

# COURTYARD CAFE

please see our blackboards for courtyard house specials

## BREAKFAST/BRUNCH

### Brunch Bites (all day)

#### **Shoreditch 8.4**

smashed avocado, pumpkin seeds, chilli flakes, coriander leaves, rocket and a squeeze of lime, on redbournbury seeded or sourdough toast.

**Bolt Ons:** smoked salmon 5, bacon 3, fried egg 1.5, feta 4, roasted vine cherry tomato 2.5

#### **Scrambled Eggs and Smoked Salmon 13.5**

scrambled free range eggs with butter, slices of goldstein smoked salmon, fresh dill rocket and a squeeze of lemon on buttered redbournbury seeded or sourdough toast

#### **Eggs on Toast 7.5/8.5**

2 fried or 3 scrambled with butter, free range eggs, on buttered redbournbury seeded or sourdough toast  
(add a couple crispy bacon rashers 3)

#### **Bacon Buttie 8**

crispy fried bacon in buttered redbournbury seeded or sourdough bread  
(why not add a fried egg 1.5)

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### Breakfast (until 11.30)

#### **The Covent Garden 14 (vegan/veggie)**

garlic roasted romano pepper, balsamic mushrooms, roasted cherry vine tomatoes, humous with pumpkin seeds and avocado, redbournbury seeded or sourdough toast (great with an added fried egg 1.5)

#### **The Smithfield 14**

2 thick crispy bacon rashers, 2 free range fried eggs, balsamic thyme mushrooms, roasted cherry vine tomatoes, redbournbury seeded or sourdough toast

### Fruit + Grains

#### **Granola Bowl 8.6**

gluten free Courtyard granola, greek yoghurt or coconut milk, topped with Courtyard house mixed berry compote, banana, fruit and chia seeds

#### **Porridge Pot 7.4**

porridge made with milk (or oat milk 1) and topped with banana, blueberries, pecans and cinnamon sugar

### Toast + Pastries

**aussie raisin cinnamon toast w/ butter 3.5**

#### **redbournbury seeded or sourdough**

toast w/ butter 3.5  
(marmalade, jam, marmite)

croissant 3

pain au chocolate 3.2

pain au raisin 3.2

### Local Juice

organically grown pure pressed apple 4

**Our Hertfordshire Roasted Nairobi Coffee is Rainforest Alliance Certified**

We are a small cafe kitchen preparing fresh food

Main ingredients listed only

Please ask about our gluten free options and inform us about any allergies or dietary requirements

Free BT Guest WiFi, no passcode!



@courtyardcafestalbans



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