

Breakfast

ENGLISH BREAKFAST 18.50
CUMBERLAND SAUSAGE,
SMOKED BACON, FRIED EGG,
HASH BROWN, TOMATO,
MUSHROOMS & SOURDOUGH.
NO SUBSTITUTIONS, PLEASE.

VEG BREAKFAST 18.95
VEG SAUSAGE, HALLOUMI,
FRIED EGG, HASH BROWN,
SPINACH, TOMATO
MUSHROOMS & SOURDOUGH.
NO SUBSTITUTIONS, PLEASE.

THE ALL DAY 12.95
CREAMY SCRAMBLED EGGS,
AVOCADO, ROCKET SALAD,
PARMESAN & TOASTED
SOURDOUGH.
(ADD BACON +£3,50)

EGGS FLORENTINE 12.95
ENGLISH MUFFIN, SPINACH,
TWO POACHED EGGS &
HOMEMADE HOLLANDAISE.

EGGS ROYALE 13.95
ENGLISH MUFFIN, SMOKED
SALMON, TWO POACHED EGGS
& HOMEMADE HOLLANDAISE.

EGGS BENEDICT 13.95
ENGLISH MUFFIN, SMOKED
STREAKY BACON, TWO
POACHED EGGS & HOMEMADE
HOLLANDAISE.

CROISSANT BENEDICT 14.95
BUTTERY CROISSANT,
AVOCADO, POACHED EGG,
HOMEMADE HOLLANDAISE,
ROCKET & PARMESAN.

**CREAMY SCRAMBLED
CARBONARA** 13.50
GUANCIALE, CREAMY
SCRAMBLED EGGS, PECORINO,
BLACK PEPPER & SOURDOUGH.

BREAKFAST BURRITO 14.95
AVOCADO, EGGS, HASH
BROWN, MUSHROOMS, RED
LEICESTER & SALSA VERDE.

On Toast

SCRAMBLED EGGS 9.50
CREAMY SCRAMBLED EGGS ON
TOASTED SOURDOUGH.

AVOCADO 12.95
SMASHED AVOCADO, POACHED
EGG, CHERRY TOMATOES,
POMEGRANATE,
RADISH & MIXED SEEDS.

VEGAN MUSHROOM 10.95
CREAMY VEGAN BÉCHAMEL,
SAUTÉED MIXED MUSHROOMS &
FRESH HERBS.



Mediterranean

SHAKSHUKA 15.90
ROASTED PEPPERS, RICH
TOMATO SAUCE, EGGS,
BURRATA, VEGAN NDUJA &
SOURDOUGH.

TURKISH EGGS 15.90
POACHED EGGS, GARLIC &
DILL YOGHURT, HARISSA,
PICKLED CAULIFLOWER,
KALAMATA OLIVES &
SOURDOUGH.

Salads

SUPERFOOD SALAD 15.95
QUINOA, AVOCADO, KALE,
POINTED CABBAGE,
POMEGRANATE, CRANBERRIES
& SEASONAL GREENS.(ADD
GRILLED CHICKEN +£3,50)

BURRATA SALAD 13.50
HERITAGE TOMATOES,
BURRATA, OLIVES &
PARMESAN CROUTONS.

CHICKEN CAESAR 16.95
CHICKEN MILANESE,
ROMAINE LETTUCE,
PARMESAN CROUTONS &
CAESAR DRESSING.

Lunch

CHICKEN BLT 15.95
CHICKEN, BACON, BABY
GEM, BEEF TOMATO & MAYO
ON CIABATTA, SERVED WITH
FRIES.

BEEF BURGER 16.95
CHIPOTLE SAUCE, BALSAMIC
ONIONS, BABY GEM,
TOMATO, GHERKINS &
FRIES.

CRICKS BAGEL 12.50
SMOKED SALMON,
HORSERADISH CREAM
CHEESE, CAPERS, RED
ONION, FRIED EGG & SALSA
VERDE.

