



# 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 – 4pm

vegan breakfast **VE** 15.50

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

eliane breakfast **DF** 15.50

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** 8.50

Two slices of organic sourdough toast, topped with a sliced avocado and a fresh herb dressing.  
Add poached eggs. 11.50 **VG**

smoked salmon, avocado and egg **DF** 13.95

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

shakshuka **DF/VG** 11.95

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

creamy garlic mushrooms **VE** 11.95

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

goat's cheese & roasted peppers **VG** 12.95

Two rounds of za'atar crusted goat's cheese, stuffed inside two roasted pepper halves. Served with a roasted red pepper and tomato sauce and organic toast.

sabich **VG/DF** 12.95

A Middle Eastern stir fry of fragrant potatoes and aubergine, topped with two poached eggs and drizzled with tahini sauce. Served with organic toast.

akuri **VG** 11.95

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

the eliane burger 15.95

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** 14.95

Stir fried rice noodles with Thai spices.  
Add chicken. 16.95 **GF**  
Contains nuts.

eliane massaman **GF** 16.95

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** 6.50

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

granola **VE GF** 7.50

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** 6.95

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

**from the counter** From 14.95 – 16.95

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 16.50

Quiche medley 16.50

Fish medley 18.50

Chicken medley 17.50

**fresh soup for the soul** 6.95

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](http://elianesmiles.com)