

SOURCE OF LIFE

Bakery & Brunch

B R E A K F A S T - B R U N C H

SOL Signature Breakfast

£15.00

Our signature sourdough bread, smoky bacon and cumberland sausage from our local butcher, homemade harissa beans, hash browns, 2 fried eggs and ancho ketchup jam.

Shrooms on toast

£10.50

Seeded sourdough, homemade basil and rocket mayo, saute mix mushrooms, poached egg and frisee

Aegean Sunrise

£10.50

Homemade Smoked aubergine spread, roasted peppers, sun-dried tomato, feta cheese, poached egg, and herbs laid on sourdough bread slice.

English salmon muffin

£14.50

Homemade English muffin, zesty guacamole, 2 poached eggs and smoked salmon

Truffle croissant

£12.00

Homemade croissant, sautéed mushrooms, truffled scrambled eggs, topped with parmesan cheese.
Add smoky bacon £3.50

French toast tsoureki

£9.50

Thick-cut tsoureki French toast, cloud-soft with cherry cream cheese, crunchy toasted almonds, bright dried raspberries and lemon balm to lift.

SOL Veggie Brekkie

£14.00 / £13.50 VG

Sourdough bread, saute mix mushrooms, crispy panko halloumi, homemade harissa beans, hash browns, 2 fried eggs, guacamole and ancho ketchup jam.

Chicken Sensation

£15.50

Toasted sourdough, buttermilk fried chicken, fried egg & miso slaw – finished with homemade sriracha mayo.

Eggs on toast

£9.00

Scrambled / fried / poached eggs on buttered sourdough.

English bacon muffin

£14.00

Homemade English muffin, sauted mushrooms, 2 poached eggs, bacon and rocket mayo sauce,

Egg nest

£12.00

Egg omelette nest with hash browns, jam ketchup and pickled onion.

Eton Mess Stack

£9.50

Crispy smashed croissant loaded with vanilla ice cream and meringue, glossed with berry coulis, scattered raspberries and golden crumble.

Bread & butter

£4.00

Sourdough bread & butter

M O R N I N G B U N S

Sol club sandwich

£11.50

Sweet homemade ancho chilli relish, baby gem, buttermilk fried chicken, smoked cheddar, fried egg

Halloumi bun

£10.50

Crispy panko halloumi, miso coleslaw, homemade sweet ancho relish, fried egg

Brisket bun

£10.50

Homemade applewood smoked brisket, honey mustard, gherkins, fried egg

Kalimera

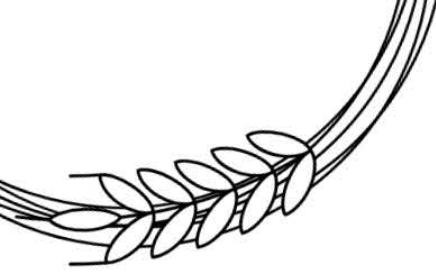
£10.50

Toasted bun, homemade ancho Ketchup jam, hash browns, smoky bacon and cumberland sausages from local butcher, fried egg

ADD: panko halloumi £3.50 | fried / poached egg £2.00 | smoky bacon £3.50 | hash browns £3.50 | fries £3.50 | truffle parmezan fries £4.00 | saute mix mushrooms £3.50 slice of bread £2.00 | beans £3.00

All our food is freshly prepared in a kitchen where nuts, gluten and other food allergens are present.
If you have a food allergy or intolerance, please let us know before ordering

A discretionary 12.50% service charge is added to bills over £10 in support of our dedicated team.



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B A G E L S

Salt beef**£9.00**

Toasted bagel, homemade salt beef, cheddar cheese, mustard mayo and gherkins

Salmon and cream cheese**£9.00**

Fluffy bagel, smoked salmon, citrus cream cheese, homemade pickled red onions.

S O U R D O U G H

Cypriot style**£9.50**

Grilled Cypriot lountza (smoked pork), panko halloumi cheese, fresh cucumber, tomato slices, and mayonnaise.

Chicken avocado**£10.00**

12h marinated buttermilk fried chicken, sriracha mayo, avocado and cheddar cheese.

Classic**£8.00**

Buttery toasted smoky ham and cheese sourdough sandwich (*mild spicy*)

Tuna melt**£9.00**

Tuna, sweetcorn, mayo and dill mix with cheddar cheese

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