

# YEOTOWN LONDON

Food for complete wellbeing



At Yeotown, we believe food should fuel both body and mind. Our ingredients are sourced with integrity. Grass-fed, regenerative-farmed meats from The Ethical Butcher, wild-caught fish from sustainable waters, and farmer's market inspired, seasonal produce from trusted local growers.

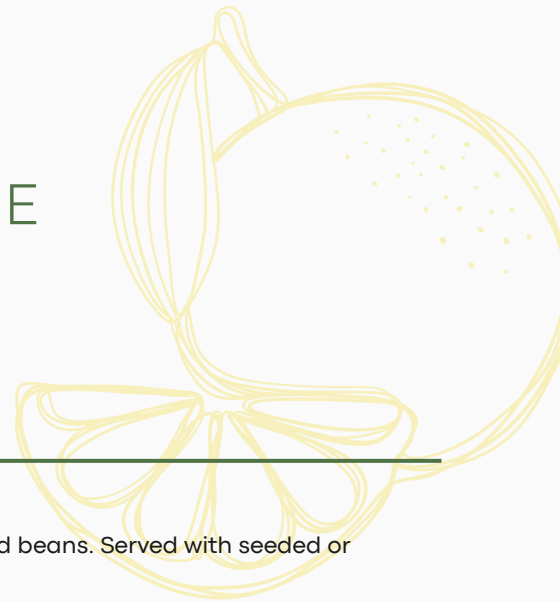
Every dish is designed to balance nourishment and flavour, rooted in our Yeotown philosophy: **Strong in Body, Clear in Mind.**



[www.yeotown.com](http://www.yeotown.com)



# HOTEL INCLUSIVE MENU



## BREAKFAST

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### Yeotown Breakfast

Pork or vegan sausage, two free-range eggs, chestnut mushrooms, house baked beans. Served with seeded or gluten-free toast. Plant-based option available. **(CE) (G) (SU) (VGO) (SY)**

*Protein-rich and grounding. A balanced start to restore energy and focus.*

### Eggs Your Way

Two free range eggs cooked your way on seeded or gluten free toast served with toasted seeds and cherry vine tomatoes. **(CE)(GFO)**

*Nourishing protein and wholesome fibre for balanced energy to start the day. (CE)(GFO)*

### Summer Berry & Coconut Overnight Oats

Overnight oats with chia seeds and coconut milk served with homemade berry compote and toasted coconut.

*Antioxidants and natural sweetness for sustained mood and energy.*

### Yeotown Breakfast Roll

Choose from pork or vegan sausage and egg served in a seeded breakfast roll.

*Slow-release carbs and protein to stabilise blood sugar and support endurance.*

### Sourdough Toast

Seven Seeded sourdough or gluten free toast, butter and strawberry jam. **(VGO)(G)(GFO)**

*Gut friendly fermented sourdough with a bright fruity lift.*

## DRINKS

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### Filter Coffee

*Rich in antioxidants for a gentle energy lift.*

### English Breakfast Tea / Green Tea

*Soothing & antioxidant-rich to energise and focus the mind.*

### Lemon & Ginger Energy Shot

*Rich in vitamin C to boost immunity and natural energy.*

### Espresso Coffee From 4

*Mental clarity and vitality.*

### Freshly Squeezed Juices From 7

*Fresh-pressed immune support.*

## EXTRAS

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### Smoked Salmon 3

*Omega 3 nourishment.*

### Avocado & Pea Smash 2.5

*Fibre rich healthy fats for energy.*

### Vegan Sausage 2

*Plant powered protein source.*

### Extra Egg 1.5

*key vitamins for balanced energy.*

**Disclaimer:** Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

**Allergen Guide:** Celery **(C)** - Gluten **(G)** - Mustard **(M)** - Nuts **(N)** - Peanuts **(PN)** - Sesame **(S)** - Sulphates **(SU)** - Soya **(SY)** - Fish **(F)** - Eggs **(CE)** - Vegan **(VG)** - Gluten Free **(GF)** - Nut Free Option **(NFO)**