

FiveSixEight.

= GRAB & GO BREAKFAST =

Served Monday to Friday 8:00 - 11:30

PLAIN NATURAL YOGHURT £2.50

Add any one of the below toppings.

Seasonal Compressed Fruit | Banana | Nutella | Jam | Peanut Butter | Toasted Coconut | Hazelnuts | Sunflower Seeds | Pumpkin Seeds | Salted Caramel Sauce | Chocolate Sauce | Maple Syrup | Honey

Additional toppings - 50p each

OAT-MILK PORRIDGE £2.50

Add any one of the below toppings.

Seasonal Compressed Fruit | Banana | Peanut Butter | Toasted Coconut | Hazelnuts | Sunflower Seeds | Pumpkin Seeds | Maple Syrup | Chocolate Sauce | Cinnamon | Non Vegan Toppings: Nutella | Honey | Jam

Additional toppings - 50p each

ENGLISH MUFFIN WITH SAUSAGE £4.00

Toasted English muffin filled with your choice of meat or veggie sausage , fried egg, spinach and tomato

BREAKFAST WRAP £5.50

Toasted wrap with sausage, tomato, portobello mushrooms, hash brown, FiveSixEight Beans and cheese

VEGAN BREAKFAST WRAP £5.50

Toasted vegan wrap with vegan sausage, tomato, portobello mushrooms, hash brown and FiveSixEight Beans

PANCAKES £3.00

Pancakes with whipped cream.

Seasonal Compressed Fruit | Banana | Nutella | Jam | Peanut Butter | Toasted Coconut | Hazelnuts | Sunflower Seeds | Pumpkin Seeds | Salted Caramel Sauce | Chocolate Sauce | Maple Syrup | Honey | Bacon |

Additional toppings - 50p each

BELGIAN WAFFLE £3.00

Belgian waffle with whipped cream.

Seasonal Compressed Fruit | Banana | Nutella | Jam | Peanut Butter | Toasted Coconut | Hazelnuts | Sunflower Seeds | Pumpkin Seeds | Salted Caramel Sauce | Chocolate Sauce | Maple Syrup | Honey | Bacon |

Additional toppings - 50p each

= SMOOTHIES =

All smoothies served in a 340ml milkshake/soda glass or domed plastic vegware cups

PURE POWER SMOOTHIE £3.20

Thick low fat yoghurt, orange juice, kiwi, apple, fresh spinach leaves and mango pieces, garnished with an apple wedge, kiwi wheel and a mango piece on the rim

DETOX SMOOTHIE £3.50

Pineapple juice, dates, cucumber, fresh ginger, fresh basil, leek, mint and fresh lemon, topped with a cucumber wheel

CHOCOLATE OATMEAL SMOOTHIE £3.40

Rolled oats, banana, unsweetened vanilla soya milk, cocoa powder, maple syrup topped with oats and chocolate powder

ALL ABOUT THE BERRIES £3.20

Mixed berries, thick low fat yogurt, coconut milk, cranberry juice with rolled oats, topped with speared mixed berries

 **Gluten Free**

 **Vegetarian**

 **Vegan**

Due to the freshly prepared nature of our products we cannot guarantee that they will not contain traces of nuts.
For more information on allergens please speak to a member of staff.

= SIT & GRAZE BREAKFAST =

Served Monday to Friday 10:00 - 11:30

ENGLISH BREAKFAST £4.00

VEGAN 

2 x vegan sausages, hash brown and tomato

MEAT

2 x pork sausages, egg (fried or scrambled), toast (white bloomer, gluten free  or sourdough)

ADD EXTRA ITEMS FOR £1.00 EACH

Bacon | Fried Egg | Scrambled Egg | Hash Browns  |
Tomato  | Spinach & Onions  | FiveSixEight Beans  |
Button Mushrooms 

SALMON TOAST £6.60

Smoked salmon on a toasted sourdough slice with avocado, cream cheese & chive spread, pickled cucumber and a poached egg

EGGS FLORENTINE £4.00

Baked croissant with spinach, poached egg, hollandaise sauce and chives

BAKED TOMATO WITH QUINOA SALAD £5.25

Two baked beef tomatoes halves stuffed with quinoa salad, avocado, chilli, sweetcorn, coriander and chives. Served with fried spinach & onions

AVOCADO TOAST £4.50

Gluten free  or sourdough toast served with avocado and chillies topped with a poached egg, grilled tomato, pumpkin seeds and baby watercress

MUSHROOMS WITH FIVESIXEIGHT BEANS £4.20

Two baked portobello mushrooms dressed with our specially made in-house 'FiveSixEight Beans'. Served with a spinach & parsley oil

EGGS BENEDICT £4.00

Baked croissant with streaky bacon, poached egg, hollandaise sauce and chives

= SIDE DISHES =

FRIED PLANTAIN CRISPS £1.50 

FIVESIXEIGHT BEANS £2.00 

MINI HASH BROWNS £1.50 

WHITE BLOOMER TOAST £0.60

GLUTEN FREE  OR SOURDOUGH TOAST £0.70

TOASTED VEGAN WRAP £1.50 

 **Gluten Free**

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 **Vegan**

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