**M OR N I N G**

FROM 8:30 AM

- **Real Ideas Breakfast**
  Boiled egg, Heyl toast, Montgomery Cheddar, Kingston preserves and
  Heyl granola served with tea or filter coffee
  £6

- **Heyl Toast and Preserves (Vg)**
  Bread lovingly made with ancient and local grain, toasted to perfection.
  £2.50

- **Heyl Granola with Yoghurt and Earl Grey and Orange Blossom**
  £4.50

- **Poached Apricots (Vg option available)**
  Hearty handmade granola, roasted in the Devonport Guildhall.
  £4.50

- **Boiled Eggs on Heyl Toast**
  A breakfast classic, simple and delicious.
  £4

  - Add Montgomery Cheddar
  + £0.50

- **Miso Baked Beans on Heyl Toast (Vg)**
  Baked beans with a delicious twist.
  £4

  - Add Montgomery Cheddar or a soft boiled egg
  + £0.50

- **Montgomery Cheddar and Pickled Guindilla Chilli Toastie**
  Served with Kingston chilli jelly
  £5

**A F T E R N O O N**

FROM 12PM

- **Heyl Roll with Cheese and Cornichons**
  Rich cheese, tangy cornichons and delicious bread.
  £4.50

- **Heyl Roll with Pepper, Pickled Chilli, Cucumber and Aioli (Vg)**
  £4.50

- **Lentil and Lemon Soup (Vg)**
  Homely and nourishing, served with a slice of Heyl bread.
  £5

- **Chickpea Salad (Vg)**
  A fresh and filling lunch, a balance of hearty chickpeas and fresh salad.
  + £0.50

**COFFEE**

- **Origin Coffee Roasters**

  - **Americano**
    £2.20

  - **Flat White**
    £2.80

  - **Latte**
    £2.80

  - **Cappuccino**
    £2.80

  - **Hot Chocolate**
    £2.80

**SOFT DRINKS**

- **Sparkling Apple & Rhubarb**
  £2.35

- **Lemonade, Elderflower**
  £2.00

- **Fresh Orange/Apple juice**
  £1.50

- **Coke**
  £1.50

**Heyl are a vegan artisan sourdough bakery committed to using plant-based, locally-grown, organic and heritage grains to produce a delicious range bakery goods.**