

# FERNANDEZ & WELLS

## From Morning to Night

### EGGS & OMELETTES

<b>Fried Eggs with Za'atar</b>	5.5
Two fried eggs served with olive oil, and a sprinkle of Za'atar.	
<b>Fried Eggs with Yoghurt and Harissa</b>	7
Two fried eggs with a dollop of Greek yoghurt and Harissa chilli sauce.	
<b>Taktouka</b>	9.5
North African inspired cooked tomato and roasted pepper base, with a poached egg.	
<b>'Khli'a' Fried Eggs</b>	9
Two fried eggs served with Cecina de Leon (thin sliced air-dried beef).	
<b>Fried Eggs with Chorizo Fresco</b>	8.5
Traditional Spanish Sausage seasoned with natural spices, garlic and paprika.	
<b>Fried Eggs with Black Pudding</b>	8.5
Scottish Black Pudding from Stuart Grant of Speyside.	
Add an egg to any dish	1.5
<b>Cheese Omelette</b>	6.5
Grated mature cheddar with leek and onion.	
<b>Omelette with Roast Red Pepper and Zamorano</b>	7.5
Roasted red peppers with a hard sheep's milk cheese from Zamora in Spain.	
<b>Cheese and Prosciutto Omelette</b>	9.5
28-month aged Parma Ham from Emilia Romagna with grated mature cheddar, leek and onion.	
<b>Chorizo Omelette</b>	8.5
Traditional style grilled chorizo fresco.	

All served with sourdough.

### TOASTED & BAKED

<b>F&amp;W Granola with Greek Yoghurt and Honey</b>	4.5
Twice-baked with oats, pumpkin seeds and apricots.	
<b>Porridge</b>	4
Flahavan's Organic Irish Oats with honey or jam.	
<b>Banana Sourdough</b>	4.5
Grilled and served with Italian unsalted butter.	
<b>Toast and Jam</b>	4
Sourdough with Italian unsalted butter and seasonal jams.	

<b>Toasted Cheese</b>	5.5
Two slices of sourdough filled with aged cheddar, finely chopped red onion and leek.	
<b>Tomatoes on Toast</b>	7.5
Heritage tomatoes with olive oil and sea salt.	
<b>Sardines on Toast</b>	8.5
Ortiz sardines with Italian unsalted butter.	

**We also have a daily selection of filled croissants, sandwiches and salads as well as sourdough cakes made with a two-day ferment. Available from the counter.**

### PLATES & BOWLS

<b>Gazpacho</b>	4.5
The classic Andalucian chilled tomato soup, cool and refreshing. Served with sourdough.	
<b>Padron Peppers</b>	5
The most famous produce of Padron in Galicia, only served in season from April to October.	
<b>Imam Bayildi</b>	7
Roasted aubergine and tomato served warm with feta and wild oregano and sourdough.	
<b>Chorizo Fresco</b>	6.5
Traditional sausages seasoned with natural spices, garlic and paprika and air dried. Served with sourdough.	
<b>Roman-style Artichokes</b>	8
Served warm from the grill with olive oil. Served with sourdough.	
<b>Hummus bi Tahini</b>	5.5
Lebanese-style chickpea dip with sourdough.	
<b>Spicy Potatoes</b>	9.5
Grilled potatoes with our spicy sauce, Padron peppers and aioli.	
<b>Greek Salad</b>	8.5
Seasonal tomatoes, barrel-aged feta, sliced red onion, black olives and wild oregano with olive oil and lemon juice.	
<b>'Broken Eggs'</b>	12.5
Eggs grilled with potatoes and thin slices of prosciutto di Parma.	

### MEAT

<b>Prosciutto di Parma</b>	8
The finest sweet, tender 'riserva' ham from Piero Montali & Sons in Emilia. Cured 28-34 months.	
<b>Speck Naturale</b>	8
From the hind leg of Trentino pigs traditionally smoked over beech and hazel before long ageing.	
<b>Cecina de Leon</b>	8
Thin slices of beef, air cured for 12-14 months then smoked over Holm oak.	
<b>Salame Rustico</b>	8
Traditional salame from Tuscany made from the best lean cuts of the shoulder, leg and neck, tender back fat and seasoned with red wine, garlic and peppercorns.	
<b>Finocchiona</b>	8
Tuscan salami seasoned with wild fennel seeds and pollen by Carlo Pieri, close to Montalcino.	

### CHEESE

<b>Zamorano</b>	8
Like Manchego, this is made from raw sheeps' milk and aged for a minimum of 9 months and comes from the province of Zamora in Spain.	
<i>Recommended with a glass of our dry, nutty, Oloroso Sherry</i>	
<b>Brebis Fermier</b>	8
Unpasteurised sheep's milk cheese from Lescun, a tiny village 900m up in the French Pyrenees.	

All meat and cheeses served with sourdough.

