

# RASK

## DELICIOUSLY NUTRITIOUS

### Breakfast, Drinks & Snacks

#### GRAINS & FRUIT

oat porridge	4.25
whole milk, maple & agave syrup, toasted almonds. <small>v, veo, dfo</small>	
chia porridge	4.95
almond milk, banana, roasted nuts, peanut butter, Skyr yogurt. <small>gf, dfo</small>	
smoothie bowls	5.95
freshly blended and topped with deliciously good ingredients.	
cranola bowl	4.95
four grain granola, Skyr, frozen raspberries, chia seeds. <small>v</small>	
ADD	.95
+ Maca, cacao or omega seeds	

#### TOASTS & SPREADS

TOAST	2.00
sourdough or dark rye or gluten free with proper butter or vegan spread	
Toppings	.50
AVO TOAST	6.50
dark rye, avocado smash, poached free range eggs, cress. <small>df, gfo, v</small>	
eggs	5.25
free range, poached or fried x 2, sourdough toast, cress. <small>gfo, v</small>	
smoked salmon	6.25
toasted bloomer, shaved radish, herby cottage cheese, watercress. <small>gfo</small>	
bacon & egg	7.25
crispy bacon, fried egg x 2, roasted tomato, toasted sourdough. <small>gfo, dfo</small>	

#### PROTEIN PACKED

beans on toast	5.50
toasted rye bread, mixed five beans in a rich tomato sauce. <small>gfo, df, v, ve</small>	
protein pancakes	6.25
peanut butter, dark chocolate chips, agave syrup, skyr yogurt. <small>gf, dfo, v</small>	
corn fritters	7.50
smoked bacon, poached free range eggs, avocado smash, watercress. <small>gf, df</small>	

#### PROSECCO BREAKFAST

class of fizz

**CHIA PORRIDGE**

**OAT PORRIDGE**

**GRANOLA**

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**BACON & EGGS**

**SMASHED AVOCADO**

**OPEN SALMON**

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**RAW ENERGY BALL**

organic tea or americano to finish

21.00

breakfast is served until 11.30  
order at the counter