

cafe le' ibo

Best Selling Food

Cooked to order. No preservatives, no artificial additives. No GM product. Arabica coffee. Halal Meat.

The allergy chart is available. Service charge of 10%.





All Day Breakfast

Full English Breakfast

Sunny side fried egg, hash brown, glazed roast mushroom, baked beans, sausage, bacon, roast tomato, toast'n butter

11.90

Veggie Breakfast

Sunny side fried egg, hash brown, glazed roast mushroom, veggie sausage, beans, roast pepper and tomato, toast'n butter (v)

11.90

Eggs Benedict

Sourdough bread topped with sauteed spinach, two poached eggs and bacon, hollandaise sauce, micro greens

11.90

Arabic Breakfast served with a pitta bread

Brown fava beans slow cooked in olive oil, roasted cherry tomatoes, spring onion, topped with feta cheese, zatar spice, chives, basil (v)

11.90

Eggs Royale

Sourdough bread topped with sauteed spinach, two poached eggs and two slices of smoked salmon, hollandaise sauce, micro greens

12.90

Miso Butter Mushroom

Sourdough bread with two poached eggs, organic miso sauce, butter mushroom, creme cheese and micro greens (v)

13.90

Truffle Scrambled Egg With Brioche Bread

Two fluffy scrambled eggs, creamed mushroom with truffle paste, parmesan and micro greens (v)

13.90

Shak shuka with brioche bread

Mediterranean style mix of slow cooked pepper, onion, tomato, two soft scrambled eggs topped with feta cheese, basil, chives (v)

13.90

Turkish Egg

Two pouched eggs, dill and smoked paprika, pan roasted in olive oil and spread on natural yoghurt, served with cheesy sourdough (v)

13.90

Avocado Goat cheese

Sourdough bread topped with mashed avocado, goat cheese, two poached eggs, salsa verde, chives and micro greens (v)

13.90

Avocado Halloumi

Sourdough bread, mashed avocado, two pouched eggs, two slices of pan roast halloumi, chives and micro greens (v)

13.90

Chef's special breakfast

Crusty croissant, mashed avocado, two poached eggs, crispy sucuk, hollandaise sauce, mixed salad topped with parmesan cheese

14.90

Cafe le' ibo's special

Crusty sourdough, a soft boiled egg, smoked salmon and avocado slices, brie, home made berry jam, butter