SOUP OF THE DAY 8.50

Sides

BACON- 3.50
AVOCADO- 3.50
SAUSAGE- 3.50
HASH BROWN- 3.50
SMOKED SALMON- 4.90
HALLOUMI- 3.50
MIX SALAD- 3.50
FRIES- 4.0
SPINACH- 2.0
VEGGIE SAUSAGE- 3.50
SCRAMBLED, FRIED
& POACHED EGG- 2.0

Sweets

OVERNIGHT OATS EARL GREY POACHED PEAR, MAPLE, CINNAMON, CHIA & CARAMELISED ALMONDS.	9.50
AÇAÍ BOWL AÇAÍ, COCONUT YOGHURT, BERRIES, GRANOLA, CHIA SEEDS & HONEY.	9.50
PANCAKES HOMEMADE VANILLA CREAM, BANANA, BERRIES & MAPLE SYRUP.	11.95
CRÈME BRÛLÉE FRENCH TOAST BRIOCHE, CARAMELISED VANILLA CREAM & BERRIES.	14.50

For Kids

SAUSAGE, FRIES & BEANS	8.95
FISH FINGERS & FRIES	8.95
KIDS PANCAKE	8.95

Pastries

CROISSANT	3.50
ALMOND CROISSANT	4.00
PAIN AU CHOCOLATE	3.60
PAIN AUX RAISIN	3.60
CARDAMOM BUN	4.00
CINNAMON BUN	4.00

Juices

ORANGE JUICE	6.95
GOLDEN JUICE CARROT, ORANGE, GINGER	6.95
GREEN JUICE SPINACH, CUCUMBER, CELERY, APPLE	6.95
PURPLE JUICE BEETROOT, CARROT, GINGER	6.95

WE WORK WITH CAREFULLY SELECTED SUPPLIERS
TO SOURCE FRESH, QUALITY INGREDIENTS.
EVERYTHING IS PREPARED FROM SCRATCH IN OUR
KITCHEN EVERY DAY.

PLEASE INFORM US OF ANY ALLERGIES OR DIETARY
REQUIREMENTS BEFORE ORDERING.

Hot Drinks

ESPRESSO	3.20
MACCHIATO	3.40
CORTADO	3.50
FLAT WHITE	3.90
LATTE	3.95
CAPPUCINO	3.95
AMERICANO	3.40
MATCHA LATTE	4.50
MOCHA	4.50
MUG OF TEA	2.95
CHAI LATTE	4.00
TURMERIC LATTE	4.00
HOT CHOCOLATE	4.00
HERBAL TEA	3.50
BABYCCINO	1.00

Extras

OAT MILK- 0.40	SYRUP- 0.50
ALMOND MILK- 0.40	ICED- 0.50
COCONUT MILK- 0.40	EXTRA SHOT- 0.90
SOY MILK- 0.40	

Soft Drinks

UNFILTERED KOMBUCHA ELDERFLOWER, GINGER & LEMON, BLOOD ORANGE	4.95
PREBIOTIC SODA LEMON & GINGER, PEACH & BLOOD ORANGE	3.50
COKE / COKE ZERO	3.00
STILL / SPARKLING WATER	2.50

CRICKS

alcohol

Cocktails

APEROL SPRITZ <i>APEROL, CAVA & SODA</i>	11
ESPRESSO MARTINI <i>VODKA, KAHLÚA & FRESH ESPRESSO</i>	11
CITRUS SPRITZ <i>GIN, ST-GERMAIN, FRESH LIME, BASIL CAVA & SODA</i>	12

Beers

THE KERNEL PILS <i>(330ML)</i>	5
THE KERNEL PALE ALE <i>(330ML)</i>	5
THE KERNEL TABLE <i>(330ML)</i>	5

White

RÉSERVE DE GASSAC BLANC 8.5/29
2024

LUNEAU-PAPIN 'GARANCE' 10/34
2024

Red

MOULIN DE GASSAC PINOT NOIR 8.5/29
2024

LAPIERRE 'RAISINS GAULOIS' 11/39
2025

Rosé

BERGERIE DE LA BASTIDE ROSÉ 7.5/26
2024

RÉSERVE DE GASSAC ROSÉ 8/28
2024

Sparkling

PAGO DE THARSYS 8.5/30

BRETON 'DILETTANTE' 11.5/42

PICKED BY OURGLASS, DECANTER'S BEST WINE CLUB, FOR
CRICKS. TASTE IS PART TO A BETTER LIFE

SPECIALS CHANGE DAILY. PLEASE ASK WHAT'S OFF-LIST

OURGLASS
CRICKS