



PROUD  
EAST  
N°2-10 HERTFORD RD  
HAGGERSTON

# HUNGRY?

BREAKFAST STOPS AT 12.30PM  
LUNCH SERVED FROM 12.30PM

## BREAKFAST

Muesli and Yoghurt	6
Scrambled Eggs and Sourdough Toast <i>Choice of smoked Salmon, Bacon as extra £1</i>	7
Poached Eggs on English Muffins, Hollandaise Sauce	6
• Benedict	8
• Florentine	7
• Royale	9
The Lean Brunch	10
<i>2 Poached Eggs, Pastrami, Beetroot, Spinach with seeds and Mediterranean Salad, served with Wheat Free Bread</i>	
Full Brunch	10
<i>Scrambled or fried eggs, smoky bacon, Heinz baked beans, sausage, roasted Tomato, sautéed mushrooms &amp; toasted artisan sourdough</i>	
Veggie Brunch	10
<i>Scrambled or Fried Eggs, veggie sausages, Heinz baked beans, roasted Tomato, sautéed mushrooms and avocado with toasted artisan sourdough</i>	

## SALADS

Grilled Salmon or Chicken Nicoise Salad	12
Beetroot, Goat's Cheese and Redcurrant Salad	7
3 seed, Baby Spinach and Feta salad	7
Smoked Chicken, Avocado and Baby Gem salad	7
Falafel, Hummus and Eastern Mediterranean salad	7

## BURGERS

The Classic burger <i>with pickles, salad and our special sauce</i>	9
The Smokey <i>with bacon and cheese</i>	10
Spiced Lean Lamb, Mint Yoghurt and salad pitta burger	10
Vegetarian Burger	9

## SMALL PLATES AND ENTRÉE

Spicy Tomato and Bean soup	4
Poached Egg 'en Meurette'	6
Broad bean Fish cakes, poached Sorrel, Parsley sauce	7
Grilled Asparagus, truffle dressing	9
Smoked Salmon, Fresh salmon and basil rillettes, with toast	9
Seared Beef, Parmesan shaving, Caesar Dressing	10

## LARGE PLATES AND MAINS

Shepherd's Pie and Mash	9
Chicken or Beef chilli served in Bell pepper, sour cream	8
Panfried Cod, Tomatillo salsa verde, French beans and Shallot salad	12
Linguine Al Vongole	14
3 Cheese and Zucchini Macaroni	9
Jerusalem Artichoke and Baby Spinach gratin	10
Chestnut Mushroom stroganoff in Filo pastry case	10

## PANCHA GRILL

*served with a choice of side portion from the salad section, choice of sauces or mustards*

Peri -Peri Poussin	10
Salmon fillet	12
Fillet steak	22

## SIDES

Healthy Green Salad	3
Spinach	3
French Beans	4
Skin on wedges	4
Skinny Fries	4
Mashed Potato	3
Sweet Potato Fries	4



Prices are inclusive of VAT. Please note a discretionary service charge of 12.5% will be added to your bill (mandatory for tables of 6 or more)  
Before placing order, please inform us if a person in your party has a food allergy  
In line with EU regulation 1169/2011, allergen product lists are available upon request

## WAKE UP

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### COFFEE

*roasted by Caravan*

espresso	<b>2.20</b>
flat white / latte / cappuccino	<b>2.80</b>
long black	<b>2.80</b>
mocha	<b>3.50</b>
piccolo / cortado	<b>2.20</b>
extra shot	<b>50p</b>

### LEAF TEAS

*made by Chash*

**2.80**

### HOT CHOCOLATE

*made with real chocolate!*

**3.50**

white or dsark Chocolate

milk Chocolate

add a shot of rum & squirty cream for £3!