14.90

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Sweet and Sour Breakfast

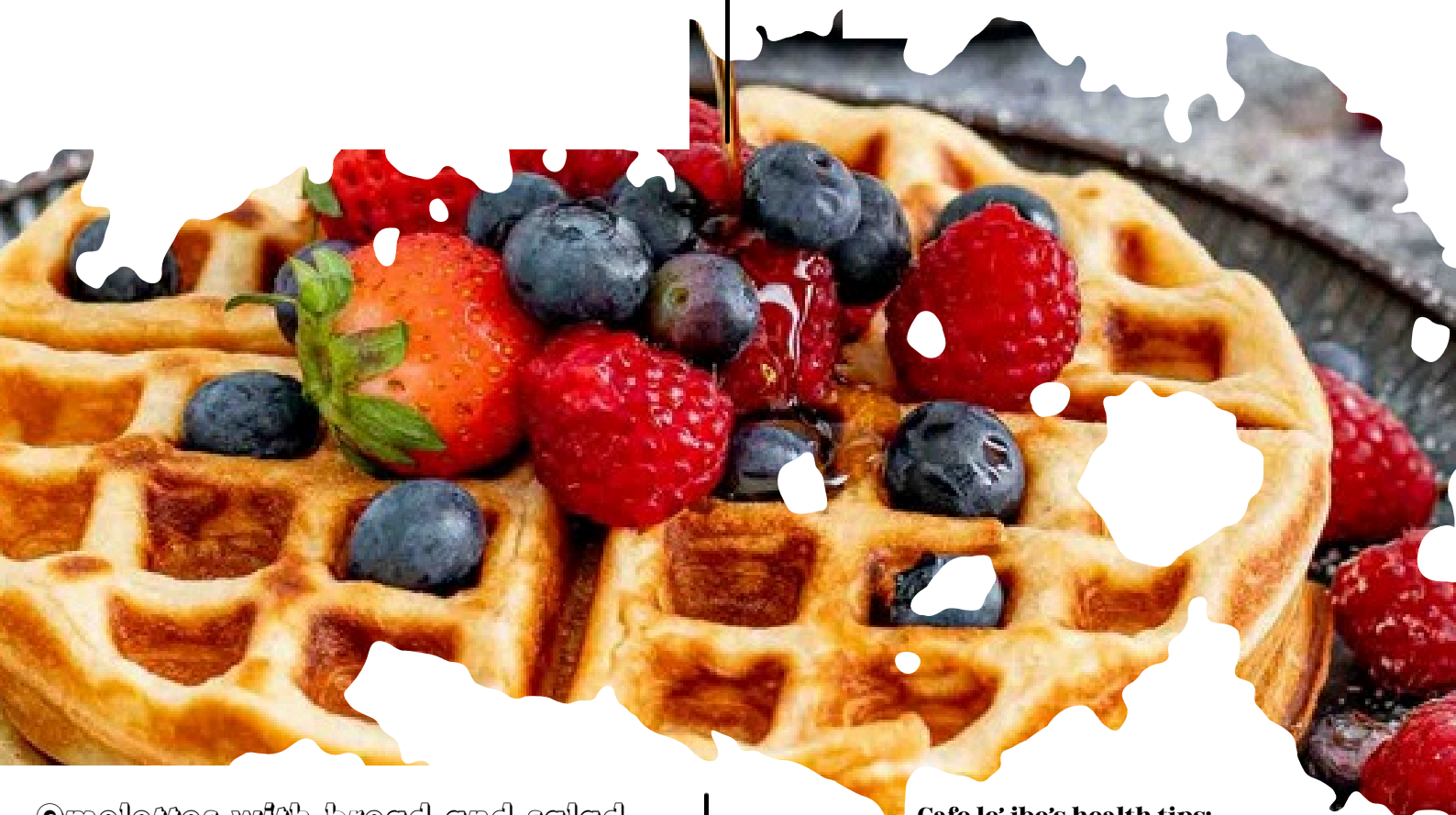
Spinach Crepe	12.90
<i>Two spinach crepe, greek yogurt with harissa sauce, two poached eggs, sprinkled of black seed</i>	
Pancake Bacon Maple	12.90
<i>Three pancakes, two slice of bacon, maple syrup</i>	
Waffle or Pancake Fruits Maple	12.90
<i>Belgium waffle or three pancakes topped with mixed berry compot and maple syrup</i>	
Waffle Egg Avocado	12.90
<i>Mashed avocado, mushroom, a pouched egg on a waffle</i>	
French Toast	12.90
<i>French toast, caramelised banana, creme fraiche, maple syrup</i>	
Oatmeal Porridge	9.50
<i>Oatmeal with fresh berries, pecans and honey</i>	
Granola	9.50
<i>Natural Yoghurt with granola, honey and fresh berries</i>	

Mini Breakfast

Eggs on Cheesy croissant	10.90
Roast Tomato on Cheesy Croissant	9.90
Eggs on Toast	6.90
Beans on Toast	6.90

Bagel Breakfast

Smoked Salmon Cream Cheese	8.90
<i>Smoked salmon slices, cream cheese, rocket salad</i>	
Omelette Bagel	8.90
<i>One egg omelette, Cream cheese, rocket, tomato, pickles</i>	
Cheesy Fried Egg Bagel	8.90
<i>Fried egg, cheddar cheese and turkey bacon</i>	



Omelettes with bread and salad

Cheesy Plain Omelette (v)	11.50
Spanish Omelette with onion and potato (v)	12.90
Mushroom Cheese'n Tomato (v)	12.90
Cheesy Chicken and onion	12.90
Cheesy Spinach and Mushroom (v)	12.90
Cheesy Tuna, mixed chillies, spring onion	12.90
Mexican Omelette of Avocado, mixed chillies, spring onion	13.90

Cafe le' ibo's health tips:

Two eggs a day keeps the doctors away

Eggs are a nutrient-dense 'superfood' providing high-quality protein, amino acids, vital nutrients like choline, Vitamin D, B12, and selenium

What a heart without avocado?

