



Served Weds to Fri from 8.30am - 2.30pm Sat to Sun from 9am - 2.30pm



Local pork sausage | crispy bacon | crispy potato terrine tomato butter beans | spinach & toasted seed pesto poached eggs

£13

0r

Roasted garlic & soy glazed garlic mushrooms Dorset smoked halloumi | crispy potato terrine tomato butter beans | spinach & toasted seed pesto poached eggs **V** £13



Spanish style omlette with potatoes and roasted cherry tomatoes | harissa mayo | house slaw | coriander Onion seeds **V GF** £9.50

Fancy some meat? Add spicy Spanish sausage GF + £2

THE FOUR SMALLS

Croissant served warm, Book & Bucket cream cheese, strawberry compote, fresh fruit, mixed toasted nuts & date molasses £5.50 ${\bf V}$

Coconut yoghurt with strawberry compote, fresh fruit, house granola & maple syrup £6.50 **VE**

Sausage or bacon sandwich with tomato jam £6.50

Sourdough soldiers & dippy eggs £5 **v**

A selection of fresh cakes & pastries are available from the counter too!

WHAT IS THE FOUR?

It's often the first question we're asked.

We focus is on keeping things simple and having Four well thought out and perfectly balanced options across our menus. So to really clear it up, we do Four things really well!

All our food is made fresh to order, at busy times please bear with us

 $^{\circ}$ Contains nuts. ^tFish dishes may contain small bones. If you have any questions, allergies or intolerances, please let us know before ordering. **V** = made with vegetarian ingredients **VE** = made with vegan ingredients **GF** = made with gluten-free ingredients

thefour.uk

$N_{0.}2$ the toast

Whipped local feta | chunky avocado poached eggs | roasted seeds buffalo hot sauce | toasted sourdough

Choose from: Crispy bacon or Mere Farm cold smoked trout[†] £11.50

Whipped cashew | soy glazed mushrooms house dukkah | Siracha | spring onion with crispy chick peas | toasted sourdough **VE** £12

$N_{o.}$ 4 the festive

Christmas vegetable bubble & squeak | fried egg cranberry relish | pigs in blankets £12

Christmas vegetable bubble & squeak | fried egg cranberry relish | smoked halloumi **V** £12





the FOUR DRINKS

FULL CIRCLE COFFEE

DOUBLE ESPRESSO AMERICANO £2.50

£2.80

FLAT WHITE £3.30

CAPPUCCINO/ LATTE £3.60

(UN) ORDINARY OAT MILK +30p

Our milk is supplied by happy Holstein cows at Meggie Moo's

JOE'S ORGANIC TEA CO

EVER SO ENGLISH PROPER THE EARL GREY ST CLEMENTS BREAKFAST £2.80 PEPPERMINT £2.50 £2.80 LEMON £2.50

SOFT DRINKS

KARMA COLA £3.50

KARMA CLOUDY LEMONADE £3.50

KARMA GINGER ALE £3.50

KARMA ORANGEADE £3.50

JUICES & SMOOTHIES BY PRESS £4.50

MORNING GREENS SMOOTHIE Mango | Banana | Avocado | Spinach

SUPER GINGER JUICE Ginger | Apple | Lemon

FLEX £5.50

Californian Pale Ale 5.3%

RICOCHET £5.50 West Coast Pilsner 55%

TRIPLE BERRY SMOOTHIE Blueberry | Raspberry | Strawberry | Banana | Coconut Milk Strawberry | Apple | Lemon | Mint

BERRY BOOST JUICE

Served after 12pm

BEERS FROM SIREN BREWERY

JOUSKA £5.50 NEIPA 4.7%

NIGHTSHIFT f.6 Nitro Porter 45%

COCKTAILS

MIMOSA £5 Freshly squeezed orange juice topped with our house fizz

WINE

PLEASE ASK TO SEE OUR WINE LIST

Have look at our bottleshop on the backwall for all our wines served by the glass and many more. If you need help just ask!

the four. uk

BLOODY MARY £11 A zingy blend of The Pickle House Tomato Mix, Black Cow Vodka and Dorsetshire Sauce!





(O)

