

FOOD MENU

ALL DAY BRUNCH, SERVED FROM 9am...

AVO TOAST - £12 Ⓥ Ⓞ optional

Toasted sourdough, smashed avocado, cherry tomatoes, fresh chilli, balsamic glaze, crumbled feta, peashoots and candied beetroot. + **poached egg** £1.6 / + **bacon** £2.2 / + **grilled halloumi** £2.2

SWEET AVO TOAST - £12 Ⓥ Ⓞ optional

Toasted sourdough, smashed avocado, sweet red onions, grilled mushrooms and peashoots. + **feta** £1.8

FARMERS BREAKFAST - £13.9 Ⓞ optional

Smoked bacon, Devon pork sausage, roasted tomato, mushroom, grilled chorizo chunks, our spiced beans, two poached or scrambled eggs, choice of toast and butter.

VEGGIE BREAKFAST - £13.9 Ⓞ optional

Grilled halloumi, smashed avocado, chilli jam, grilled mushroom, grilled tomato, two poached or scrambled eggs, spiced beans, toasted sourdough and butter.

GRANOLA BOWL - £7.9 Ⓥ

Greek yogurt, honey granola, red berry compote and seasonal fruit.

EGGS BENEDICT - £11 Ⓥ Ⓞ optional

Two soft poached eggs on a toasted english muffin, choose from; **ham**, **mushrooms** or **salmon**, topped with hollandaise. (Salmon surcharge £1.5)

MEXICAN BENEDICT - £12.5 Ⓞ optional

Two soft poached eggs, toasted muffin, avocado, grilled chorizo, spiced hollandaise, garnish.

TURKISH EGGS - £11 Ⓥ

Two poached eggs on whipped feta and yogurt, served with toasted sourdough, Aleppo chilli oil, mint and dill. + **chorizo** £2

WAFFLES OF THE WEEK - £9.5 Ⓥ

Ask a member of our team for this weeks toppings.

TEACAKES & BUTTER- £3.5

TOAST & PRESERVES - £3.95

BACON or SAUSAGE SANDWICH - £6.75

ALSO AVAILABLE FROM MIDDAY ...

CHICKEN CAESAR SALAD - £13.5

Cos lettuce, shaved parmesan, sliced chicken breast, croutons and our Caesar dressing. Topped with shaved Grana padano and your choice of chopped smoked bacon *or* anchovies. + **poached egg** £1.6

TOASTED CIABATTAS- £9.85

Daily made, served with salted tortilla crisps and house salad.

Choose from:

- Sundried tomato, vegan cream cheese, rocket, pesto. Ⓥ
- Smoked bacon, brie and chilli jam.
- Shredded pesto chicken, sliced tomato and rocket.
- Goats cheese, red onion jam, rocket and crushed walnuts Ⓥ

TRADITIONAL CREAM TEA

Warm scone, clotted cream, strawberry jam and a pot of English breakfast tea.

For one (one scone): £6.9 **For Two** (double portion): £13.5

AN **OPTIONAL** 10% SERVICE CHARGE WILL ADDED TO YOUR BILL, 100% GO TO THE TEAM.
** PLEASE MAKE OUR TEAM AWARE OF ANY ALLERGIES WHEN PLACING YOUR ORDER **

HOT DRINKS

Our coffee is roasted by The Coffee Factory in Axminster, using a blend named Black bear. We hope you like it as much as we do!



COFFEE

	Small	Regular
HOT CHOC	-	£3.55
HOT CHOC SPECIAL	-	£4.55
FLAT WHITE	£3.4	-
LATTE	£3.2	£3.5
ICED LATTE	-	£3.5
AMERICANO	£3.1	£3.4
CAPPUCCINO	£3.2	£3.5
MOCHA	£3.4	£3.8
CHAI LATTE	£3.1	£3.5
DIRTY CHAI	£3.6	£4.1

TEA

	Pot of tea
ENGLISH BREAKFAST	£2.6
ENGLISH BREAKFAST DECAF	£2.6
EARL GREY	£2.8
WILD BERRY	£2.8
MINT	£2.8
CHAI	£2.8
GREEN	£2.8
CHAMOMILE	£2.8
LEMON & GINGER	£2.8
REDBUSH	£2.8

- ALMOND - SOYA - COCONUT - OAT MILK -

COLD DRINKS

SMOOTHIES -

All of our smoothies are vegan and gluten free. (V) (GF)

MANGO - £5.5

Our OG smoothie. Mango pulp, orange juice, coconut milk, ice.

GINGER BEETS - £5

Ginger, beetroot, pineapple & blueberries

SUPER GREEN £5

Spinach, mango, lemongrass & banana blended with apple juice.

GUEST SMOOTHIE £5

Ask one of our team for this week's flavour.

+ COLLAGEN POWDER £1

THICK-SHAKES - £5.5

Try our epic shakes made to order with ice cream and milk, all topped with whipped cream. May contain gluten or soya.

OREO

Vanilla ice cream, Oreo cookies, chocolate sauce, milk.

STRAWBERRIES & CREAM

Strawberry ice cream, milk & ice.

VANILLA

Vanilla bean ice cream, vanilla syrup, milk.

GUEST SHAKE

Ask one of our team for this week's flavour

PROTEIN SHAKE £6

Fresh banana, chocolate whey powder and peanut butter, blended with ice.

SOFT DRINKS

	Small	Regular
MINERAL WATER STILL	£2.9	£4.2
MINERAL WATER SPARKLING	£2.9	£4.2
GINGER BEER		£3.2
ELDERFLOWER BUBBLY		£3.2
ORGANIC ICED TEA		£3.6
SAN PELLEGRINO LEMON / ORANGE		£2.9
ORANGE JUICE		£3.4
APPLE JUICE		£3.4
PINEAPPLE JUICE		£2.9
MANGO JUICE		£2.9
COKE		£3.2
COKE ZERO		£3.2
FIZZY APPLE		£3.2
KIDS CARTON		£1.8
MANGOSTEEN JUICE		£3.6
CBD CREAM SODA		£3.1

NO / LOW ALCOHOL

PERONI 0%	£4.2
MIXED BERRY CIDER 0%	£4.9
CRODINO SPRITZ 0%	£5.9
BIG DROP IPA 0%	£4.2
SHANDY SHACK IPA 2.8%	£4.5
SHANDY SHACK GINGER BEER 2.8%	£4.5

Ask to see our full drinks list for cocktails, wines and beers...

EXETER QUAY

MANGO'S
CAFÉ & BAR

WWW.CAFEMANGOS.CO.UK