

Breakfast



Served 8 - 11.30am

Coffee with a Friend new

Friends are lovely little Breakfast cakes made with Almond Flour and topped with Fruit. They originated in France but have been adopted and perfected by the Aussies. We bake them fresh daily at Boscanova. They taste great with one of our Piccolo coffees.

Porridges

Plain Jayne v (vg wf) 2.60

Organic Porridge Oats with your choice of Honey, Brown Sugar or Strawberry Jam.

Gingerbread v (vg wf) new 3.50

A bowl of Porridge with the Winter flavours of Ginger, Molasses and Cinnamon served topped with Cream and Cinnamon Sugar.

Apple Crumble v (vg wf) 3.50

How can breakfast be this good! Porridge topped with Cinnamon and Nutmeg, baked Apples, and a touch of toasted Granola. Served with a sprinkling of Brown Sugar and a spot of Cream.

To change Porridge to Vegan or wheat-free, they can be made with wheat-free Quinoa and/or Soya Milk and served with Agave Syrup or Soya Cream.

Scrambled Eggs with Chorizo new 4.95

Eggs scrambled with fresh Herbs served with slices of Chorizo, a warm Portuguese roll and Boscanova Chilli Jam.

Two Eggs

Poached or scrambled, or Tofu Scramble.
Served on Toast v (vg) 3.95
Served on Bubble and Squeak v wf (vg) 4.50

Lumber Jack Breakfasts 4.95

Both served with Maple Syrup and Butter.

Canadian Pancakes served with a side of crispy Bacon

Canadian Pancakes served with baked Apples and Sausages

Breakfast not big enough?

ADD:
Fresh Fruit Salad 1.45
Haloumi • Bubble and Squeak 1.25
Maple Syrup 0.95
Bacon • Sausage • Egg • Mushrooms • Guacamole • Houmous 0.90
Tomatoes • Beans • Toast • Blueberries 0.70

Breakfast Sandwiches

Bacon Roll Grilled streaky Bacon. 2.95
Add an Egg for 0.90

TMR Grilled Tomato, Mushroom and Rocket on a rustic Roll. v 2.95
Add an Egg for 0.90

English Breakfast 5.50

Streaky Bacon, a Boscombe Banger, poached Egg and Baked Beans, served with sliced Tomato and Toast.

Veggie English Breakfast v 5.50

Grilled Haloumi, Houmous, Baked Beans and poached Egg served with sliced Tomato and Toast.

Toast and Spread v 1.95

With Marmalade, Nutella, Honey, Jam, Peanut Butter or Marmite.

Boscanova House Granola v 3.50

Our own café made Granola is packed full of Nuts and Seeds and secret Spices. It has become so popular we now sell it in lovely little bags to take home.

Served with Yoghurt and Honey
Served with Milk and grated Apple new
Add a side of Fruit Salad for 1.45

Brunchy Food

Served 8am - 3.30pm (4pm Saturdays)

please ask to see our kid's menu

East End Breakfast v 6.75

Bubble and Squeak served with Bacon, Sausage, Baked Beans and poached Egg.

Or Veggie-style with Mushrooms, Tomato, Baked Beans and poached Egg.

(For everybody's sanity, please no substitutions.)

BRT 4.25

Grilled Bacon, Rocket and Tomato served on a rustic Roll.

Add Guacamole 0.90

Add Chilli jam. 0.90

Houmous and Dukkah v vg new 4.25

Grilled Mediterranean Veggies served in a rustic Roll with Houmous and our lovely Egyptian Dukkah.

Treasure Pots v new 2.95

Served layered in a Sunday glass. Choose from:

- Berry Compote, Granola, Blueberry Agave & Greek Yoghurt
- Greek Yoghurt, Mango, Bananas, Honey & Chopped Dates
- Dark Chocolate Brownie bites, Blueberry Compote & Yoghurt

We don't need no Eggs & Bacon new 5.95

Try our gorgeous Tofu Chickpea Scramble served with Black Beans, Guacamole, Salsa and Tortilla Chips. The best Vegan Breakfast in town! v vg wf

Chorizo con Papas Burrito new 5.50

Chorizo and Potato with scrambled Eggs, Green Chilli Salsa and Cheese. Served with Guacamole.

Canadian Pancakes v 3.95

We serve them topped with Maple Syrup and Butter.

