

BREAKFAST

Wanstead breakfast (v) 9.95
Baked egg, smoky beans, cherry tomatoes, mushroom croquette, baby spinach and feta with wholemeal toast

Rosti and eggs 9.95
Homemade potato rosti with egg, chorizo crumb and cherry tomatoes

Harissa rosti (v) 🍴 10.95
With harissa sauce, egg, crispy onion, grilled halloumi and cherry tomatoes

English breakfast 9.95
Choose sausage OR bacon, with baked egg, smoky beans, mushroom, cherry tomatoes, and wholemeal toast

Big breakfast 11.95
As above with both sausage and bacon

Baked eggs and harissa tomato sauce on toast (v) 🍴 7.45

Lighter options

Granola with yoghurt and berry compote 5.95

Warm filled croissant – Montgomery's cheddar 4.95
With either sliced ham or tomato

Continental (v) 7.45
Hot drink, pastry and bottled juice

Larder Continental (v option) 10.95
Hot drink, filled croissant and cold-pressed juice

Weekend specials

Eggs Benedict, Royale (+£1.95) or Florentine (v) 10.95

Scrambled eggs with smoked salmon and toast 10.95

All-natural juice, cold-pressed by the Larder

Kiwi, cucumber and apple 4.25

Orange, carrot and lemon 4.25

Beetroot, apple and ginger 4.25

Mango Lassi (not cold-pressed) – mango puree and yoghurt 3.25

Fresh blended smoothies

Fruit delight - banana, apple, strawberry, blueberry, apple juice 4.45

Veggie cleanser - cucumber, avo, spinach, ginger, coriander, apple juice 4.45

LUNCH

Tagine (vg) 10.95
Sweet potato and butternut squash tagine with citrus couscous

Moroccan-spiced lean lamb skewer 11.95
On a bed of chick-pea and pomegranate with houmous

Courgette fritters, avocado and egg (v) 10.95

Superfood salad with chicken or halloumi (v) 11.45
Lightly seasoned quinoa with sweet potato, broccoli, red pepper with crunchy seeds and pomegranate pearls

Deli salad your way 8.95
Choose either tuna, halloumi (v) or falafel and houmous (vg)

Melts/Hot -GF bread available -

Tuna and black olive melt 7.45

Ham and Montgomery's cheddar melt 7.45

Mozzarella and pesto melt 7.45

Buffalo chicken in hot crisp tortilla 🍴 8.45

Falafel and houmous wrap (vg) 7.95

Bacon or sausage butty 5.75

Sandwiches -GF bread available -

Chicken and bacon sourdough (back by popular request!) 7.45

Halloumi and pickled red cabbage sourdough (v) 🍴 7.45

Chicken, houmous and beetroot sourdough 7.45

Brie and chilli jam baguette (v) 🍴 6.45

On five-grain sourdough toast

Avocado with beetroot houmous and seeds (vg) 8.45
Or choose classic smashed avocado (vg)
Add egg or bacon, each 1.90

Wild mushrooms and shaved parmesan (v) 8.45

Soup: fresh choice daily with wholemeal sourdough 7.45

FROM THE BAR

Craft beers: From 4.95

Awesome craft beers from East London's most exciting small-scale brewers, plus some guest beers from further afield. We always have a few chilled, check the fridge.

Wine:

Get two glasses out of our Canned Wine Co. range, superb wines, too good to bottle!

(white) Vintage Gruner, notes of peach and citrus 6.45

(white) Barrel-aged Verdejo, floral aromas 6.45

(rosé) Grenache rosé, wild strawberry notes 6.45

(red) Old-vine Garnacha, aromas of cherry vanilla 6.45

Prosecco – Tia Amo 20cl bottle 8.95

Soft drinks:

Fentiman's and Whole Earth Organic sparkling from 2.25

Juices and cold-press, see fridge for selection from 2.35

Pips kids pouches and Ella's smoothie pouches 2.25

AFTERNOON TEA

From 2pm, subject to availability of fresh breads & scones. NOT a traditional dainty afternoon tea, we use our rough-cut artisan breads and home-made cakes.

Minimum 2 adults. We add 12.5% service charge

Afternoon Tea per person 19.95
Pot of tea, sandwich selection, cake selection, with scone, clotted cream & jam

Cream Tea per person 5.95
Pot of tea with scone, clotted cream & jam

Or pre-book afternoon tea at thefastfoodie.co.uk