

BREAKFAST MENU

available until 11am daily



TO START YOUR MORNING

- Mimosa 7.25
sparkling + fresh orange juice
- Bloody mary 10.00
a blend of tomato juice, spicy seasoning + vodka
- Pomegranate & elderflower bellini 7.25
pomegranate syrup, elderflower syrup, sparkling + pomegranate

SWEET START

- House made granola bowl (v)(ve)(gc)(n) 6.25
coconut granola, walnuts, almonds, mixed seeds, chopped dried fruits, with fresh fruit + coconut yoghurt
- Selection of croissants & sweet pastries (v)(n) from 2.50
- Thick cut brioche french toast (v) 8.95
raspeberry jam + ricotta with maple syrup

- Buttermilk pancakes (v) 9.95
banana, strawberries, raspberries with maple syrup
- Top up with
crispy bacon + 2.95
turkey bacon + 3.95

GRAINS

- California breakfast bowl 9.95 (v)(gc)
quinoa, kale salad leaves, scrambled eggs, grated radish, avocado, roast cherry tomatoes + coconut yoghurt

- My morning porridge bowl 5.95
pear + cinnamon compote, toasted walnuts, pomegranate + honey (v)(n)
- strawberry, banana, pomegranate + honey (v) 5.45

oat, almond, soy + semi skimmed milks available

***SEE OVER FOR OUR DRINKS!** →

LIGHT + FRESH MORNING RISERS

- Mexican eggs (gc) 9.95
soft warm corn tortilla, fried eggs, tomato salsa + chipotle sauce, mixed beans, crispy chorizo bits
- Open tacos vegan scramble (v)(ve)(gc) 9.95
black bean + tofu scramble with coconut yoghurt, mixed tomatoes, chipotle sauce, oregano, sweet paprika, avocado on a soft corn tortilla

- Free range eggs any style (v) 6.95
fried or scrambled eggs, classic sourdough toast + roast cherry tomatoes - gluten free toast available on request*
- Add your choice to make it your own:
smoked salmon + 3.95
avo smash with nigella seeds + fresh lime (v)(ve) + 2.95

FARM TOAST

- On brown sourdough avo smash, mixed tomatoes, nigella seeds, fresh coriander, pickled red onions, basil oil (v)(ve) 9.95
- sliced banana, almond butter, toasted almonds, maple syrup, raspberry jam (v)(ve) 8.95
- flaked salmon, hard boiled egg, labne cheese, avocado, pickled red onion, capers 10.95

BREAKFAST CLASSICS

- Morning breakfast plate 8.95
fried or scrambled eggs, slow roasted tomato, hash potatoes, smoked bacon, boston baked beans + classic sourdough toast + 1.95
- Sonoma country breakfast 12.95
fried or scrambled eggs, slow roasted tomato, mixed mushrooms, hash potatoes, smoked bacon, morning cumberland sausages, boston baked beans + classic sourdough toast
- Lady croque 9.95
wiltshire ham, smoked bacon, lots of mustard cheesy sauce
- Veggie croque (v) 9.25
spinach, kale, fresh thyme, lots of mustard cheesy sauce... + fried egg to any croque toastie + 1.95

- Open pan skillet omelette (v) 10.95
roast peppers, mushrooms + cheddar cheese with sourdough toast
- Veggie breakfast (v) 11.95
fried or scrambled eggs, havarti cheese, avocado smash, mixed mushrooms, slow roasted vine tomato, boston baked beans, classic sourdough toast

- Mediterranean plate of sunshine (v) 10.95
free range fried eggs, chopped middle eastern salad, labne cheese, avocado, grilled flatbread toasts

SIDES

- Morning cumberland sausages 3.75
- Crispy bacon 2.95
- Turkey bacon 3.95
- Free Range Egg 1.95
- Avocado smash, nigella seeds + fresh lime (v) 2.95
- Toast, jams, butter (v) 3.95
- Hash potatoes (v) 3.65
- Boston baked beans (v) 3.75

