



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.**





BREAKFAST MENU

SAVOURY

Yeotown Light Breakfast 17

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

A hearty yet balanced start. Protein for vitality, fibre for digestive health.

Smoked Salmon & Scrambled Eggs 16

Soft scrambled eggs & smoked salmon, toasted sourdough, super seed mix and micro greens. (F)(CE) (G)(GFO)

Omega-3s from salmon and vitamin-rich greens for cognitive clarity and calm energy.

Shakshuka 16

Poached eggs or tofu in a rich tomato and pepper sauce with vegan feta, toasted seeds, coriander cress and sourdough toast. (CE) (G) (GFO)

Antioxidant-rich tomatoes and peppers to boost immunity and energy.

Avocado Smash 12.5

Smashed avocado with lime on sourdough or gluten-free toast, topped with sprouted beans, spiced crispy chickpeas, seeds and microgreens. (VG) (G) (GFO)


Healthy fats and fibre for balanced energy and glowing skin.

Eggs Your Way 8

Free-range eggs served your way on sourdough or gluten-free toast with cherry vine tomatoes and microgreens. (CE) (G) (GFO)

Protein to build strength; lycopene-rich tomatoes for skin and heart health.

 Mimosa with Fresh Squeezed O.J. 10

 Bloody Mary (with or without Vodka) 10

SWEET

Yeotown Acai Bowl 14

Acai bowl made with organic acai topped with granola, almond butter, banana & berries. (N) (SU) (VG)

antioxidant-rich, naturally energising and layered with fibre, healthy fats and slow-release goodness.

House Superfood Granola 11.5

House granola with Greek or coconut yoghurt, poached apple, berries, compote and blossom honey. (D) (SU) (VGO)

Gut-friendly and antioxidant-rich, a perfect balance of fibre and natural sweetness.

Summer Berry & Coconut Bircher 10

Overnight oats with apple, chia seeds and coconut milk served with homemade berry compote, toasted seeds and coconut. (VG) (GF)

Slow-release carbs, plant protein and antioxidants for lasting focus.

Protein Power Porridge 9

Chia and oat porridge, homemade berry compote, almond butter and house granola. (VG) (N) (GF) (SU)

Slow-release carbs, plant protein and antioxidants for lasting focus.

EXTRAS

Free-range pork sausages 4.5

Vegan sausages (SY) 4.5

Eggs your way (CE) 4

Avocado smash 3.5

Smoked salmon (F) 4.75

Sourdough (G) or gluten-free toast 3

Greek (D) or coconut yoghurt 3.5

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)