Stuffed with Blueberries add 1.10

Stuffed with Banana add 0.90

With a side of Fruit Salad add 1.45

Snowy Mountains v new 5.50

A stack of Canadian Pancakes topped with Greek Yoghurt. Served with Fruit Compote and a dusting of Cinnamon Sugar.

Lumber Jill new 5.95

Two Canadian Pancakes topped with Butter and Maple Syrup, served with Bacon, Sausage and Egg.

Daytime Menu

Served from 11.30am - 3.30pm (4pm Saturdays)

Boscanova Specialities

BBQ Latin Pork new 4.75

Marinated in Achiote and Orange Spices, slow cooked till tender then served on a Bun with a side of Mexican Slaw.

Grilled Tofu Sandwich v new 4.75

Tofu marinated in Ginger and Asian Spices grilled then served on a bun with Ponzu sauce and Noodle Salad.

Tuscan Chicken Quesadilla (wf) 5.50

Roast Chicken with Pesto sauce, Mediterranean Veggies and Cheese stuffed in a Tortilla and grilled. Can be served wheat-free on a Tostada.

Ssh Ssh Shish with Zatar v new 6.25

An enchanting Middle Eastern Plate.

Haloumi and Sweet Potato skewers dusted with Zatar and grilled.

Served with Moroccan Salsa, Houmous, Olives and Flat Bread.

Corn Dance Tostada v wf new 5.75

Black Beans, Sweetcorn and Cactus served on top of a crisp Tostada topped with Cheese. Served with sides of Guacamole, Salsa and Mexican Slaw.

Black Bean Burrito v (wf) 5.75

Cuban-style Black Beans wrapped in a Tortilla with Cheese served with Mango Tomatillo Salsa and Guacamole.

Can also be served on a wheat-free Tostada.

Add Chicken 1.50

Add Cactus 1.10

FRESH



Soup is back!

Soup v (often vg) 2.95

Mmm, like a hot-tub for your soul. Created in the Boscanova kitchen. Check the board for today's flavour.

Add a Flat Bread 0.70

Soup and Salad Combo v 5.20

A bowl of Soup, a side portion of Winter Salad of your choice, and grilled Flat Bread.

Soup and Wrap Combo new 5.75

A bowl of Soup and your choice of mini Flat Wrap. Choose your Flat Wrap from the selection below.

Grilled Mini Flat Wraps new 3.50

Made on 8 inch Tortillas. Perfect for a light snack or for combining with Soups and Salads. Choose from:

- BBQ Latin Pork with Apple & Cheese
- Sweet Potato with Moroccan Salsa & Cheese v (vg)

Lots of our menu items are suitable for Vegetarians, Vegans and Coeliacs. Some dishes can be altered to suit certain dietary requirements. Please ask.

Key: v Vegetarian
vg Vegan
wf wheat-free
() brackets mean "can be made"

Our food is freshly prepared on site. Whilst every care is taken, we cannot guarantee that any dish is completely nut-free.

Winter Salads Side 2.25 Main 4.95

Mexican Slaw v vg wf new

Inspired by the Margarita, Mexico's favourite cocktail. Cabbage, Apple and Red Pepper Slaw with lots of Coriander and a just a touch of Jalapeno in a luscious Lime dressing.

Kalifornia Karma v wf

Rocket and Herb Salad, topped with roasted Vegetables and marinated Feta. Topped with puffed Quinoa and Tamari roasted Nuts and Seeds.

Chuka Men Salad with Ponzu v new

Ponzu is a Japanese dipping sauce. We serve it in a lovely Salad with Noodles, Edamame Beans, Mango, Ginger and Coriander.

Bits and Pieces Globally inspired eclectic little dishes

Houmous Masabacha v vg 4.10

Smooth traditional Houmous topped with fresh Chickpeas, Lemon Tahini dressing and Pine Nuts. Served with Flat Breads.

Frijoles con Queso v wf new 4.95

Black Beans, smoked Chipotles and mild green Chillis topped with Cheese grilled. Served with Tortilla Chips for dipping.

Boscana Nachos v wf 4.50

Corn Chips smothered in melted Cheese and Salsa topped with Greek Yoghurt and Guacamole.

Add Chicken and Chorizo new 1.50

Add Black Beans and Cactus 1.50

☆ tips are always gratefully received, and go straight to the staff working, not the bosses!