

BRUNCH

Warm Plum Porridge [ve] [gf] 115

Hazelnut polenta porridge infused w/ lapsang souchong tea, rosemary-plum coulis, buckwheat & oat crumble, poached plum, grape, lemon thyme

French Toast [ve] 130

Twice-cooked brioche, gooseberry jam, coconut yoghurt, coconut meringue, salt-roasted coconut, fresh berries

The Smashed Avo' [ve] [vo] [gfo] 140

Sourdough, avocado, goats' cheese, turmeric egg, fermented hot sauce, activated almonds

side salad w/seeds & nuts

- add pork or sautéed greens (+ 25)

The Benedict [gfo] 135

House-made English breakfast muffin, pulled pork, poached egg, miso-apple cider hollandaise

side salad w/seeds & nuts

- swap pork for smoked salmon (+ 25)

Turk(ish) Eggs [ve] [vo] [gfo] 140

Herbed coconut labneh, poached eggs, sautéed greens, paprika & zaatar brown butter, sourdough

- add pork or sautéed greens (+ 25)

Mushroom Toast [ve] [gfo] 130

Zero-waste brioche, truffle & celeriac cream, sautéed shiitake & portobello mushrooms, naked cucumber, mushroom crackers, parsley

- add poached egg (+ 25)

[v] Vegan

[vo] Vegan option available

[ve] Vegetarian

[veo] Vegetarian option available

[gf] Gluten Free

[gfo] Gluten Free option available

[Please inform staff of any allergies or dietary requirements]

SMALLER THINGS

Cadence Sourdough Bun 38

Our sourdough bun, sliced and served w/ house whipped brown butter and either:

- House-made jam - Vegemite
- Cheese (+ 5) - House-made nut butter (+ 5)
- Tasmanian leatherwood honey (+ 10)

Cadence Sourdough Crumpet [vo] 45

A hot spongy bread made on the hotplate, served w/ house whipped brown butter and either

- House-made jam - Vegemite
- House-made nut butter (+ 5)
- Tasmanian leatherwood honey (+ 10)

Coconut Yoghurt [v] [gf] 70

Probiotic coconut yoghurt, spiced gluten-free granola, seasonal house-made jam, fresh fruit

- add house-made nut butter (+ 5)

Banana Bread [gf] 75

House-made gluten-free banana bread, coffee & banana mascarpone, spent coffee & dark rum syrup*, sea salt

*Alcohol content in coffee & rum syrup is below 0.5%

Breakfast Muffin 75

House-baked English muffin, house-made HP sauce, fried egg, organic Danish bacon, Vesterhavstost

- add avocado (+ 25)

Salmon Crumpet 95

Cadence sourdough crumpet w/ crème fraîche, smoked salmon & preserved lemon

- add poached egg (+ 25)

CADENCE

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FLIP FOR DRINKS

COFFEE

from Coffee Collective
- all double shot

Espresso	30
Mug of Filter	36
Americano	38
Cortado	38
Magic <i>Double ristretto over 60ml of steamed milk</i>	40
Cappucino	42
Flat White	42
Latte <i>Available iced + 3</i>	45

NOT COFFEE

Hot Chocolate <i>62% Öko Caribe from Mellōw</i>	45
Pot of organic tea <i>Lemon Ginger/Earl Grey/Gunpowder Green</i>	42

All milk-based drinks are served with either grass-fed cow's milk or oat milk at no extra cost

COFFEE ALTERNATIVES

Golden Latte <i>Turmeric, ginger & cinnamon on oat milk</i>	42
Prana Chai Latte <i>Chai tea soaked in honey, served on steamed oat milk</i>	45
Mushroom Latte <i>Cinnamon & cacao on oat milk w/ Mind Studio Lion's Mane tonic*</i>	55
Bone Broth <i>House-made, collagen-rich bone & vegetable broth</i>	55

BOOZE

Mimosa <i>Cava & fresh orange juice</i>	80
Cava <i>Elegant, fresh, fruity - Glass / bottle</i>	65 / 270

* Lion's Mane is a renowned mushroom that may support brain function, mental clarity and concentration
Not suitable for pregnant and breastfeeding people

COLD DRINKS

Green Smoothie <i>Avocado, kale, apple, mint</i>	75
House-Made Lemonade <i>Organic lemon & bitters</i>	45
Fresh Orange Juice	45
Folk Kombucha <i>Rotating flavours</i>	45
Mango Lassi <i>House-made probiotic coconut yoghurt, mango, roasted coconut</i>	65
Organic Ginger Shot <i>House-made ginger, lemon & apple shot - add Mind Studio Lion's Mane Tonic (+15)*</i>	25
Still & Sparkling Water <i>Hydration for mind, body & soul. Pick it up next to the bakery entrance</i>	FREE

