



... enjoy nutritious, organic choices for Brunch & Lunch...

Eliane is food to make the soul smile. We believe in using healthy, alkaline whole foods.

...served from 8.30am until 4pm

vegan breakfast **VE**

18.50

Lentil pancakes, sliced avocado, organic baked beans, sautéed potatoes, mushrooms, courgette, tomatoes, kale, sourdough toast and gut-friendly sauerkraut.

eliane breakfast **DF**

18.95

Chicken or pork sausages, two locally sourced poached eggs, organic baked beans, sautéed potatoes, mushrooms, courgette, heritage tomatoes, kale, sourdough toast, and gut-friendly sauerkraut.

avocado on toast **VE**

13.50

Aston's organic ciabatta topped with sliced avocado, sumac herb dressing, feta, micro-greens, toasted seeds, and gut-friendly sauerkraut.
Add poached eggs +2.50 | Add smoked salmon +3.50

shakshuka **DF/VG**

14.95

Two locally sourced, organic poached eggs in a rich and smoky north African style tomato sauce, served with organic toast.

sausages & eggs **DF**

15.95

Two artisan pork sausages served with sautéed potatoes, sautéed courgettes and mushrooms, two locally sourced, organic poached eggs and harissa sauce, served with sourdough toast.

rosti benedict/ royale/ florentine **DF**

16.95

Crisp herb rosti topped with two organic poached eggs and either Wiltshire ham, smoked salmon or spinach and hollandaise sauce, served with toasted ciabatta.

sabich **VG**

15.95

Fragrant aubergine and potato stir-fry with poached eggs, tahini, and sauerkraut. Served with sourdough toast.

field mushroom rarebit **VG**

14.95

Wild mushrooms on Aston's ciabatta with local cheddar, sumac oil and pickled shallots.

steak sandwich

19.95

Seared grass-fed rump steak, layered with sweet balsamic onions and rocket on toasted Aston's ciabatta. Served with horseradish crème fraîche and a side of sautéed potatoes.

breakfast butty

11.95

Aston's toasted ciabatta with bacon, sausage and egg, served with homemade caramelised onion ketchup.

porridge **VE GF**

8.95

Organic porridge oats simmered with your choice of organic milk, cinnamon and stewed apples. Served with honey or date syrup.

from the counter

From 18.95-20.95

Served between 12 – 3pm

Choose from any four of our delicious vegan options or opt for three with the addition of the chicken, fish or quiche option the day.

Vegetarian medley **18.95**

Quiche medley **18.95**

Fish medley **20.95**

Chicken medley **19.95**

soup for the soul

8.95

Served between 12 – 4pm Served with your choice of lunchtime breads.

coronation chicken open sandwich

15.95

Corn fed chicken with a lightly spiced mayonnaise and greek yoghurt, sultanas, pomegranate seeds and cucumber on sourdough toast. Topped with flaked almonds, finely sliced preserved onion and homemade mango salsa.

smoked salmon open sandwich

17.95

Smoked salmon with cream cheese, cucumber, avocado, dill and finely sliced red onions, capers with a mint and sumac dressing. Served on sourdough toast with a sprinkling of toasted seeds.

heritage grain toast **VE**

4.95

Aston's organic toast served with butter or coconut oil and homemade, refined sugar free preserves.

panini

10.50

Served with a green salad
Brie, walnut and tomato
Mozzarella, tomato, pesto
Cheddar, bacon, red onion

butties

Bacon roll 7.50
Sausage roll 7.50
Bacon and sausage 8.50

extras

Bacon 3
Sausage 3
Egg 2.50
Avocado 3
Saute Potatoes 3.50
Smoked Salmon 3.50
Feta 3
Toast 2
Lentil Pancake 2.50
Baked Beans 2.50

VG vegetarian **VE** vegan **GF** gluten free **DF** dairy free

All our dishes are created to our ethos of nutritious, delicious choice.

We can prepare all brunch & lunch dishes with gluten free toast. We cook with raw virgin coconut oil, Himalayan rock salt and whole food ingredients - organically sourced wherever possible. If you have any dietary requirements, please let a member of our team know.



ORGANIC MILK, CREAM, BUTTER, GHEE AND ICE CREAM. THE BERKLELEY FARM COWS GRAZE IN PASTURES IN THE IMMEDIATE SURROUNDING AREA.

ASTONS BAKEHOUSE



INKPEN BASED PRODUCERS OF OUR SIGNATURE HERITAGE GRAIN SOURDOUGH PLUS, FOCACCIA, PANINI, CIABATTA, AND OUR PASTRIES. ALL ORGANIC TOO!

RAMSBURY BREWERY



OUR ALE SUPPLIER. WE USE RAMSBURY GOLD.



WHERE WE SOURCE ALL OUR ORGANIC FLOURS FOR BAKING.

THE NAKED GRAPE



WINE SUPPLIER. PROVIDING US WITH BIODYNAMIC, ORGANIC WINES. A LOCAL, INDEPENDENT BUSINESS.

THE MILLER-WARDS

A LOCAL, FAMILY RUN BUSINESS PROVIDING OUR EATERIES WITH FABULOUS FRESH FRUIT AND VEGETABLES.



ELIANE HUNGERFORD



ELIANE SUNNINGDALE



OUR TEA SUPPLIER BASED IN MARYLEBONE, LONDON PROVIDING HIGH QUALITY, ETHICAL TEA SOURCED FROM SINGLE GARDEN GROWERS.



SMITHS COFFEE

COFFEE ROASTERY IN HEMEL HEMPSTEAD, PRODUCERS OF OUR SIGNATURE ORGANIC ELIANE BLEND.



LONDON

FROM OUR GARDEN

WILD FLOWERS, NETTLES, APPLES, BEANS, WATERCRESS, PLUMS, PEARS, HERBS, PUMPKINS. ALL FROM WITHIN A MILE OF OUR HUNGERFORD EATERIE.



SUTTON ESTATE

EGG SUPPLIER FOR OUR EATERIES. MARSH BENHAM, NEWBURY. FRESH, LOCALLY SOURCED, ORGANIC EGGS.



INFINITY FOODS

LARGELY ORGANIC SUPPLIER OF DRY GOODS, ORGANIC PLANT MILKS AND GOODIES FOR OUR SHELVES.

SUNNINGDALE

ENVIROPACK

OUR PACKAGING SUPPLIER ALL BIODEGRADABLE AND COMPOSTABLE.



WE DON'T LIKE WASTE, WE COMPOST AS MUCH AS POSSIBLE.