## SOFTS

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### JUICES

*made by Chash*

orange with bits	<b>2.80</b>
pink grapefruit	<b>2.80</b>
cloudy apple	<b>2.80</b>
cranberry	<b>2.80</b>
tomato	<b>2.80</b>
pineapple	<b>2.80</b>

### FIZZY STUFF

pepsi / diet pepsi	<b>3</b>
lemonade	<b>3</b>
soda & lime	<b>3</b>
still or sparkling water	<b>3.50</b>
homemade lemonade	<b>4.50</b>
fentiman's rose lemonade	<b>4.75</b>
fentiman's ginger beer	<b>4</b>



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# WINE LIST

## WHITE

	Bottle	125ml	175ml	250ml	500ml
<b>Spinnaker White</b> , Robertson, South Africa..... 2014	20.00	4.00	4.50	6.50	13.00
<b>Cielo Sauvignon Blanc</b> , Veneto, Italy..... 2014	22.00	5.00	5.50	7.50	15.00
<b>Galassia Pinot Grigio</b> , Veneto, Italy..... 2014	24.00	6.00	6.50	8.25	16.50
<b>Muscadet-Sur-Lie 'Les Roches Gaudinieres'</b> , Domaine Derame, Loire Valley, France..... 2014	26.00	7.00	7.50	9.00	18.00
<b>Villa St Croix Viognier</b> , Pays d'Oc, France..... 2014	28.00	8.00	8.50	9.75	19.50
<b>Clarence River Sauvignon Blanc</b> , Marlborough, New Zealand..... 2014	30.00	9.00	9.50	10.50	21.00
<b>Mâcon La Roche Vineuse</b> , Château de la Greffiere, Burgundy, France..... 2014	32.00	-	-	-	-
Gavi 'Mezzana', Dezzani, Piedmont, Italy..... 2014	35.00	-	-	-	-
<b>Sancerre 'Les Blancs Gateaux'</b> , Domaine Tinel-Blondelet, Loire, France..... 2014	39.00	-	-	-	-

## ROSÉ

<b>Maison Sabadie Réserve Rosé</b> , Vin de France..... 2014	20.00	4.00	4.50	6.50	13.00
<b>Pinot Grigio 'Sentito' Rosato</b> , Veneto, Italy..... 2014	25.00	8.00	8.50	9.75	19.50

## RED

<b>Spinnaker Red</b> , Robertson, South Africa..... 2014	20.00	4.00	4.50	6.50	13.00
<b>Goleta Merlot</b> , Central Valley, Chile..... 2014	22.00	5.00	5.50	7.50	15.00
<b>Nero d'Avola</b> , Angelo Rocca, Sicily, Italy..... 2014	24.00	6.00	6.50	8.25	16.50
<b>Valcheta Malbec</b> , Mendoza, Argentina..... 2014	26.00	7.00	7.50	9.00	18.00
<b>Côtes du Rhône 'Les Combelles'</b> , Rhône Valley, France..... 2012	28.00	8.00	8.50	9.75	19.50
<b>Tronido Rioja Crianza</b> , Bodegas Navajas, Spain..... 2011/12	30.00	9.00	9.50	10.50	21.00
<b>3 Woolly Sheep</b> , Pinot Noir, Hawkes Bay, New Zealand..... 2015	32.00	-	-	-	-
<b>Château du Puy Bonnet</b> , Montagne-Saint-Émilion, Bordeaux, France..... 2012	35.00	-	-	-	-
<b>Gigondas 'Vieux Clocher'</b> , Arnoux & Fils, Rhône Valley, France..... 2013	39.00	-	-	-	-

## SPARKLING / CHAMPAGNE

	Bottle	125ml
Moscato d'Asti, Paolo Pizzorni, Italy..... 2014	25.00	-
Prosecco Frizzante, Enrico Bedin, Veneto, Italy..... NV	28.00	-
Prosecco Spumante, Enrico Bedin, Veneto, Italy..... NV	30.00	6.00
Rosé Spumante 'David', Enrico Bedin, Veneto, Italy..... NV	32.00	7.00
Champagne Rimbaud Brut, Pierry, France..... NV	59.00	12.00
Champagne Pannier Brut Rosé, France..... NV	65.00	-
Champagne Pannier EV Brut Sélection, France - Magnums..... NV	120.00	-