



RESTAURANTS



HEALTHY BREAKFAST

Organic Yoghurt - Chia Seeds - Pineapple - Red Fruits
Whole Grain Toast - Avocado - Pico de Gallo

12

ENGLISH BREAKFAST

Free Range Eggs - Smoked Bacon - Herb Sausage - Black Pudding
Potato Wedges - Baked Beans Portobello - Cherry Tomatoes
Choice of White, Brown or Whole Grain Toast

17

CONTINENTAL BREAKFAST

B Bakery Selection (Croissant, Cinnamon Roll, Muffin)
Bircher Muesli or Yoghurt - Seasonal Fruit
Choice of White, Brown or Whole Grain Toast

14

Vegan sausages and gluten free bread to be available upon request



ZELA BREAKFAST

Home-cured Salmon Flambée (Salmon Tataki) - Miso Soup (Miso Shiru)
Zela Fried Rice - Pickled Vegetables (Tsukemono) - Seasoned Seaweed
(Nori)

15

LIGHT

Steel Cut Oats served with Honey or Apple Compote

9

FREE RANGE EGGS

Royale Omelette (Choose Two of: Cheese, Ham, Turkey, Tomato, Onions, Tofu)
Egg White Omelette with Fresh Herbs

11

COFFEE AND TEA

Espresso - Macchiato - Americano - Cappuccino - Caffe Latte
Earl Grey - English Breakfast - Lemongrass and Ginger - Green Jade Tips

4,5

In compliance with and implementation of the European Regulation 1169/2011 on food allergies - which became effective as of 13/12/2014 -

we communicate to our customers they have at disposal the list of products or foods included in each dish offered in our menu and likely to cause any allergies.

Prices include VAT. A discretionary service charge of 15% will be added to your bill.



ME London, 336-337 Strand, WC2R 1HA
zelarestaurants.com