



At Yeotown, we believe food should fuel both body and mind. Our ingredients are sourced with integrity. Grass-fed, regenerative-farmed meats from The Ethical Butcher, wild-caught fish from sustainable waters, and farmer's market inspired, seasonal produce from trusted local growers.

Every dish is designed to balance nourishment and flavour, rooted in our Yeotown philosophy: **Strong in Body, Clear in Mind.**



[www.yeotown.com](http://www.yeotown.com)



# Y BREAKFAST MENU

## SAVOURY

### Yeotown English Breakfast 18

Free-range pork or plant-based sausage, eggs, house-baked beans, herb-roasted tomato, chestnut mushrooms, spinach, herb potatoes and sourdough or gluten-free toast. (CE) (G) (SU) (SY) (VGO)

*A hearty yet balanced start. Protein for vitality, fibre for digestive health.*

### Eggs Royale / Florentine 18 / 16

Homemade chia and oat muffin with smoked salmon or spinach, cashew hollandaise and poached eggs or tofu. (CE) (M) (N) (F) (VGO)

*Omega-3s from salmon and vitamin-rich greens for cognitive clarity and calm energy.*

### Huevos Rancheros 17

Blue corn tortillas with black bean and red pepper salsa, fried eggs or tofu, vegan feta, avocado & pea smash, chilli, coriander and lime. (GF) (CE) (VGO)

*Beans for plant protein, avocado for brain health and chilli for natural metabolism support.*

### Shakshuka 16

Poached eggs or tofu in a rich tomato and pepper sauce with vegan feta, toasted seeds, coriander cress and sourdough toast. (CE) (G) (GFO)

*Antioxidant-rich tomatoes and peppers to boost immunity and energy.*

### Avocado & Pea Smash 12.5

Avocado and pea smash on sourdough or gluten-free toast, topped with sprouted beans, spiced crispy chickpeas, seeds and microgreens. (VG) (G) (GFO)

*Healthy fats and fibre for balanced energy and glowing skin.*

### Eggs Your Way 8

Free-range eggs served your way on sourdough or gluten-free toast with cherry vine tomatoes and microgreens. (CE) (G) (GFO)

*Protein to build strength; lycopene-rich tomatoes for skin and heart health.*

### Mimosa with Fresh Squeezed O.J. 10

### Bloody Mary (with or without Vodka) 10

## SWEET

### Pumpkin Spiced French Toast 15

Pumpkin-spiced vegan French toast with blackberry coulis, poached apple, oat crumble and vanilla coconut yoghurt. (G) (VG)

*Warming spices to balance blood sugar and calm the nervous system.*

### Blue Matcha Pancakes 14

Blueberry and banana pancakes with blue matcha coconut yoghurt, berries, maple syrup and coconut flakes. (VG) (GF)

*Antioxidants and adaptogens to support mood and morning metabolism.*

### House Superfood Granola 11.5

House granola with Greek or coconut yoghurt, poached apple, berries, compote and blossom honey. (D) (SU) (VGO)

*Gut-friendly and antioxidant-rich, a perfect balance of fibre and natural sweetness.*

### Protein Power Porridge 11

Chia and oat porridge with almond butter, homemade berry compote, poached apple and house granola. (VG) (GF) (N) (SU)

*Slow-release carbs, plant protein and antioxidants for lasting focus.*

## EXTRAS

### Free-range pork sausages 4.5

### Vegan sausages (SY) 4.5

### Eggs your way (CE) 4

### Avocado & pea smash 3.5

### Smoked salmon (F) 4.75

### Sourdough (G) or gluten-free toast 3

### Greek (D) or coconut yoghurt 3.5

**Disclaimer:** Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

**Allergen Guide:** Celery (C) - Gluten (G) - Mustard (M) - Nuts (N) - Peanuts (PN) - Sesame (S) - Sulphates (SU) - Soya (SY) - Fish (F) - Eggs (CE) - Vegan (VG) - Gluten Free (GF) - Nut Free Option (NFO)