

## BREAKFAST

Available until 11am

### PORRIDGE

With honey and cinnamon on the side **V** £4.00

With homemade berry compote and seeds **V** £4.50

Or ask us to make it gluten free, with gluten free oats **GF|V**

GRANOLA, GREEK YOGHURT AND FRUIT £5.00

With berry compote, banana and our Tradewind granola **V|GF**

SIMPLE BACON SANDWICH £4.50

Served on sourdough with tomato & sweet chilli chutney and butter

## ON TOAST & SANDWICHES

SOURDOUGH TOAST £3.00

With your choice of butter and jam **V**

BLT £6.50

Crispy bacon with roasted cherry tomatoes and tomato & sweet chilli chutney, served on a ciabatta

AVOCADO TOAST £8.00

Sliced avocado on sourdough, with feta and pink grapefruit

FRENCH TOAST £7.00

With Greek yoghurt, berry compote and pistachio **V**

MUSHROOMS ON TOAST £8.00

Sautéed mushrooms with garlic, cream and parsley dressing on toasted sourdough **V**

GOAT'S CHEESE AND PEAR CIABATTA £8.50

Warm goat's cheese with cardomom poached pear and beetroot houmous on ciabatta **V**

HALLOUMI AND HARRISA TOASTIE £6.50

With roasted peppers, tomato and honey on sourdough **V**

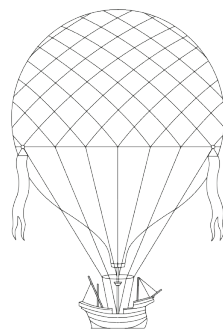
## PANCAKES

TRADEWIND PANCAKES

Nutella, banana and choc chips **V** £6.50

Fresh fruit, Greek yoghurt and maple syrup **V** £6.50

Bacon & maple syrup £7.50



TRADEWIND  
ESPRESSO

## EGGS

EGGS ANY STYLE £6.00

On toasted sourdough **V**

EGGS BENEDICT

Poached eggs with hollandaise sauce on a toasted English muffin

With ham £8.00

With smoked salmon £10.00

With spinach and mushroom **V** £8.00

NOURISHING HOUMOUS EGGS **V** £9.00

Poached eggs and beetroot houmous on sourdough toast with mushroom, cherry tomatoes, spinach and pesto. Ask for gluten free toast **GF**

VEGETARIAN EASTERLEY BREAKFAST £11.00

Poached eggs on toasted sourdough with halloumi, tomato, portobello mushroom and avocado salad **V**

FULL EASTERLY BREAKFAST £11.00

Poached eggs on toasted sourdough with streaky bacon, tomato, portobello mushroom and avocado salad

## SIDES

Smoked salmon £4.00

Crispy bacon £3.00

Eggs any style £3.00

Halloumi £3.50

Mushroom £3.00

Chorizo £3.00

Cherry tomatoes on the vine £2.50

Wilted spring greens £2.00

Sourdough or gluten free toast £1.50

Avocado £3.00

**VE** Vegan | **V** Vegetarian | **GF** Gluten free

We can't guarantee that any of our food is 100% free from traces of allergens, as we handle all types of allergens in our busy kitchen. Always tell a server about any allergies or intolerance that you have before you order.

## TRADEWIND SPECIALS

SOUP OF THE DAY £5.75

Ask us for our daily specials

BUDDHA BOWL £9.25

Saffron bulgar wheat, Jerusalem artichokes, sweet potato, tomato & cucumber salad and parsley dressing **VE**

BRUNCH OF CHAMPIONS £10.50

2 poached eggs with avocado, chorizo and sourdough toast. Served with salad leaves, coriander dip and mixed seeds.

## COFFEE

Espresso £2.20

Americano £2.50

Long Black £2.60

Macchiato £2.50

Piccolo £2.60

Cortado £2.75

Flat White £2.80

Cappuccino £2.90

Latte £2.80

Biggie Smalls £4.50

Filter Coffee (V60) £3.40

French Press (4CUPS) £6.00

Iced Latte £3.00

Iced Chocolate £4.00

Mocha £3.20

Hot Chocolate £3.00

Chai Latte £3.00

Extra Shot | Single Origin £0.20

## SOFT DRINKS

Coca Cola £1.95

Tonic Water £1.50

Thirsty Still Water £1.50

Thirsty Sparkling Water £1.50

Eager Orange Juice £2.75

## SMOOTHIES

Sunrise £4.75

Green Paraiso £4.75

Tropical £4.75

Ask us for our seasonal specials

## CANTON TEA

English Breakfast £2.55

Earl Grey £2.55

Green £2.55

Rooibos £2.55

Lemongrass & Ginger £2.55

Berry & Hibiscus £2.55

Fresh Mint £2.55