

FOODWELL BRUNCH

MINDFUL DINING

HEALTH SHOTS 3 | HARD GREENS | CARROT, GOLDEN BEET & TURMERIC | BLACK CARROT & BERRIES

BRUNCH

GOLDEN MILK SPICED PORRIDGE almond milk, turmeric, cardamom, toasted nuts, coconut yoghurt, gingerbread crumb. GF V VEG	6
CARAMEL GRANOLA BOWL vanilla, fermented blueberry, miso caramel, berries, coconut yoghurt. GF V VEG	6
RICOTTA HOT CAKES banana, maple, blueberries or bacon, maple, apple & peanut butter	7
SAUSAGE & EGG BREAKFAST MUFFIN sausage patty, folded organic egg, charcoal brioche, korean ketchup, cheese, crispy onion	8
CHIA PUDDING coconut milk, passion fruit, pineapple, mango, lime leaf, toasted coconut. GF V VEG	7
AUSSIE BEACH BREAKFAST bacon, poached egg, avo, lime, chilli, tomato, spinach, halloumi. GF	9
FOODWELL BREAKFAST cumberland sausage, mushroom, bacon, tomato, poached egg, sweet potato hash, beetroot black pudding	11
PLANNT BREAKFAST turmeric scrambled tofu, mushrooms, avo, tomato, sweet potato hash, wilted spinach beetroot black pudding. GF V VEG	10
JALAPEÑO CORN BREAD, BLACK BEAN SALSA chilli cornbread, avocado, poached egg, bean salsa, pickled red onion, harissa sour cream. GF VEG	8
BUILD YOUR OWN ON TOAST HALLOUMI / BACON / EGGS / AVOCADO / SMOKED SALMON/ WILTED SPINACH	3 + 2 EA
FOODWELL BURGER superfood brioche, chipotle sour cream, cheese, salsa verde, avocado, crispy onion, smoked sumac salted chips. GF	14
STEAK & EGGS flat iron, scrambled egg, tomato, spinach, korean ketchup	9
TOKYO BEEF RAMEN fillet steak skewer, broccoli, beansprouts, rainbow vegetables, lime, beetroot egg, bone broth	15
TUNA POKÉ BOWL raw tuna whole grain miso rice, pickled red cabbage, ginger, edamame, avocado, rainbow beets, pineapple, sesame. GF	16
INDIAN MUSHROOM BALTI BURGER shiitake mushroom, baby gem, pickled red cabbage, harissa cheese, korean ketchup smoked sumac salted chips. V VEG	12
CAULIFLOWER SHAWARMA charred cauliflower, coconut yoghurt, pine nuts, pomegranate, coriander, chilli, rose. GF V VEG	12.5

COCKTAILS

BUTTERFLY PEA PORNSTAR butterfly pea, finlandia, lime, pineapple, prosecco	10
RHUBARB PALOMA rhubarb, grapefruit, lime, pink peppercorn, soda	8
LYCHEE MIMOSA	6
BREAKFAST MARTINI bombay sapphire, cointreau, lemon, marmalade	8
BLOODY MARY & MIMOSA BAR 10AM - 4PM CREATE YOUR OWN MARY FROM A CHANGING LINE UP OF JUICES & SPIRITS.	

SUNDAY ROASTS

2PM - LATE

WILD GARLIC ROAST CHICKEN	13
TRADITIONAL ROAST SIRLOIN OF BEEF with a giant Yorkshire.	15
ROAST CAULIFLOWER SHAWARMA coconut yoghurt, pine nuts, pomegranate & rose.	12

SIDES

HALLOUMI SLEEPERS greek yoghurt, pomegranate, mint. GF VEG	4.5
HISPI CABBAGE miso, feta. GF VEG	5
CHIPS smoked sumac salt. GF V VEG	4
TOGARASHI VEGETABLES GF VEG	4.5
MISO RICE GF V VEG	4.5
MIXED LEAF SALAD GF VEG	4
BALTI HASSELBACK POTATOES GF V VEG	4.5

ALL TABLES ARE SUBJECT TO A DISCRETIONARY SERVICE CHARGE OF 10% WHICH GOES DIRECTLY TO THE STAFF WHO WORKED ON THE DAY. PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES OR INTOLERANCES UPON SEATING.

V VEGAN **VEG** VEGETARIAN **GF** GLUTEN FREE

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