

weekday

brunch

9.30am - 3.30pm Monday to Friday

THE BARRE
LONDON

 @thebarrelondon

Eggs & Omelettes

Poached chilli eggs **V** £8.95

Clarified chilli butter, labneh & toasted seed crunch

Ham & cheese £9.45

Omelette topped with horseradish mayo & fermented chilli sauce* served with sourdough toast

Vegetarian **V** £9.45

Omelette with chestnut mushrooms, garlic spinach, whipped yogurt & fresh chives served with sourdough toast

We only use the best ingredients! All our dishes use only Cacklebean eggs

Sourdough

On toast

Cacklebean eggs **V** £8.95

Scrambled or fried topped with chilli flakes & sesame seeds, or poached topped with fresh chives

Smashed avocado **VG** £9.45

Served with tomato wedges, chilli oil, chilli flakes & sesame seeds

Add two poached eggs £2.95

Roasted portobello mushrooms **V** £9.95

Served with fermented chilli*, pickled onion and crème fraiche

Add a poached egg £1.50

Keep it simple! Toast with jam & butter £3.95

Bowls

Greek yogurt **V** £8.45

Granola, apricot & blackberry compote & sweet poached pear

Add almond butter 95p

Acai **VG** £9.45

Granola, banana, strawberries, blueberries, coconut flakes, almond butter, chia seeds, cacao nibs & goji berries

granola

We make all our tasty granola in house! A crunchy mix of oats, sunflower seeds, dried apricots & currants bursting with orange, cinnamon & ginger flavours

Extras

Smoked salmon £3.95

Cacklebean eggs **V** £2.95

Scrambled, fried or poached

Chilli mushrooms **VG** £3.95

Smashed avocado **VG** £2.95

Pan fried halloumi **V** £2.95

Hash browns **VG** £1.95

Sourdough toast **VG** £1.95

Fermented chilli sauce* **VG** 95p

*Contains soy. Please note that food prepared in our kitchen may come into contact with common allergens. If you have any dietary requirements please inform a member of staff.

V Vegetarian **VG** Vegan

Speciality coffee, juices & shakes

drinks

Cold pressed juices

Tropical Twist £6.95

Pineapple, apple & strawberry

Defender £6.95

Cucumber, lemon, apple
celery, spinach & ginger

Pineapple Punch £6.45

Apple, pineapple, lime
& mint

Citrus Zing £6.95

Orange, carrot & lemon

Einstein £6.45

Carrot, beetroot, celery,
spinach, orange & parsley

Refresh £6.45

Apple, cucumber & lemon

Add fresh ginger 50p

Speciality

Coffee & hot drinks

by The Espresso Room

Double Espresso £2.60

Double Macchiato £3.00

Piccolo/Cortado £3.00

Flat White £3.30/3.70

Latte £3.30/3.70

Cappuccino £3.30/3.70

Mocha £3.50/4.00

Long Black £3.00/3.30

Filter Coffee £3.00/3.50

Iced Latte £3.90

Iced Mocha £4.20

Iced Long Black £3.30

Cold Brew £4.00

Iced Chai £4.20

Iced Matcha £4.60

Hot Chocolate £3.80

Chai Latte £4.00

Matcha Latte £4.50

Beetroot Latte £4.00

Turmeric Latte £4.00

Selection of teas £2.70/3.20

Extras

Oatly/Almond/Coconut/Soya 30p

Decaf 30p

Extra shot 50p

Vanilla/Caramel/Hazelnut 50p

Supershakes

Island Sunrise £6.45

Strawberry, apple, carrot

Espresso HIIT £7.45

Double espresso, almond butter,
raw cacao nibs, banana & oat milk

Add protein £1.50

Gym & Juice £6.45

Avocado, spinach, banana
& choice of protein

Pure Protein £3.45

Choice of protein with
oat/coconut milk or water

Type: Whey or Plant

Flavours: Chocolate or Vanilla

protein

Please order at the bar with your table number.