



PARKER

MENU

BREAKFAST

AVOCADO ON TOAST, LIME, SEEDS 9.95

EGGS ON HOUSE SOURDOUGH 9.95

SCRAMBLED EGGS, BRIOCHE, MELTED CHEDDAR, MIXED SEEDS
12.95

VICTORIAN EGGS & WAFFLES: COVERED WITH BUTTERY
HOLLANDAISE, CREAMY AVOCADO, LEMON ZEST 11.95

PERSIAN OMELETTE, DATE PASTE,
FETA CRUM & WALNUTS 11.95

FRENCH TOAST, HOUSE PEANUT & CINNAMON SAUCE OR
NUTELLA & STRAWBERRIES 11.95

BRUNCH

SOUP OF THE DAY & CHEESE TOAST 8.50

TRADITIONAL SHAKSHUKA, LABNEH YOGHURT, DILL & FETA, HOUSE
SOURDOUGH 13.95

HOUSE ORGANIC CHICKEN SALAD 9.95

ROASTED ORGANIC CHICKEN BREAST, SEASONAL PUREE, SALSA
VERDE 14.95

FRESH PASTA, SAUCE OF THE DAY, PARMESAN, BASIL OIL
12.95

HOME MADE CHEESE BURGER, CARAMELISED ONIONS & LETTUCE
11.95

HEALTH

FRESH PINEAPPLE BOWL, MANGO, FROZEN PINEAPPLE CREAM & GRANOLA
11.95

WHIPPED COCONUT YOGHURT BOWL, GRANOLA, CARAMELIZED BANANA,
HOUSE JAM, BERRIES 9.95

OVERNIGHT OATS, VANILLA, RAW HONEY, DAILY FRUIT 9.95

HOUSE WARM CHOCOLATE PORRIDGE, CACACO NIBS 8.95

OPEN EVERYDAY

FROM 7AM TO 6PM

WWW.PARKERLONDON.COM

PLEASE INFORM YOUR SERVER OF ANY ALLERGIES OR DIETARY REQUIREMENTS



PARKER
SMOOTHIES
&
JUICES

IRON BOOST ELIXIR

SPINACH, PINEAPPLE, KIWI, ORANGE, SPIRULINA, RAW HONEY

6.95

BERRY GLOW TONIC:

MIXED BERRIES, BANANA, APPLE & BEETROOT

6.95

COPACABANA :

PASSIONFRUIT, MANGO, POMEGRANATE, PINEAPPLE COCONUT,

RAW HONEY 6.95

PLANT PROTEIN CHOCO SHAKE

VEGAN PROTEIN, RAW CACAO, BANANA, CHIA SEEDS, PEANUT

BUTTER, DATES, OAT MILK

7.95

STRAWBERRY JUICE

STRAWBERRY, APPLE, BANANA

7.95

ANTIOXIDAN JUICE

POMEGRANATE, APPLE, BEETROOT, PINEAPPLE

7.95

IMMUNITY JUICE

PINEAPPLE, TUMERIC, APPLE

7.95

VITAMIN JUICE

ORANGE, CARROT, GINGER

7.95

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REQUIREMENTS

PARKER
SNACKS

GRATED TOMATO
SHERRY & HOME FOCACCIA 6.95

BEETROOT HUMOUS
DILL & SOURDOUGH 6.95

TZATZIKI
CHICK PEAS & CUCUMBER 6.95

WHIPPED RICOTTA
LEMON ZEST, NUTS & FOCACCIA 6.95

SPICED BABY POTATOES
TAMARIN & CORIANDER CHUTNEY 7.95