

Light Breakfast

Organic porridge with banana, honey and blueberries (m,c) v 4.8
- milk alternatives now available!

Seasonal fruit salad with honey vg (4.5)

Smoothie bowl with berries, bananas, almond milk, granola,
peanut butter, seeds (n,p,se,c) vg 6.5

„Build-a-breakfast“

Eggs your way (poached, scrambled or fried), sourdough toast v (e,c) 4.0.
(OR just the toast: £1.0)

Add

spinach vg 2.5

avocado vg 2.6

salmon (f) 3.8

chorizo 2.3

roast tomatoes vg 1.2

our famous homemade espresso black beans vg 2.5

kimchi 1.0 (f,cr)

halloumi 1.80 (m)

hollandaise sauce (m,e,sd) 1.9

free range Cumberland sausage (c) 2.4

streaky bacon 2.4

vegan sausages (two) (s) vg 2.7

sautéed potatoes vg 1.5

our famous homemade espresso black beans vg 2.5

miso mushrooms (s) vg 2.8

Brunch

Crushed Avo on sourdough toast, roasted tomatoes, dukkah vg (c,n,se) 7.5
Add streaky bacon 2.4 poached egg 1.0

Poached eggs, wilted chili spinach, toasted muffins, prosciutto, hollandaise
sauce (c,m,sd,e) 8.5

Swap the prosciutto for salmon: 1.0

Amaretto Brioche French Toast, berries, mint, crème fraiche v (c,e,m) 8.5

Croque Blend – Harringay’s favourite grilled sandwich with Wiltshire
Ham, mushroom Béchamel, wilted spinach and melted cheese, topped
with a fried egg (e,c,m,mu) 7.9

We are now on Deliveroo!

Sandwiches and Wraps

Croissant with ham and emmenthal cheese (c,m,e) 3.9

Sourdough toastie with mozzarella, tomato and pesto (c,m,n,sd) 4.5

Fish fingers and tartare sauce on a white roll (c,f,e,m) 4.9

B.L.T. Bacon, Salad, Tomatoes, Dijonmayo (c,e,m,mu) 4.2

Bacon or sausage bap with fried egg and ketchup (c,e,m) 4.5

Halloumi Wrap with roast peppers, hummus, cucumber and green (c,m,se) v 4.5

Grilled chicken wrap with Sriracha mayo, pickles and greens (c,e,mu) 4.9

Falafel Wrap with roast peppers, hummus, cucumbers and greens (c,se) vg 4.5

Kids Meals

Hummus and veg sticks (se) vg 3.5

2 eggs, scrambled, brown or white toast (c,e,m) v 3.5

Cheese toastie with ham or tomato (c,m) 3.5

Granola with Greek yoghurt, fresh berries and honey (c,m,n,se) v 3.5

Crushed avo on sourdough (c) vg 3.5

Ginger rice bowl with soya beans and a fried egg (s,e,ce) v 4.5

Pasta pesto, soya beans, roast peppers and parmesan (c,e,n,m,s) v 4.5

Lunch

Crispy Gnocchi with spinach, courgettes, lemon and parmigiano (e,c,m) v 9.5

Garlic mushrooms on sourdough with feta and fresh chili, poached egg (e,c,m) v 8.0

Falafel, hummus, courgette, roast tomatoes, leaves (se) vg 8.5

Pork Hash with slow roasted pork belly, spinach, potatoes, caramelised onions, mustard cream and a fried egg (mu,e,m) 9.5

Ginger & saffron rice bowl with soy beans, miso mushrooms, a fried egg and a side of kimchi (e,f,cr) 8.9

Grilled chicken salad with baby spinach, red peppers, pomegranate, cherry tomatoes, sesame seeds and croutons (mu,se,sd) 7.9

Greek salad with feta and toasted sourdough (c,m,sd) v 5.5

Sweet potato fries v 4.5

We handle all allergens in the kitchen. Please enquire before ordering if you suffer from any allergies. Our salad dressing contains mustard and sulphites and is typically added to all garnish leaves

ALLERGENS: CE: CELERY / CELERIAC, C: CEREAL CONTAINING GLUTEN, CR: CRUSTACEANS, E: EGGS, F: FISH, L: LUPIN, M: MILK, MO: MOLLUSCS, MU: MUSTARD, N: NUTS, P: PEANUTS, SE: SESAME, S: SOYA, SD: SULPHUR DIOXIDE