YEOTOWN LONDON

Food for complete wellbeing













At Yeotown, we believe food should fuel both body and mind. Our ingredients are sourced with integrity. Grass-fed, regenerative-farmed meats from The Ethical Butcher, wild-caught fish from sustainable waters, and farmer's market inspired, seasonal produce from trusted local growers.

Every dish is designed to balance nourishment and flavour, rooted in our Yeotown philosophy: **Strong in Body, Clear in Mind**.

www.yeotown.com

BREAKFAST MENU

- Mimosa with Fresh Squeezed O.J. 10
- Bloody or Virgin Mary 10

SAVOURY

Yeotown English Breakfast 20
Plant-based or free-range pork sausage, eggs, house-baked beans, tomato, spinach, mushrooms, herb potatoes & sourdough toast.
(CE)(G)(GFO)(SY)(VGO)

A balanced breakfast, rich in protein and fibre.

Eggs Royale / Florentine 18 / 16
Homemade chia & oat muffin, smoked salmon or spinach, cashew hollandaise, poached eggs or tofu.
(GF)(CE)(M)(N)(F)(VGO)

Heart healthy omega 3's and source of potassium.

Huevos Rancheros 18
Blue corn tortillas, black bean salsa, fried eggs, vegan feta, avocado, red chilli & coriander.
(GF)(CE)(VGO)

Healthy fats, fibre & protein for everyday wellbeing.

Turkish Eggs 17
Soft poached eggs or tofu, garlic infused greek yoghurt, homemade chilli oil & toasted seeds served with sourdough toast.
(GFO)(CE)(G)(D)

high in protein for long lasting energy.

Smashed Avocado Toast 15
Avocado smash on sourdough toast, topped with organic sprouted beans, spiced crispy chickpeas, roasted seeds and microgreens.
(VG)(G)(GFO)

Source of pottasium to support blood pressure.

Eggs Your Way 8
Free-range eggs, Seven Seeded sourdough, cherry vine tomatoes and microgreens.
(CE)(G)(GFO)

Source of gut friendly probiotics and protein.

SWEET

Blue Matcha Pancakes 15
Served with blue matcha coconut yoghurt, blueberries, maple syrup and toasted coconut flakes.
(VG)(GF)

Adaptogens to support mood & metabolism.

Yeotown Acai Bowl 15
Organic frozen acai topped with house granola, almond butter & seasonal berries.
(SU)(N)(VG)(GF)

Rich in antioxidants for overall wellbeing.

House Superfood Granola 12
House granola, Greek or coconut yoghurt, poached apple, berries, homemade compote & honey.
(D)(SU)(VGO)(GF)

A balance of fibre, probiotics & antioxidants.

Chai Porridge & Poached Pears 12
Premium porridge made with coconut milk topped with poached pear and pecan & oat crumble.
(N)(SU)(VG)(GF)

Rich in fibre to support gut health & digestion.

EXTRAS

Free-range pork sausages	5
Vegan sausages (SY)	5
Smoked salmon (F)	5
Avocado smash	4
Two free-range eggs (CE)	4
Sourdough (G) or gluten-free toast	4
Greek (D) or coconut yoghurt	4
Kimchi	4

Disclaimer: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

Allergen Guide: Celery **(C)** - Gluten **(G)** - Mustard **(M)** – Nuts **(N)** - Peanuts **(PN)** - Sesame **(S)** - Sulphates **(SU)** - Soya **(SY)** - Fish **(F)** - Eggs **(CE)** - Vegan **(VG)** - Gluten Free **(GF)** - Nut Free Option **(NFO)**