Avocados are nutrient-dense, heart-healthy fruits packed with monounsaturated fats, fiber, potassium, and vitamins K, E, and C. Consuming at least two servings per week is linked to a 16% lower risk of cardiovascular disease

Are you in love with beans?

Beans are a good source of plant-based protein, iron, and antioxidants, they improve digestive health, can lower cholesterol, reduce the risk of diabetes, and help prevent certain cancers

Cuppa Coffee?

Rich in antioxidants, coffee supports longevity, boosts metabolic rate, improves cognitive function, and helps manage weight. It may also reduce the risk of neurodegenerative conditions like Parkinson's

Let it be Grand with Granola

Kick-start your day with deliciously crunchy wholegrain oats, blend of raisins and almonds in combination with natural yoghurt. Rich in fibre, helps actively lower cholesterol. Suitable for vegetarians.



Tosties

Cheese Tomato'n Onion	5.70
Le Brie and Roast Tomato	5.90
Sausage Cheese'n Onion	6.00
Cheesy Fried Egg	6.00
Cheesy Sausage	6.00
Sausage Egg'n Cheese	6.50
BLT (Turkey Bacon, Lettuce, Tomato, Mayo)	6.50

Hot Ciabatta Sandwiches

Mediterranean Roast Aubergine	7.50
<i>Aubergine, Courgette, Lettuce, Feta Cheese, nut free green pesto sauce</i>	
Focaccia caprese	7.50
<i>Mozzarella, roast tomato, fresh Basil, nut free green pesto, glazed balsamic sauce on home made focaccia bread</i>	
Cheesy Meatball	7.90
<i>Cheddar cheese, two meatballs, tomato, lettuce</i>	
Tuna Melt Ciabatta	7.90
<i>Cheddar cheese, Tuna, Tomato</i>	
Chicken Mayo Salad	7.90
<i>Chicken, Mayo, Lettuce, Tomato, Nuts Free green Pesto</i>	

Club Sandwiches with chips

Chicken Steak Club	14.90
<i>Crispy chicken breast, cheddar cheese, boiled egg, lettuce, tomato, sriracha mayo</i>	
Tuna Club	14.90
<i>Tuna, cheddar cheese, boiled egg, lettuce, tomato, sweetcorn</i>	
Monte Cristo Club	14.90
<i>Turkey, cheddar cheese, organic mustard seeds, mayo, garlic powder, cooked in egg mixture</i>	
Beef Steak Club	16.90
<i>Pan seared sirloin steak in slices, boiled egg, cheddar cheese, organic mustard seeds, mayonaise, caramelised onion, tomato, lettuce</i>	

Wraps

Hummus Wrap	8.90
<i>Classic wrap with home made hummus, cucumber, mashed avocado, mixed salad, pickles, tahini (v)</i>	
Ultimate Homemade Falafel Wrap	8.90
<i>3 Falafels, mashed avocado, tahini, mixed salad, pickles (v)</i>	
Barbeque Chicken Wrap	8.90
<i>Grilled Chicken Breast slices, barbecues sauce, red onion, mixed salad, pickles</i>	

Cafe le' ibo lunch special

Mantu 5pcs	13.90
<i>Large steamed dumplings filled with minced lamb and onion, served with sour cream</i>	
Pelmeni/Chuchwara 10pcs	13.90
<i>Traditional Uzbek small dumplings stuffed with juicy ground lamb meat served with sour cream</i>	





Lunch and Dinner

Fish and Chips

Classic English dish with wild caught skinless Atlantic Cod, crispy potato chips, home made tartar sauce, lemon slice, green peas and pinch of fresh salad

16.90

Cheesy chicken or Cheesy Beef Burger with chips

Home Made Beef or Chicken burger with melted cheddar cheese, roast onion, lettuce, topped with tomato

16.90

Chicken Curry Rice

Pan sauteed chicken breast cubes cooked with ginger, sweet pepper, onion, dash of coconut milk, curry sauce, served with fresh coriander, mango chutney and garlic bread on side

16.90

Beef Curry Rice

Pan sauteed sirloin steak cubes cooked with ginger, sweet pepper, onion, coconut milk, curry sauce, served with fresh coriander on top, mango chutney and garlic bread on side.