*Gluten free bread is available for an additional 1.00 - please ask

ADD A GLASS OF ORANGE JUICE 3.25

(v) = vegetarian
(ve) = vegan
(gc) = gluten conscious
(n) = contains nuts

COFFEE – ESPRESSO – TEAS

Carefree cappuccino	3.00	Vibrant matcha	3.20
Arabica filter	3.25	tea latte	
Awake espresso	2.25	Cool iced coffee	3.00
All day americano	2.75	Focused chai latte	3.75
Lovely caffe latte	3.00	Minty iced green tea	2.95
Marvelous mocha	3.00	Yorkshire Tea	2.35

Teapigs	2.50
honeybush + rooibos, darjeeling earl grey, chamomile flowers, peppermint leaves, mao feng green tea, superfruit	
oat, almond, soy + semi-skimmed milk available	

HOT CHOCOLATE

Happy vegan hot chocolate	3.25
oat, almond, soy + semi-skimmed milks available	

BREAKFAST – SMOOTHIES

Classic green	4.75
kale, spinach, mango, apple	
Central coast (n)	4.75
coconut yoghurt, almond butter, dates, coconut milk, vanilla	
Hello morning	4.75
strawberry, blueberry, banana, grape, apple	
Hippie child	4.75
passion fruit, pineapple, mango, apple	

NATURAL REFRESHMENTS

Naturally refreshing homemade drinks made with sweet sonoma soul for you! All topped up with sparkling mineral water, crushed ice + naturally house dried fruit

Refreshed	3.95
watermelon, raspberry + mint	
Enjoy	3.95
apple, vanilla + rosemary	



SOFT DRINKS

Coke / Fanta	3.25	Fever-tree tonic	2.45
		mediterranean, aromatic, sicilian	
Coke zero / Diet coke / Sprite zero	2.85	lemon, elderflower, light, regular	
Still or Sparkling water	2.40	Karma cola	3.25
Apple, Tomato or Cranberry juice	2.50	Gingerella	3.25
Fresh orange juice	3.25	Lemony lemonade	3.25

OUR BEAUTIFUL blend of organic coffee is grown by family farmers from Chirinos in Peru, Cocafelol in Honduras, Fero in Sidama & Konga in Yirgacheffe, Ethiopia and are expertly blended to produce the vibrant and zesty taste you will find in the Sonoma espresso.

Sonoma filter coffee is sourced from Rwanda where the rich volcanic soil produces the very best coffee, filled with flavours of tangerine, fudge and demerara sugar. Cocagi Gashonga is grown in the area where the first coffee trees were planted and where the farmers are focused towards achieving sustainable livelihoods for their community.

TEA is sourced from top quality, well-run estates by our friends at Teapigs. Our selection is always 100% natural, sustainably sourced and tested against pesticides. Teapigs are committed to giving back to communities that bring us our tea.

V = Vegetarian. These products do not contain any meat or fish. VE = Vegan. These dishes are made from ingredients that do not contain any animal products. However we do not have dedicated preparation or cooking areas in our kitchens for vegetarian or vegan food. (GC) dishes are made from ingredients which do not contain gluten. However, we do not have dedicated preparation or cooking areas within our kitchen for vegetarian (and gluten-free food). Not all ingredients are shown in the dish descriptions. N = Contains nuts. All dishes on this menu are subject to ingredient availability. Not all ingredients are shown in the dish descriptions. We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item. We advise you to speak to a member of staff if you have any food allergies or intolerances. For full details visit www.restaurantallergens.com/sonoma. Our fish is a natural product & may contain small bones. We are happy to provide you with allergen guidelines for all our menu items. As our food is prepared & freshly cooked to order in our busy kitchen, there may be a risk that traces of allergens & gluten can be found in any dish. For more detailed information please ask one of our crew. TRG Concessions only use RSPCA Assured™ shell eggs in our restaurants. This means we use suppliers and farmers that adhere to the RSPCA welfare standard and have been checked by RSPCA assessors.



EAT, DRINK, LIVE

Sonoma

VEGETARIAN & VEGAN
MENUS AVAILABLE.
PLEASE ASK
YOUR SERVER.