



Breakfast

Eliane Breakfast 16.50

Artisan free range chicken or pork sausages, two locally sourced poached/ scrambled eggs, organic baked beans, Aston's organic sourdough toast, sautéed potatoes, mushrooms, courgette, heritage tomatoes and kale, gut friendly sauerkraut. **Contains gluten**

Vegan breakfast 15.50

Lentil and spring onion pancakes, sliced avocado, organic baked beans, Aston's organic sourdough toast, sautéed potatoes, mushrooms, courgette heritage tomatoes and kale, gut friendly sauerkraut.

Shakshuka 12.50

Two locally sourced, organic poached eggs, served with a fragrant, North African style tomato sauce and Aston's organic sourdough toast.

Avocado on toast 8.50

Two slices of Aston's organic sourdough toast, topped with a sliced avocado, a fresh herb and sumac dressing, chilli toasted pumpkin and sunflower seeds and gut friendly sauerkraut.

Add poached eggs **11.50** Add smoked salmon and poached eggs **14.50**

Porridge 7.95

Organic porridge oats, lightly simmered with organic milk of your choice and cinnamon, served with gut friendly stewed apples and a drizzle of coconut nectar.

Heritage grain toast 4.00

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

Please see the boards for our selection of hot drinks and freshly made juices and smoothies.

All of our breakfast and lunch dishes can be served with gluten free toast, if you have any other allergies or dietary requirements, please let our lovely team know.



Lunch from the front counter...

Served 12-3

Vegetarian medley - any four of our delicious seasonal vegetarian dishes. **17.50**

Chicken Medley - Our daily special, using free range, corn fed chicken. Served with any three vegetarian dishes. **18.50**

Fish medley - our fish of the day, served with any three vegetarian dishes. **19.50**

Quiche medley - our quiche of the day, served with any three vegetarian dishes. **17.50**

Brunch... served until 4pm

Mediterranean eggs 14.95

Two locally sourced, organic poached eggs, served over harissa spiced chickpeas and sautéed vegetables on a bed of herby Greek yoghurt. Sprinkled with dukkah and Aston's organic sourdough toast. **Contains nuts**

Eliane Royale/ Benedict/ Florentine 15.50/13.95

Sautéed potatoes with fresh herbs, topped with two locally sourced, organic poached eggs, hollandaise sauce and either smoked salmon, ham or sautéed spinach.

Sausage, eggs and sauté potatoes 14.95

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

Sabich 12.95

A Middle Eastern stir fry of fragrant potatoes and aubergine, topped with two locally sourced, organic poached eggs, a generous drizzle of tahini sauce and gut friendly sauerkraut. Served with Aston's organic sourdough toast.

Goat's cheese and roasted peppers 13.95

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. **Contains sesame**

Chicken Satay 18.95

Homemade marinated chicken skewers using free range, corn fed chicken, served with sautéed cumin and chilli potatoes, lightly sautéed seasonal vegetables with mint and a homemade satay sauce. **Contains nuts**

Thai green curry 18.95

Fragrant Thai style curry with coconut, lemongrass, lime leaves and seasonal vegetables with either free range, corn fed chicken or organic tofu. Served with fragrant steamed rice. **Contains soya**

Miso creamy garlic mushrooms 13.95

Sautéed woodland mushrooms with miso, coconut, thyme and garlic, served on Aston's organic sourdough toast with a sprinkling of toasted seeds and a mint and sumac dressing. **Contains soya**



Open Sandwiches

Coronation chicken 12.95

Free range chicken with a lightly spiced mayonnaise and Greek yoghurt, sultanas, pomegranate seeds and cucumber on Aston's organic sourdough toast. Topped with flaked almonds, finely sliced preserved onion and homemade mango salsa.

Smoked salmon 14.95

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

Tomato & basil bruschetta with mozzarella 12.95

Diced tomatoes mixed with onion & basil with herbs,, topped with a sumac vinaigrette and freshly sliced mozzarella. Served on Aston's organic sourdough with a sprinkling of toasted seeds.

Paninis 9.95 served with a green salad

Brie, walnut and tomato
Mozzarella, tomato, pesto
Cheddar, bacon, red onion

Soup of the day 6.95 served with Aston's organic sourdough

Wine & Beer

White

Domaine Bousquet, Unoaked organic Chardonnay, 2021, 375ml, 18.95

Red

Jasci Montepulciano d'Abruzzo, 2019, 375ml, 18.95

Rosé

Whispering Angel, 2021, 375ml, 19.95

Beer

Ramsbury Gold, 500ml, 6.95

Beer Moretti, 330ml, 4.95

To take home...

Eliane cookbooks - 25

Food to make the Soul Smile, Nutritiously Deliciously Simple

Eliane wellness teas, 19.95 each or six for 100

Breathe, Shape, Tummy, Sleep, Recover, Calm

Silver leaf tea strainer 12

Incense 5