

# Breakfast Menu

Served Mon-Sat 9:30-11:15, Sunday 9:30-12:00

## Iydea Big Breakfast (VO) £6.95

Lincolnshire style sausages (2), balsamic tomatoes (2), hash browns (2), mushroom avocado stir fry, smokey beans, scrambled or poached eggs, all served with choice of whole-grain, rye or GF toast\*\*

## Iydea Small Breakfast (VO) £4.25

Lincolnshire style sausage, balsamic tomato, hash brown, mushroom & avocado stir fry, smokey beans & scrambled eggs.

## Poached Egg a la Iydea £5.75

Poached eggs, avocado & smoked cheddar served with sweet chilli sauce and soured cream on whole-grain, rye or brown GF toast\*\*

## Eggs Babylon £4.85

Poached eggs with baby spinach, feta and mint on a buttered muffin.

## Tuscan Eggs £5.35

Poached eggs with balsamic & oregano roasted tomatoes on a bed of wild rocket drizzled with pesto oil.

## Poached & Stacked £4.75

A poached egg & hash brown stacked on a muffin with fruity breakfast sauce served with mushroom & avocado stir fry.

## Scrambled Eggs and Spinach £4.45

on whole-grain, rye or brown GF toast\*\*

## Scrambled Eggs with Sun £4.45

### Dried Tomatoes

on whole-grain, rye or brown GF toast\*\*

## Just Eggs on Toast £3.95

Poached or scrambled on whole-grain, rye or brown GF toast\*\*

## Tomatoes on Toast (VO) £3.75

Balsamic & oregano roasted tomatoes & wild rocket on whole-grain, rye or brown GF toast\*\*

## Iydea Stir Fry On Toast (VO) £3.95

Mushroom, avocado & tomato, stir fried in tamari and served on whole-grain, rye or brown GF toast\*\*

## Avocado on Toast (VO) £3.95

Avocado, hummus and cherry tomato on whole-grain, rye or brown GF toast\*\*

## Breakfast Muffin £2.20

Sausage, scrambled egg, cheese tomato & our own special fruity sauce in a warm muffin.

## Brunch Muffin (Vegan) £2.20

Avocado, sausage, balsamic roasted tomato, hummus, spring onion & our own special fruity sauce in a toasted muffin.

## Beans on Toast (VO) £2.75

Cannellini Beans smothered in our homemade tomato & smokey paprika sauce on whole-grain, rye or brown GF toast\*\*

## Banana Nut on toast. (VO) £2.75

Lashings of peanut butter and fresh cut banana on whole-grain, rye or brown GF toast\*\*

## Toasted & Topped (VO) £1.70

Whole-grain, rye, GF brown\*\* or a muffin toasted with a choice of strawberry or apricot jam, lemon curd, English marmalade, peanut butter, marmite, hummus or honey.

## Just Toasted

With butter or vegan spread.

## Whole grain or a muffin (VO) £1.20

## Rye bread (VO) £1.40

## Gluten free brown bread £1.60

## Hot Granola (VO)

A bowl of Iydea's own granola served with hot milk or soya milk available in 5 flavours:

## Just Plain £2.20

## Date & Coconut £2.70

## Berry & Vanilla £2.80

## Chai, Apricot, Hazelnut £3.20

## Apple, Cinnamon, Raisin £2.95

## Cold Options

## Granola Bowl (VO) £3.75

Iydea's own fruit & seed granola, soya or dairy milk, served with seasonal fresh fruit & topped with dried fruit or yogurt.

## Yogurt Bowl £3.50

Natural yogurt with seasonal fresh fruits, topped with granola and compote or sugared nuts.

## Fruit Bowl (VO) £3.25

Seasonal fresh fruit, apple & banana served with orange juice or agave syrup, topped with Yogurt or even try Pimm's (£1.75 supplement)

## Breakfast Smoothie (VO) £3.75

Iydea's fruit and seed granola, soya or dairy milk, with seasonal fruit and topped with yogurt or agave syrup.

## Key:

VO = Vegan option, can be made vegan on request.

GF = Gluten free

\*\* = Due to the high cost of speciality bread there is surcharge of 20p for rye and a 40p for Gluten free brown bread.

There may be traces of nuts in all of our food.