

# SAVORY BREAKFAST

All made fresh to order and served from 8am - 11am

## AVOCADO TOAST

Avocado mashed with lemon, salt & pepper, served on our freshly toasted sourdough with rocket and a wedge of lemon

£3.95

### Added Extras

Edamame +60p  
Extra scoop avocado +£1  
Poached egg +£1

Smoked Salmon £1.2  
Tuna Poke +£1.50  
Salmon poke +£1.50



## BREAKFAST BURRITO



### Korean (v)

Home style potatoes, avocado, 2 eggs, kimchi, spinach and sriracha

£4.3

### The Cali

Home style potatoes, bacon, egg, sausage, avocado, baby spinach, pico de gallo and cheese

£4.95

### The veggie Cali (v)

Home style potatoes, egg, avocado, mushroom, baby spinach, pico de gallo and cheese

£4.5

### Bacon chilli cheese

Home style potatoes, egg, bacon, cheese, chilli, pico de gallo and rocket

£4.5

### Egg chilli cheese (v)

Home style potatoes, 2 eggs, cheese, chilli, pico de gallo and rocket

£3.6

## MUFFINS

Served on a freshly toasted english breakfast muffin with either ketchup or brown sauce



### Bacon & egg

Bacon, egg and American cheese

£3.65

### Sausage & egg

Sausage, egg and American cheese

£3.65

### Straight up egg (v)

Poached egg and American cheese

£2.2

### Sausage & bacon

Sausage, bacon and American cheese

£3.65

### Mushroom & egg (v)

Mushrooms, egg and American cheese

£3.65

### Bacon avocado

Bacon, avocado, pico de gallo and American cheese

£3.65

### Smoked salmon avo

Smoked salmon, mashed avocado and baby spinach

£3.65

### Smoked salmon egg

Smoked salmon, poached egg and baby spinach

£3.65

# ACAI BOWLS

All made fresh to order and served from 8am - 11am  
£5.5 each / +50p to add hemp protein

Pronounced ahh-sigh-eee, our base is made with 100% premium organic AmaVida açai fruit.



Each of our house bowls are then topped with delicious, healthy toppings, fresh fruit and house granola.



## Morning glory

Raspberry, banana, almond butter and cacao nibs



## Brain booster

Blueberry, banana, bee pollen, cacao nibs and peanut butter



## Kick start

Kiwi, banana, chia seeds, toasted coconut and almond butter



## Energiser

Mango, banana, goji berry and toasted almonds



## Cholesterol killer

Strawberry, banana, flax seeds, chia seeds and honey



## Fully loaded

Raspberry, blueberry, banana, cacao nibs, bee pollen and almond butter



Follow us on Instagram @lordsofpoke and tag your bowls #lordsofpoke #freshcuts

Please speak to a member of staff if you have any allergens, intolerances or dietary restrictions.  
Produced in a kitchen that handles, soy, egg, fish, mustard and gluten

# COFFEE & HOT DRINKS



Volcano is a small batch, ethically traded coffee hand roasted in Brixton.

Flat white	<b>£2.4</b>	Espresso	<b>£1.7</b>
Latte	<b>£2.4</b>	Dirty matcha latte	<b>£4.2</b>
Cappuccino	<b>£2.4</b>	Dirty chai latte	<b>£4.1</b>
Americano	<b>£2</b>	Mocha	<b>£2.6</b>
Cortado	<b>£2.1</b>		

- Add a shot of caramel, hazlenut or vanilla syrup **+20p**

English breakfast	<b>£1.5</b>
Earl grey	<b>£1.5</b>
Pukka - <i>tumeric gold, supreme matcha green, elderberry + echinacea</i>	<b>£1.5</b>
Matcha latte	<b>£3.2</b>
Chai latte	<b>£2.95</b>
Hot chocolate	<b>£2.1</b>

- Add a shot of caramel, hazlenut or vanilla syrup **+20p**

- Add marshmallows **+50p**

## MILKS

Whole milk	
Skinny milk	
Soy milk	
Oat Milk	<b>+20p</b>
Coconut milk	<b>+20p</b>

LOP REUSABLE  
BAMBOO CUP

**£7.5**



Save 50p on every cup  
when you buy our  
reusable bamboo cup!



50p from each sale donated  
to Surfers Against Sewage