

# mallow

available weekdays until 11am

## bowl

- pb&j porridge, peanut butter, seasonal chia jam 6
- berry smoothie bowl, coconut yoghurt 7
- red lentil dahl, labneh, flatbread 7

## bread ~ on toasted sourdough

- smashed pea, almond feta 7
- scrambled cleanbean tofu, harissa 6.5
- labneh, roast pumpkin, date molasses 8.5
- maple baked beans, smoked cheeze 8.5

## plates

- apple cinnamon pancakes, date butter 9
- porcini truffle croque monsieur 9
- full english: scrambled tofu, maple baked beans, mushroom, potatoes, sausage, kale, sourdough toast 13
- market brunch: scrambled tofu, chopped salad, turkish pepper, labneh, pickles, flatbread 12

## soft drinks

- cold brewed teas 4.5
  - plum & hibiscus • cbd, pear & apple • peach
- market smoothies 6.5
  - abc nut butter, banana, date, almond milk •
  - mixed berries, banana, apple, spinach, flaxseed, maca, cacao, guarana
- organic juices 5.5
  - carrot, apple, ginger •
  - kale, celery, cucumber, apple, lemon •
  - pineapple, apple, ginger, turmeric •
  - beetroot, apple, carrot, lime •
- peach & jasmine cbd soda 6.5
- real kombucha royal flush 5.5

## hot drinks

- organic coffee by union
  - americano • espresso 2.5
  - flat white • latte • cappuccino 3
- loose leaf teas by rare tea co. 3
  - speedy breakfast • rare earl grey •
  - jasmine silver • wild rooibos •
  - sri lankan lemongrass • green leaf
- fresh mint tea 2.5
- fresh lemon & ginger tea 2.5
- hot chocolate 3.5
- matcha latte 4.5

homemade gluten free bread options available.

our ingredients are sourced from borough market where possible.

all our dishes are plant-based. not all ingredients are listed on the menu. speak to our team if you have any allergies or intolerances.

whilst not containing any gluten, some dishes are cooked in our fryers that have also been used to cook wheat products, these dishes should be avoided if this level of cross contamination will affect you. we do not have dedicated preparation or cooking areas in our kitchens for nut-free or gluten-free food. as our food is prepared & freshly cooked to order, there may be a risk that traces of all allergens can be found in any dish. we are happy to provide you with allergen and ingredient information for all our menu items. we advise you to speak to a member of staff if you have any food allergies or intolerances. an optional service charge of 12.5% will be added to your bill for the benefit of all our staff.

