

SMOOTHIES
(All dairy free)

Kale, kiwi, coriander, celery, clementine 6
Coconut water, mango, lime 6
Avocado, pineapple, matcha tea 6



JUICES

Curly kale, apple, cucumber, lime 6
Strawberry, Granny Smith and hint of mint 6
Apple, carrot, ginger 6

Seasonal juice / smoothie 6



ADD A LITTLE EXTRA

Health Shots 3

Ginger turmeric orange/ Lemon chili apple

Booster 1.5

Hemp protein/ Bee pollen/ Açai berry



WHOLE LEAF TEA AND INFUSIONS

The following teas are sourced by
Rare Tea Company
A percentage of all tea sales is donated to
Rare Charity

Speedy Breakfast / Earl Grey / Nepalese Black /
Oolong / Green Whole Leaf / Jasmine Silver Tip /
White Silver Tip / Whole Chamomile Flowers /
English Peppermint / Lemon Verbena
3.95



COFFEE

Espresso 3.95
Double espresso 4.5
Americano 3.95

Macchiato / Cafe latte /
Cappuccino / Flat white
4.5

SAVOURY

Berners Tavern full English
Dingley Dell pork sausage, two eggs, smoked bacon,
roasted tomato, Portobello mushroom,
Stornoway black pudding, baked beans 18

Dingley Dell smoked bacon roll 10
with fried egg 12
with Stornoway black pudding 14
with everything 16

Crushed avocado, two poached eggs,
Borough Market sourdough bread 10

Roasted sweet potato, halloumi, poached egg,
pine nut pesto, Borough Market sourdough bread 9

Isle of Wight tomato and avocado salad,
Colchester crab, poached egg,
Borough Market sourdough bread 12

Slow cooked smoked ham hock croque-monsieur,
aged cheddar 15



HERITAGE BREED EGGS

Oak smoked Scottish salmon and scrambled eggs 15

Baked eggs, tomato and harissa, yoghurt, spiced nuts
and seeds, toasted Borough Market sourdough 15

Keens extra mature cheddar and smoked ham omelette 12

Red pepper, onion and potato frittata, smoked paprika,
feta cheese, salad 14

Eggs Benedict, toasted English muffin, Dingley Dell ham,
hollandaise sauce 14.5

Eggs Florentine, toasted English muffin, buttered spinach,
hollandaise sauce 12

CEREALS, GRAINS AND FRUIT

Cereals with milk 4.5

Homemade granola, vanilla yoghurt,
seasonal fruit 6

Porridge, honey, cinnamon sugar 6
with berries 7
with banana 6

Seasonal fruit salad 6.5



SWEET

Vanilla waffles, raspberry and strawberry salad,
hung yoghurt, toasted pistachios 9

Blueberry pancakes, summer berry compote 9



BAKERY

Croissant 3.5

Pain au chocolat 4

Pain aux raisins 4

Basket of mini pastries 8.5



SIDES

Stornoway black pudding 4.5

Roasted mushrooms 4

Grilled tomato 4

Dingley Dell bacon 5

Dingley Dell pork sausage 5

Oak smoked Scottish salmon 6

For dietary requirements and food allergies, please ask one of our team members for assistance.

(v) Denotes that the dish is or can be altered to be suitable for vegetarians.

All prices are inclusive of VAT, a discretionary service charge of 12.5% will be added to your bill.