### WITH WINE

<b>Kalamata Olives</b>	4.5
Organic unpasteurised olives grown on a hillside near Sparta.	
<b>Amfissa Olives</b>	4.5
An ancient variety grown on a biodynamic farm in central Greece, these green olives are unpasteurised and have a delicious fresh, lemony taste.	
<b>Olive Oil Crisps</b>	3

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### COFFEE

**Double shot F&W Colombian/Bolivian espresso blend by Hasbean roasters**

Espresso	<b>2.6</b>
Piccolo	<b>2.6</b>
Stumpy™	<b>2.95</b>
Latte, Flat White, Cappuccino	<b>2.95</b>

All available over ice.

### HOT CHOCOLATE **3.5**

<b>TEA</b>	Prices per pot
Barry's Gold Blend Irish Tea	<b>3</b>
Earl Grey	<b>3</b>
Darjeeling	<b>3</b>
Formosa Green	<b>4</b>
Garam Assam Chai	<b>3</b>
Rooibos	<b>3</b>
Fresh Mint	<b>3</b>

### JUICES

Orange	<b>3.5</b>
Pink Grapefruit	<b>3.9</b>
F&W Iced Tea	<b>3</b>
Citron Pressé	<b>3</b>

<b>Lemonade</b> Dalston's	<b>3</b>
<b>Ginger Beer</b> Dalston's	<b>3</b>
<b>Fizzy Apple</b> Dalston's	<b>3</b>

### WATER

Hildon Still	<b>1.7</b>
Hildon Sparkling	<b>1.7</b>
Vichy Catalan (.5 litre)	<b>3.5</b>
Spain's finest mineral water since 1889.	

### WINES

**Natural, organic and biodynamic wines by the glass, please see the board or ask us.**

#### WHITE

2016 'Ciello Bianco' Cataratto, Azienda Rallo, Sicily, Italy	<b>25</b>
2016 Gran Cerdo Blanco, Gonzalo Grijalba, Rioja, Spain	<b>26</b>
2016 Picpoul de Pinet, Château de la Mirande, Languedoc, France	<b>28</b>
2016 Sauvignon Blanc, Domaine de Laulan, Côtes de Duras, France	<b>30</b>
2016 Verdicchio Arbinus, Agricola Ciù Ciù, Marche, Italy	<b>32</b>
2016 Xarel.lo Blanc Selecció, Jané Ventura, Spain	<b>33</b>
2016 Pinot Grigio Organic, Cantina Toblino, Alto Adige, Italy	<b>35</b>
2016 Terras Gauda 'O Rosal' Albariño, Rias Baixas, Spain	<b>38</b>
2015 Vouvray Sec 'La Dilettante', Catherine & Pierre Breton, Loire, France	<b>40</b>

#### RED

2015 Montepulciano D'Abruzzo, Cantina Frentano, Abruzzo, Italy	<b>26</b>
2016 Château du Cèdre Malbec 'Camille', Cahors, France	<b>27</b>
2015 Côtes du Rhône 'Terre de Mistral' d'Estezargues, France	<b>28</b>
2015 Rosso Piceno 'Bacchus', Agricola Ciù Ciù, Marche, Italy	<b>29</b>
2015 Rioja Viña Ilusión, Rioja Baja, Spain	<b>30</b>
2016 Mencia, 'Brezo', Bodegas Mengoba, Bierzo, Spain	<b>32</b>
2015 Chianti Colli Aretini, Paterna, Tuscany, Italy	<b>36</b>
2016 Côtes Forez 'Le Poycelan' Rouge, Verdier-Logel, Loire, France	<b>38</b>
2015 Priorat "S", Saó del Coster, Spain	<b>42</b>

#### ROSÉ

2016 Château d'Ollières, Côteaux Varois en Provence, France	bottle / 125ml <b>34 / 6</b>
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#### SPARKLING

Cava Brut Nature, Dominio de Tharsys, Valencia	bottle / 125ml <b>30 / 5.5</b>
Prosecco Colfondo Vino Biologico, Casa Belfi, Veneto	<b>38 / 6.5</b>
Rosé Frizant, Mas de Daumas Gassac, Languedoc, France	<b>45 / 8</b>

#### SHERRY

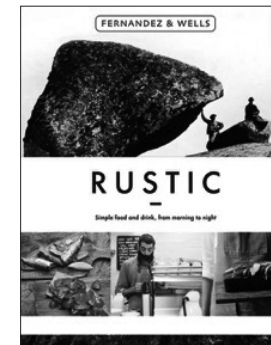
Manzanilla Gabriela, S. Ayala, Sanlúcar de Barrameda	half-bottle / 100ml <b>23 / 6</b>
Oloroso 'Gobernador', Emilio Hidalgo, Jerez	<b>7.5</b>

#### VERMUT

Served on ice with a slice of orange or an olive	100ml
Vermut Negre, Casa Mariol, Terra Alta, Catalonia	<b>5</b>
Vermut Blanco, Casa Mariol, Terra Alta, Catalonia	<b>5.5</b>

#### BEER

Camden Pils ABV4.6 (33cl)	<b>5</b>
Kernel Table Beer ABV3.3 (33cl)	<b>5</b>
Kernel Pale Ale (33cl)	<b>5.5</b>



Our book  
**RUSTIC**  
**Simple Food and Drink,**  
**from Morning to Night**

Available in all the shops.

Lexington Street  
Somerset House  
Denmark Street  
Exhibition Road  
Duke Street