



enjoy nutritious, organic choices for Brunch...

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

Served between 8.30am – 4.30pm

vegan breakfast VE 12.95

Lentil pancakes, avocado, sautéed kale, courgette, mushroom and heritage tomatoes, organic baked beans and organic toast.

eliane breakfast DF 13.95

Homemade chicken sausages, locally sourced organic poached/scrambled eggs, sautéed kale, courgette, mushroom and heritage tomatoes, organic baked beans and organic toast.

avocado on toast VE 7.95

Two slices of organic sourdough toast, topped with a sliced avocado and a fresh herb dressing.
Add poached eggs. 10.95 **VG**

smoked salmon, avocado and egg DF 12.95

Organic toast topped with sliced avocado, smoked salmon and either poached or scrambled locally sourced, organic eggs.

shakshuka DF/VG 9.95

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

creamy garlic mushrooms VE 9.95

Sautéed, garlic infused mushrooms in a creamy coconut sauce, served with either organic sourdough toast or steamed rice.

goat's cheese & roasted peppers VG 10.95

Two rounds of goat's cheese and herbs, stuffed inside a roasted pepper. Served with a roasted red pepper and tomato sauce and organic toast.

sabich VE 8.95

A middle eastern stir fry of fragrant potatoes and aubergine, drizzled with tahini sauce and topped with a poached egg. Served with organic toast.

akuri VG 9.95

Scrambled eggs with an eliane twist. Chilli, onions, mushrooms and spinach run through three organic, locally sourced eggs on organic toast.

the eliane burger 13.95

Chicken with ginger and fresh herbs **DF**

Tofu & sweetcorn **VE**

topped with lightly pickled veg, caramelised onions and harissa. Served with the salad of the day and sautéed potatoes.

pad thai VE GF 13.95

Stir fried rice noodles with Thai spices and vegetables.

eliane massaman GF 13.95

A fragrant and warming curry with either organic tofu **VE** or chicken **DF** with Siam spices, potatoes, peanuts and coconut, served with rice.

porridge VE GF 5.50

Organic porridge oats prepared with organic rice milk. Served with coconut nectar.

granola VE GF 6.50

Homemade toasted coconut granola served with coconut nectar and coconut yoghurt. Contains nuts.

heritage grain toast VE 4.00

Organic toast served with butter or coconut oil and homemade, refined sugar free preserves.

smoothie bowl VE GF 6.50

A thick and creamy berry and apple smoothie, topped with flax, chia and pumpkin seeds, fresh berries and banana.

from the counter

From 12.95 – 15.95

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.

fresh soup for the soul

5.95

Served between 12 – 4pm

Served with your choice of lunchtime breads.

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 organically sourced ingredients wherever possible. If you have any dietary requirements, please let a member of our team know. We care that our food is homemade, fresh, healthy, clean, raw, organic, locally sourced, we are environmentally conscious, we care about biodegradability, we are ethical... Ask our team or find out more at elianesmiles.com



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

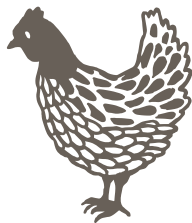


LOCAL FORAGING:

WILD FLOWERS, NETTLES, BEANS, WILD GARLIC, APPLES, PEARS, PLUMS, WATERCRESS, MINT, ROSEMARY, THYME, LAVENDER, ALL FROM WITHIN A FEW MILES.



EGG SUPPLIER FOR THE ELIANES. MARSH BENHAM, NEWBURY. FRESH, LOCALLY SOURCED, ORGANIC EGGS.



CHOICE ORGANICS

100% ORGANIC FRUIT AND VEG SUPPLIER. HOUNSLOW, LONDON. USED FOR (MOSTLY) SEASONAL FRUIT AND VEG. ESPECIALLY FOR JUICING.

ENVIROPACK

OUR PACKAGING SUPPLIER - ALL BIODEGRADABLE AND/OR COMPOSTABLE



WROUGHTON



ASTONS BAKEHOUSE

DELICIOUS BREADS, ORGANIC TOO!

RAMSBURY BREWERY



OUR ALE SUPPLIER. WE USE RAMSBURY GOLD



WHERE WE SOURCE ALL OUR ORGANIC FLOURS FOR BAKING AND COOKING.



NAKED GRAPE



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

ELIANE HUNGERFORD

FISHER OF NEWBURY



FABULOUS FRUIT AND VEG SUPPLIER. NEWBURY. A LOCAL INDEPENDENT BUSINESS.



ELIANE SUNNINGDALE



STEMS OF LONDON

FLORIST FOR THE ELIANES. DIRECTLY OPPOSITE OUR SUNNINGDALE BRANCH. STEMS CREATE WONDERFUL ARRANGEMENTS ON A WEEKLY BASIS USING SEASONAL FOLIAGE.



TEA SUPPLIER. MARYLEBONE, LONDON. HIGH QUALITY, ETHICAL TEA.



SMITHS COFFEE

COFFEE SUPPLIER. HEMEL HEMPSTEAD, LONDON. PRODUCERS OF OUR SIGNATURE ORGANIC ELIANE BLEND NO 2.



LONDON

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