

# Poms

Love People. Love Food.

## Low Gluten Menu

To make ordering super easy, we have collected our Low gluten dishes below. Please be aware, our kitchen handles gluten containing ingredients, so we cannot guarantee any dish is 100% free from gluten. Please speak to us if you have any allergies.

**These dishes have no gluten containing ingredients as standard.**

<b>Sweetcorn Fritters</b> Smoked cheddar and sweetcorn fritters, avo smash, pink onions, herbs & harissa cream cheese and maple sriracha Add smoked salmon Add 1 rasher of bacon	<b>12.5</b>
<b>Low Gluten Breakfast</b> Double thick cut bacon, roast plum tomato, herbed mushroom, baked beans, poached free range egg and garlic crispy potatoes	<b>15.5</b>
<b>Pb Brunch</b> Vausages vegan Cumberland, avocado, roast plum tomato, herbed mushroom, baked beans and garlic crispy potatoes	<b>15.5</b>
<b>Ham Hock &amp; Sweet Potato Hash</b> Ham hock, crispy sweet and white potatoes, cavolo nero, lemon crème fraîche, maple sriracha and poached egg	<b>13</b>

**Switch out the bread for gluten free bread on these dishes.**

<b>Avocado Toast</b> Smashed avocado, green goddess courgettes, pink onions and hazelnut and pistachio dukkah on toasted sourdough Add, Poached egg                    1.5 Bacon                              2.5	<b>11</b>
<b>Mushrooms on Toast</b> Chestnut mushrooms, crispy enoki, wilted cavolo nero and mojo verde on toasted sourdough Add, Poached egg                    1.5 Bacon                              2.5	<b>11.5</b>
<b>Eggs Royale</b> Two free range eggs, smoked salmon, baby spinach, mojo verde and house made hollandaise on an English muffin	<b>15</b>
<b>Eggs Benedict</b> Two free range eggs, ham hock, baby spinach, honey mustard, gruyere and house made hollandaise on an English muffin	<b>14</b>

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## Plant Based Menu

To make ordering super easy, we have collected our Plant based dishes below  
Items marked with a **Ve** are already plant based, for items marked with a **Vo**, follow the instructions in the menu listing to order!

<b>Summer Smoothie Bowl<sup>Ve</sup></b>	6.5
Mango, passion and pineapple coconut yoghurt, fresh fruit, passion fruit coulis and crunchy granola	
<b>Sourdough Toast<sup>Vo</sup></b>	4.5 / 5.5
Small or Large Ask for Vegan Spread, jam or marmalade	
<b>Pb Brunch<sup>Ve</sup></b>	15.5
Vausages vegan cumberland, avocado, roast plum tomato, herbed mushroom, baked beans and garlic crispy potatoes Add THIS plant based bacon 4	
<b>Avocado Toast<sup>Ve</sup></b>	11
Smashed avocado, green goddess courgettes, pink onions and hazelnut and pistachio dukkah on toasted sourdough Add, THIS plant based bacon 4 Plant based feta 3 Vausages merguez sausage 5	
<b>Mushrooms on Toast<sup>Vo</sup></b>	11.5
Chestnut mushrooms, crispy enoki, wilted cavolo nero and mojo verde on toasted sourdough - ask for plant based feta instead of whipped feta Add, THIS plant based bacon 4 Plant based feta 3 Vausages merguez sausage 5	
<b>Merguez &amp; Sweet Potato Hash<sup>Ve</sup></b>	13
Vausages plant based merguez sausage, crispy sweet and white potatoes, cavolo nero, plant based feta & maple sriracha	
<b>Nourish Bowl<sup>Ve</sup></b>	12
Dukkah roasted sweet potato, herby tabbouleh, hummus, sumac onions and summer slaw, served with house made flatbread Add, Vausages cumberland 5 Plant based feta 4 Vausages merguez sausage 5	