

THE SOCIAL BLEND

A T T H E S E L W Y N

Available everyday from 11am until 2pm

Classic French omelette V GF

(367 kcal) £10.50

Your choice of one filling;

Cheddar cheese (104 kcal) V GF

Honey roast ham (25 kcal) GF

Salami (202 kcal) GF

Mushrooms (11 kcal) VE GF

Avocado & poached free-range eggs V

(629 kcal) £10.50

Local sourdough toast

Croque Monsieur

(656 kcal) £11.95

A French classic. Local sourdough and honey roast ham with bubbling, tangy mustard rarebit

Croque Madame

(825 kcal) £12.95

Our classic croque monsieur with the addition of a free-range fried egg

Feta & tomato sandwich V (502 kcal) £11.95

Garlic and thyme confit tomatoes on toasted local sourdough, topped with crumbled feta

Fluffy American style pancakes V

(249 kcal) £9.50

Top with;

Yoghurt & raspberries V (402 kcal)

Banana & salted caramel V (398 kcal)

Strawberry tartlet VE

(256 kcal) £3.50

Savoury pastries

(See below) £3.50

Your choice of;

Olive & feta muffin (221 kcal) V

Spinach & feta triangle (212 kcal) V

Enjoy both for £6.00

Sweet pastries

(See below) £4.50

Your choice of;

Blueberry & cardamom bun (445 kcal) V

Chocolate bun (502 kcal) V

Seasonal Danish (428 kcal) V

Chocolate banana cake (374 kcal) VE

Please ask us about our pastry of the day

BEVERAGE

Selection of Teapigs tea

ROOTS of London botanical sustainable coffee

All available with regular milk, oat and almond

Add any tea or coffee for £4.50

If you have any dietary requirements or require any information on any of the 14 declarable food allergens, then please speak to a member of our team before ordering. Please note that we store, handle and prepare a range of ingredients that contain food allergens and cannot guarantee that our dishes are allergen free due to the potential of cross-contamination. (V) Vegetarian. (VE) Vegan. (GF) Gluten free dishes are produced utilising non-gluten containing ingredients. Prices include VAT.

Adults need around 2000 kcal a day

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