>                      | <b>5</b> |
| <b>Mushroom, Leek and Goats Cheese Tart</b> | <b>6</b> |
| <b>Pain au Kimchi</b>                       | <b>6</b> |

## Bowls

|                                                              |           |
|--------------------------------------------------------------|-----------|
| <b>Green Power</b>                                           | <b>11</b> |
| Spinach, kiwi, ginger, spirulina, house granola, MCT oil     |           |
| <b>Whole Oats Porridge</b>                                   | <b>11</b> |
| Banana and peanut butter, lion's mane, raw cocoa, chia seeds |           |
| <b>Overnight Bircher Muesli</b>                              | <b>11</b> |
| Greek yoghurt, apple, raisins, poached pear                  |           |
| <b>Spiced Apple &amp; Pumpkin Smoothie</b>                   | <b>11</b> |
| Banana, house granola, seasonal berries                      |           |

## Plates

|                                                                                                |           |
|------------------------------------------------------------------------------------------------|-----------|
| <b>Matcha Pancakes (v)</b>                                                                     | <b>11</b> |
| Mascarpone, fresh berries, maple syrup                                                         |           |
| <b>Eggs any style (v)</b>                                                                      | <b>10</b> |
| London sourdough toast                                                                         |           |
| <b>Garden Greens on Toast (pb)</b>                                                             | <b>11</b> |
| Garden pea and mint purée, pumpkin seeds, fennel                                               |           |
| <b>Full English</b>                                                                            | <b>15</b> |
| Eggs, streaky bacon, sausage, black pudding, tomato, hash brown, mushrooms, baked beans, toast |           |
| <b>Eggs Benedict</b>                                                                           | <b>15</b> |
| Sautéed seasonal vegetables, crispy bacon, poached eggs, tumeric hollandaise                   |           |
| <b>Eggs Florentine (v)</b>                                                                     | <b>15</b> |
| Sautéed seasonal vegetables, poached eggs, turmeric hollandaise                                |           |
| <b>Hen of the Woods Mushroom on Toast (v)</b>                                                  | <b>12</b> |
| English cheddar, fried egg                                                                     |           |
| <b>Smoked Salmon Bagel</b>                                                                     | <b>12</b> |
| Cream cheese, capers                                                                           |           |

## Extras

|                   |          |
|-------------------|----------|
| <b>Bacon</b>      | <b>5</b> |
| <b>Avocado</b>    | <b>5</b> |
| <b>Sausage</b>    | <b>5</b> |
| <b>Spinach</b>    | <b>3</b> |
| <b>Mushroom</b>   | <b>3</b> |
| <b>Tomato</b>     | <b>3</b> |
| <b>Hash Brown</b> | <b>3</b> |
| <b>Salmon</b>     | <b>6</b> |

# BEVERAGES

## Coffee & Matcha

|                    |     |
|--------------------|-----|
| Americano          | 4   |
| Espresso           | 3.5 |
| Double Espresso    | 4   |
| Espresso Macchiato | 4.5 |
| Cortado            | 4   |
| Cappuccino         | 4.5 |
| Café Latte         | 4.5 |
| Flat White         | 4.5 |
| Mocha              | 5   |
| Matcha Latte       | 5   |
| Iced Matcha Latte  | 5.5 |
| Iced Coffee        | 4.5 |
| Iced Mocha         | 5   |

## Nootropics London

Adaptogenic coffee served with any choice of milk or hot water.

|                                                                        |     |
|------------------------------------------------------------------------|-----|
| <b>Flow</b><br>Mental clarity and focus.<br>Lion's Mane and Rhodiola.  | 5.5 |
| <b>Zen</b><br>Alert, calm and balanced.<br>Ashwagandha and L-theanine. | 5.5 |
| <b>Mojo</b><br>Endurance and vitality.<br>Cordyceps and Ginseng.       | 5.5 |

## Tea

|                             |   |
|-----------------------------|---|
| English breakfast           | 5 |
| Earl Grey                   | 5 |
| Jersey Royal Fine Black Tea | 6 |
| Green Tea                   | 6 |
| Peppermint Tea              | 5 |

## Tisanes

|                      |   |
|----------------------|---|
| Chamomile            | 7 |
| Rooibos              | 7 |
| Arabian Saffron Chai | 7 |
| Lemon and Ginger     | 5 |
| Fresh Mint           | 5 |

## Fighter Shots

|                      |   |
|----------------------|---|
| Ginger               | 4 |
| Ginger & turmeric    | 4 |
| Ginger & collagen    | 4 |
| Ginger & pomegranate | 4 |

## Daily Dose Juices

|                                        |   |
|----------------------------------------|---|
| <b>Golden Root</b>                     | 6 |
| Apple, carrot, lemon, ginger, turmeric |   |
| <b>Super Strawb</b>                    | 6 |
| Strawberry, apple, lemon, basil        |   |
| <b>Brilliant Beets</b>                 | 6 |
| Apple, beetroot, ginger, aloe vera     |   |
| <b>Glorious Greens</b>                 | 6 |
| Cucumber, apple, kale, lemon, mint     |   |

## Smoothies

|                                                                     |     |
|---------------------------------------------------------------------|-----|
| <b>Evergreen</b>                                                    | 9.5 |
| Spirulina, avocado, pineapple, honey, coconut water                 |     |
| <b>Forest Berries</b>                                               | 9.5 |
| Mixed berries, dates, oats, almonds, almond milk                    |     |
| <b>Cacao Kick</b>                                                   | 9.5 |
| Banana, peanut butter, cacao powder, cacao nibs, any choice of milk |     |

## Cold Press Juices

|                                       |     |
|---------------------------------------|-----|
| <b>Cranberry</b>                      | 4   |
| <b>Pineapple</b>                      | 4   |
| <b>Pressed apple</b>                  | 5   |
| <b>Fresh-squeezed orange</b>          | 5   |
| <b>Fresh-squeezed pink grapefruit</b> | 5.5 |

## Soft Drinks & Water

|                                                     |     |
|-----------------------------------------------------|-----|
| <b>Coca-Cola</b>                                    | 4   |
| Original, Diet, Zero                                |     |
| <b>Fevertree</b>                                    | 4   |
| Tonic, light tonic, lemonade                        |     |
| <b>Something + Nothing</b>                          | 5   |
| Hibiscus, cucumber, pineapple                       |     |
| <b>Idyll</b>                                        | 5   |
| Pine forest, gooseberry, wild apple                 |     |
| <b>Trip</b>                                         | 5.5 |
| Raspberry orange blossom, lemon basil, peach ginger |     |
| <b>Jarr Kombucha</b>                                | 5.5 |
| Original, peach and yuzu                            |     |

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