17.90

Beef Steak And Chips

Pan fried sirloin steak cooked with rosemary, garlic, roast onion, mushroom slices. served with pinch of salad, green peas on side

18.90

Lamb Shank

Tenderly oven roasted shank with butter, garlic, lemon juice, rosemary served with mashed potato and pinch of salad on side

18.90

Grilled Salmon Steak

Pan grilled Salmon steak with butter, garlic, lemon juice, served with mashed potato and pinch of salad on side

18.90

Beef Rendang With Rice

Slow cooked beef cubes with ginger, chillies, cinnamon, garlic, onion, lemon grass and served with rice

18.90

Pasta With Parmesan

Spaghetti Bolognese

12.90

Penne Arrabbiata

12.90

Creamy Chicken Mushroom Penne

13.90

Creamy Penne Marinara with seafood

13.90

Soup 7.90

Chicken Soup Tomato Soup Lentil Soup

Salads with Sourdough

12.90

Chicken Ceaser Salad

Roast chicken breast cubes, crunchy croutons, creamy garlic dressing, boiled egg, fresh lettuce

Aubergine Salad

Mixed green leaves, lemon juice, pan roasted aubergine and courgette, olive oil, boiled egg, fresh lettuce

Greek Salad

Chunky tomatoe and cucumber slices, lettuce, red onion, mixed olives, feta cheese, sea salt, oregano, olive oil





TEA/COFFEE/HOT CHOCOLATE

Cup of Breakfast Tea/ Earl Grey/Green Tea	2.90
Camomile/ Decaf Fruit Tea/Lemon ginger/ Peppermint Tea/Black Decaf	
Pot of Breakfast Tea	4.90
Single Espresso/ Machiato	2.70
Cortado	2.90
Moroccan Mint Green Tea	3.20
Americano	3.00
Latte	3.00
Flat White	3.00
Capuchino	3.50
Chai latte of turmeric, cardamon, cinnamon	3.80
Turkish Coffee	4.50
Double Espresso/ Macchiato/ Mocha	4.50
Hot chocolate	4.50
Dirty Chai Latte	4.80
Karak Chai with cardamon, safron, clove	4.80
<i>Extra shot espresso</i>	1.80
<i>Coffee syrup</i>	0.60
<i>Plant milk</i>	0.60

Freshly Squeezed Juice

Orange	5.90
Apple Mix <i>Apple, Orange, Ginger</i>	5.90
Pear Bear <i>Pear, Apple, Orange</i>	5.90
Mango Mix <i>Mango, Apple, Orange</i>	5.90
Celery <i>Celery, Cucumber, Apple, Ginger</i>	5.90

Ice Coffee/ Cold Drinks

Ice Latte/ Ice Americano	3.90
Fresh Lemon with Mint in a Lemonade	3.90
Ice Green Tea With Mint and Lemon	3.90
Artic Chocolate	4.50
Can of Drinks/ Bottle of Water	1.80
Bottle of Mango Juice/ Apple Juice//Ginger Beer	3.50
HUEL Protein Drink	4.50

Organic Matcha from Uji, Kyoto

Hot Matcha Latte	4.20
Ice Matcha Latte	4.50
Mango Ice Matcha	5.90
Blueberry Ice Matcha	5.90
Strawberry Ice Matcha	5.90

Smoothies (with honey and soya milk)

Mango Smoothie	6.50
Strawberry and Raspberry	6.50
Green Detox <i>(Spinach Cucumber Banana)</i>	6.50
Mango Mingle <i>(Mango, Apple, Banana)</i>	7.00
Pan Avocado <i>(Avocado, Apple, Banana)</i>	7.00

Ice Cream and Milkshakes

Triple mix scoop of ice cream (vanilla, chocolate, strawberry) 5.50	Vanilla or Chocolate Milkshake 5.50	Fresh Banana or Stawberry Milkshake 5.50
Banana Split with three scoops of mixed ice cream and caramelised banana 8.50		

Home baked Pastries and Savouries

Butter croissant, Chocolate Croissant, Pain-a-Chocolate, Almond Croissant, Pistacio Croissant, Cinnamon Buns, Muffins, Cookies, Cakes

Traditional Uzbek minced meat and cheese somsa, Pumpkin Pie, Potato and Onion Pie, Chicken' Mozarella Pide, Minced Meat Mozarella Pide

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