

# Poms

Love People. Love Food.

## Low Gluten Menu

To make ordering super easy, we have collected our Low gluten dishes below. Please be aware, our kitchen handles gluten containing ingredients, so we cannot guarantee any dish is 100% free from gluten. Please speak to us if you have any allergies.

<b>Low Gluten Breakfast</b>	<b>15.5</b>
Double thick cut bacon, roast plum tomato, roasted mushroom, baked beans, fried free range egg, gluten free toast and garlic crispy potatoes	
<b>Ham Hock &amp; Roasted Squash Hash</b>	<b>14</b>
Slow cooked ham hock, roasted squash, crispy potatoes, kale, sriracha hollandaise, corriander, and poached egg	

Switch out the bread for gluten free bread on these dishes.

<b>Pb Brunch</b>	<b>15.5</b>
Vausages cumberland, avocado, roast plum tomato, roasted mushroom, baked beans, toasted sourdough and garlic crispy potatoes	
<b>Mushrooms on Toast</b>	<b>13.5</b>
Chestnut mushrooms, crispy enoki mushrooms, wilted kale, whipped feta and ezme sauce on toasted sourdough topped with two poached eggs	
Add 1 rasher of bacon	<b>2.5</b>
<b>Avocado Toast</b>	<b>13.5</b>
Smashed avocado, spiced crispy chickpeas, sweet chilli sauce, sumac onions and seeds with two poached eggs on toasted sourdough	
Add 1 rasher of bacon	<b>2.5</b>
<b>Turkish Eggs</b>	<b>11.5</b>
Garlic and tahini yoghurt, chilli seed butter, sumac onions, fresh herbs, poached eggs and toasted sourdough	
<b>Eggs Royale</b>	<b>15.5</b>
Two free range eggs, smoked salmon, baby spinach and house made hollandaise on an English muffin	
<b>Eggs Benedict</b>	<b>14.5</b>
Two free range eggs, ham hock, baby spinach, honey mustard, gruyere and house made hollandaise on an English muffin	

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## Plant Based Menu

To make ordering super easy, we have collected our Plant based dishes below  
Items marked with a **ve** are already plant based, for items marked with a **vo**, follow the instructions in the menu listing to order!

Sourdough Toast **vo** 4.5 / 5.5  
Small or Large  
Ask for **Vegan Spread**, jam or marmalade

Pb Brunch **ve** 15.5  
Vausages cumberland, avocado, roast plum tomato, roasted mushroom, baked beans, toasted sourdough and garlic crispy potatoes

Avocado Toast **ve** 11.5  
Smashed avocado, spiced crispy chickpeas, sweet chilli sauce, sumac onions and seeds on toasted sourdough

Add,

*THIS plant based bacon* 4

*Plant based feta* 3

*Vausages merguez sausage* 5

Mushrooms on Toast **vo** 11.5  
Chestnut mushrooms, crispy enoki mushrooms, wilted kale, **vegan feta** and ezme sauce on toasted sourdough

Add,

*THIS plant based bacon* 4

*Plant based feta* 3

*Vausages merguez sausage* 5

Merguez & Roasted Squash Hash **ve** 14  
Vausages plant based merguez sausage, crispy potatoes, roasted squash, kale, plant based feta & maple sriracha

Moroccan Spiced Nourish Bowl **ve** 13.5  
Roasted butternut squash and chickpeas, parsley salad, turmeric cous cous, sumac onions, garlic tahini, seeds

Add,

*Vausages cumberland* 5

*Plant based feta* 4

*Vausages merguez sausage* 5

We use



for all our plant based sausages, we think they are great, you will too!

check them out on Instagram

@Vausages