

BRUNCH (until 4pm)

SHAKSHUKA

Eggs cooked with red peppers, onions and chillies cooked in a tomato sauce. Served with toasted sourdough. (v) **7.95**

FRENCH TOAST

Streaky bacon & maple syrup **7.50**

Grilled tomato & mushroom (v) **6.95**

PANCAKES

All our pancakes are made with organic flour and come in a stack of five.

Blue berries, bananas & maple syrup (v) **6.95**

Bacon & maple syrup **7.50**

SIDES

Smoked salmon **2.00**

Poached egg **1.00**

Bacon **1.50**

Avocado **1.50**

EGGS

Benedict **7.50**

Streaky smoked bacon, poached eggs on sourdough bread with homemade hollandaise sauce.

Royale **7.95**

Smoked salmon, poached eggs on sourdough bread with homemade hollandaise sauce.

Florentine (v) **6.95**

Spinach, poached eggs on sourdough bread with homemade hollandaise sauce.

Smashed avocado on sourdough (v) **5.95**

+ Poached eggs **7.50**

Scrambled eggs on sourdough (v) **5.95**

Please ask a member of staff if you require information on the ingredients in the food we serve. **(v) - Vegetarian**
(ve) - Vegan
(gf) - Gluten Free

B U D D H A B O W L S

a.k.a hippie bowls are **hearty, healthy dishes** made raw or roasted **veggies, brown rice** or **noodles**. You also have the option of adding **protein**.

Buddha Bowl (ve) (gf) 8.95

A KAI classic. Brown rice with smashed avocado, beetroot pate, kale, siracha roasted butternut squash, chimichurri dressing and super seed mix.

KAI Bowl (ve) (gf) 8.95

An asian inspired noodle bowl dish. Brown rice noodles, bean sprouts, spring onions, butternut squash and mushrooms in a shallow miso broth topped with crispy seaweed and black sesame seeds.

ZEN Bowl (ve) 8.95

A Japanese noodle bowl with brown rice noodles in a ginger, garlic, chilli and soy dressing, miso infused butternut squash, cucumber, courgettes and carrot topped with chia seeds.

+ P R O T I E N

4oz Steak	3.95	Siracha Tofu (ve)	2.95
8oz Steak	6.95	Salmon	4.95
Chicken	3.95		

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K A I B I T E S

Soup of the day 3.95

Served with sourdough bread.

Halloumi, chargrilled courgette & avocado 4.95

Served with chimichurri dressing.

Hummus served with sourdough (v) 3.95

Homemade hummus served with sourdough bread.

Falafel served with raita (v) 3.95

Homemade baked falafel made with chickpeas, kidney beans, parsley & coriander.

LUNCH (12pm - 4pm)

Chicken curry 8.95

A flavourful, homemade Punjabi curry served with brown rice. Garnished with homemade mint chutney.

Thai red curry 8.95

A mildly spiced Thai chicken curry served with brown rice.

Chickpea & vegetable curry (v) 7.95

A healthy curry made with traditional Punjabi flavours served with brown rice. Garnished with homemade mint chutney.

(v) - Vegetarian (ve) - Vegan (gf) - Gluten Free

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DRINKS

ORGANIC COFFEE

Espresso	2.00
Americano	2.40
Flat White	2.40
Cappuccino	2.60
Latte	2.60
Matcha Latte	3.50
Tumeric Latte	3.00

TEA

Mao Feng Green Tea	
Earl Grey	
Everyday Brew	
Peppermint	
Super Fruit	
	cup 2.00

SOFT DRINKS

Curiosity Cola	2.95
Rose Lemonade	2.95
Mandarin & Seville Orange Jigger	2.95

Victorian Lemonade	2.95
Bundaberg Ginger Beer	3.00

BEER

Bottled Lagers	3.95
Doom Bar (4.3%) 500ml	4.25
Guinness Dublin Porter	4.45