



BREAKFAST

Saturdays, Sundays and Bank Holidays

9am to 12pm

CLASSICS AND MORE

Full English £8.95
Free range eggs, grilled sourdough, roasted vine tomatoes, dry cured bacon, Italian handmade sausage and grilled mushrooms
 + house beans + £1.50
 + black pudding + £2.50

Eggs Fiorentina (v) £8.50
Poached free range eggs, wilted spinach, field mushrooms and hollandaise sauce, served over an English muffin

Eggs Benedict £9.25
Poached free range eggs, English muffin, homemade carved ham, smokey pancetta and hollandaise sauce

Eggs Royal £10.50
Poached free range eggs served on an English muffin, with smoked salmon and hollandaise sauce

Totally Vegan (v) £8.50
Smashed avocado, courgette fritters, vine tomatoes, field mushrooms, smokey house beans and grilled sourdough

Grilled Smoked Scarmorza £8.95
Scarmorza cheese melted over poached free range eggs, home baked carved ham, hollandaise sauce and an English muffin

GRANOLA AND BREAD

Warm bread basket £3.50
Includes butter and choice of preserves

Homemade granola, creamy yoghurt and fresh fruit £4.95

EXTRAS OPTIONS

1.Roasted vine tomatoes; 2.House beans; £2.50
 3.Wilted spinach; 4.Field mushrooms;
 5.Smashed avocado; 6.Italian pork sausage (x2); £3.50
 7.Dry cured bacon (x2); 8.Organic Chorizo;
 9.Black pudding

WOOD OVEN

2 free range eggs baked in the wood oven, served with grilled sourdough and topped with one of the following:

Option 1; Field mushrooms, goats cheese, £8.95
 tomato sauce and spinach (v)

Option 2; Chorizo sausage, ricotta, tomato £9.50
 sauce and spinach

FRITTATA

Eggs cooked in the pan with spinach and parmesan served with freshly baked sourdough and one of the following:

Option 1; Crushed avocado, buffalo mozzarella £8.95
 and roasted vine tomatoes (v)

Option 2; Italian hand made sausage, dry £8.95
 cured bacon and roasted vine tomatoes

Option 3; Smoked salmon, creme fraiche, £9.95
 rocket and dill

BEVERAGES

Our coffe is Freehand and Fairtrade, selected for its complete and full flavour

Cappuccino, caffe latte, mocha £2.30

Espresso or Macchiato £1.70/£1.90

Hot chocolate £2.30

Tea - we use Teapigs real tea £2.10

Everday brew, Peppermint, Earl Grey, Chamomile flowers, Super fruit

Fresh orange/apple juice £2.70

San Pellegrino mineral water £2.25/£2.95

Still/Sparkling (500ml/700ml)

Open Monday to Thursday 12pm to 11pm;

Friday 12pm to 11.30pm; Saturday 9am to 11.30pm;

Sunday 9am to 10.30pm; Telephone: +44 207 978 1108

Email: eco@ecorestaurants.com



BRUNCH

Saturdays, Sundays and Bank Holidays

12pm to 3pm

BREAKFAST COCKTAIL

Bloody Mary £6.95
This particular blend is unique to eco, includes organic Italian tomato and balsamic. A delicious and perfect hangover cure.

CLASSICS AND MORE

Full English £8.95
Free range eggs, grilled sourdough, roasted vine tomatoes, dry cured bacon, Italian handmade sausage and grilled mushrooms

+ house beans + £1.50

+ black pudding + £2.50

Eggs Fiorentina (v) £8.50
Poached free range eggs, wilted spinach, field mushrooms and hollandaise sauce, served over an English muffin

Eggs Benedict £9.25
Poached free range eggs, English muffin, homemade carved ham, smokey pancetta and hollandaise sauce

Eggs Royal £10.50
Poached free range eggs served on an English muffin, with smoked salmon and hollandaise sauce

Totally Vegan (v) £8.50
Smashed avocado, courgette fritters, vine tomatoes, field mushrooms, smokey house beans and grilled sourdough

Grilled Smoked Scarmorza £8.95
Scarmorza cheese melted over poached free range eggs, home baked carved ham, hollandaise sauce and an English muffin

Grilled Steak & Mushroom £11.95
Grilled sirloin with roasted vine tomatoes and Portobello mushrooms and a fried/poached egg + hollandaise sauce

EXTRAS OPTIONS

1.Roasted vine tomatoes; 2.House beans; £2.50

3.Chips; 4.Wilted spinach; 5.Field mushrooms; 6.Bread basket; 7.Italian pork sausage (x2); £3.50

8.Smashed avocado; 9.Dry cured bacon (x2); 10.Cavolo nero & sweetcorn fritter;

11.Brindisa chorizo sausage; 12.Black pudding

WOOD OVEN

2 free range eggs baked in the wood oven, served with grilled sourdough and topped with one of the following:

Option 1; Field mushrooms, goats cheese, tomato sauce and spinach (v) £8.95

Option 2; Chorizo sausage, ricotta, tomato sauce and spinach £9.50

FRITTATA

Eggs cooked in the pan with spinach and parmesan served with freshly baked sourdough and one of the following:

Option 1; Crushed avocado, buffalo mozzarella and roasted vine tomatoes (v) £8.95

Option 2; Italian hand made sausage, dry cured bacon and roasted vine tomatoes £8.95

Option 3; Smoked salmon, creme fraiche, rocket and dill £9.95

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Espresso or Macchiato £1.70/£1.90

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