

# giraffe

Rise  
& Shine

## Breakfast Menu

### healthy mornings

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#### Daily Oats - Organic Rude Health Porridge

it's the simple things that make life worth getting out of bed for. sunshine, flowers & people you love, this porridge will have you feeling rudely healthy all day. we top ours with honey, fresh strawberries & bananas / 4.05 **V N**

#### Ultimate Superfoods Rude Health Muesli

wheat free & totally organic blend of jumbo oats, porridge oats, apricots, barley flakes, rye flakes, apple, sultanas, dates, golden linseed, sunflower seeds, pumpkin seeds & raisins / 3.95 **V N**

add natural yoghurt & fresh fruit / 1.50

#### Fresh Fruit Bowl

greek yoghurt, orange blossom honey & seeds / 3.95 **V N**

#### Granola Breakfast Sundae

granola, natural yoghurt, fresh fruit & honey / 4.25 **V N**

#### Avocado, Roasted Cherry Tomatoes & Pesto on Sourdough Toast / 4.95 **V N**

### sweet tooth brekkie

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#### Stacked Blueberry & Banana Pancakes

with maple syrup / 6.65 **V**

#### Brioche French Toast

with apple compote, greek yoghurt, strawberries & maple syrup / 6.25 **V**

### eggs

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#### Free Range Eggs on Toasted Focaccia

scrambled, fried or poached with roasted cherry tomatoes / 4.95 **V**

#### Morning Quesadilla

scrambled eggs & jack cheese with smoky bacon, peppers & onions wrapped in soft toasted tortilla, served with a fresh tomato & avocado salsa / 5.95

veggie version with jalapenos instead of bacon / 5.50 **V**

#### Smoked Salmon & Egg Scramble

on toasted 100% wheat free rye bread with cherry tomatoes & basil oil / 6.95

#### Deluxe Toastie

artisan sourdough toast filled with crispy smoky bacon, fried egg, melted cheddar, lettuce, tomato & mustard mayo / 4.95

## extras

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2 Slices of Sourdough Toast  
with a condiment of choice / 2.50

Smoky Bacon,  
Herby Pork Sausage, Grilled  
Mushrooms, Veggie Sausage / 1.65

Smoked Salmon / 3.50

Free Range Fried  
or Poached Egg / 0.50

Free Range Scrambled Eggs / 1.50

Heinz Baked Beans, Avocado,  
Roasted Cherry Tomatoes,  
Sourdough Toast / 1.25

### brunch plate classics

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#### Full Brunch

free range fried, poached or scrambled eggs, smoky bacon, Heinz baked beans, sausage, crispy potato wedges & toasted artisan sourdough / 8.25

#### Veggie Brunch

free range fried, poached or scrambled eggs, veggie sausages, Heinz baked beans, mushrooms & avocado with toasted artisan sourdough / 7.95 **V**

#### Huevos Rancheros - Mexican Breakfast

free range fried or scrambled eggs, chorizo, black beans, jack cheese, adobe sauce, avocado & tomato salsa on warm tortilla / 7.95

veggie option with field mushrooms / 7.95 **V**



Take-away available



## coffee & tea

**Espresso, Macchiato** / 1.75

### Piccolo

small cappuccino in a glass / 1.75

### "Tosca" Capp

our classic creamy cappuccino topped with crushed amaretti biscuits - yum! / 2.50 **N**

**Cappuccino** / 2.25 / 2.55

### "Soya Capp"

soya milk cappuccino / 2.25 / 2.55

**Americano** / 1.75 / 2.10

**Caffè Latte** / 2.50

### Flat White

rich & smooth, double shot with steamed milk / 2.50

### Any Hot Drink

in a Mug / 3.05

### Flavoured Lattes

vanilla, mocha, caramel, mint choc chip, hazelnut, chai / 2.75 **N**

**Frozen Mocha Latte** / 2.75

**Hot Chocolate** / 2.45 / 3.05

with marshmallows, add an extra 35p

**Yorkshire Tea** / 1.90

### Teapigs "Drink Real Tea"

darjeeling earl grey / rooibos / chamomile / peppermint leaves / super fruit / mao feng green tea / chai tea / chocolate / 1.95

**Moroccan Mint Tea** / 1.90

## Gourmet Coffees

Our fabulous coffee comes from the partnership between our skilled baristas and Union hand roasters who go to great lengths to source the finest arabica beans from local family farms in Brazil, Rwanda and Guatemala. These arabica beans are roasted in small batches to create their fullest expression of flavour and aroma. These two parts have gone hand in hand to make great coffee drinks for all our loyal customers over the last 13 years.

**UNION**  
HAND-ROASTED COFFEE

## smoothies

### Sunrise

orange, banana, strawberry / 3.35

### Groovy Muesli Smoothie

banana, strawberry, semi skimmed milk, natural yoghurt, rude health muesli & honey / 3.50

### Mango Mama

mango, strawberry, banana, orange, apple juice / 3.50

### Hippy Hippy Shake

pineapple, passion fruit, mango, banana, pomegranate juice / 3.50

### Giddy Giraffe

papaya, fresh mint, banana, orange, lime juice / 3.50

### Vanilla & Date

natural low fat yoghurt, medjool dates, banana, semi skimmed milk / 3.75

## softies

### Sparkling or Still

Mineral Water / 1.85

**Coke or Diet Coke** / 2.25

### Luscombe Organic Drinks

cranberry organic crush or organic cool ginger beer / 2.95

### Fresh Orange or

Cloudy Apple Juice / 2.45

### Pomegranate /

Cranberry Juice / 1.95

### Arizona 100% Natural Iced Teas

blueberry white tea or pomegranate green tea / 3.95



we want you  
to have a great  
time... every time!

if your experience has been anything less than that, please tell us immediately (by all means, let us know when we get it right too!)  
smiles@giraffe.net

find us in all the  
right places

[www.giraffe.net](http://www.giraffe.net)



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girafferestaurants



@giraffetweet

**N** = some dishes contain nuts or seeds we're sorry but we cannot guarantee the absence of nuts in our dishes  
**V** = vegetarian options  
**GF** = gluten free

PLEASE NOTE we do not use any GM foods in giraffe. Some dishes may contain more ingredients than are listed. If there's something you can't eat please let us know. We also have allergy charts available

An optional service charge may be added to your bill for the benefit of all our staff. this service charge is voluntary and need not be paid if our service has fallen below your expectations.