



Welcome to Core!

Thank you for visiting Paddington's freshest dining experience.

We look forward to serving you wholesome and nutritious food.

We serve breakfast, lunch and dinner, as well as light snacks and refreshing drinks. So if you're looking to grab a quick coffee, hold a meeting or something a little more substantial, let us look after you.

This is our New Summer 2009 menu. For every season we adapt our menu to suit the season and it's fresh produce. Keep an eye out for our Chefs' Specials - where our chef uses the best produce of the day.

How it all Works

1 see it

Our deli-style counters and open plan kitchen enable you to see the fresh produce used in your meal. We do not have or use freezers, microwaves or deep fat fryers!

2 choose it

Choose your preferred dish, sides and drinks from the menu. Please order and pay at the counter and we'll bring your order to your table.

3 taste it

To maintain flavour and goodness, all our dishes are cooked fresh to order. Enjoy your food! For this, please allow cooking time of around 25 minutes.



Breakfast

(Served 8.00am-12.00pm & all day on the weekend)

Breakfast Grill steak

£9.75

Lightly seasoned served with steamed organic mushrooms, tomato and fresh avocado. Kick start your day with an iron and protein boost

... A 'Class' Apart *New!!*

£6.90

Delicate smoked salmon, Organic woodland scrambled eggs, our chef's famous avocado twirl served on organic rye bread with a touch of freshly chopped chives

Woodland Bacon & Scramble

£6.90

Perfectly grilled Organic bacon & gently scrambled Organic woodland eggs served on organic rye bread with a touch of freshly chopped chives

Woodland Scramble

£5.50

Three gently scrambled Organic woodland eggs served on organic rye bread with a touch of freshly chopped chives

Veggie omelette *New!!*

£5.80

Fluffy Organic omelette filled with fresh organic tomatoes, spring onions, peppers and mushrooms with a little cottage cheese

Healthy Extras

fresh sun-ripened tomato (steamed on request) £0.90

healthy steamed organic mushrooms £0.90

fresh organic avocado "super-food twirl" £1.00

Pancake stacks

Core's freshly made, Organic American style pancakes a real weekend treat

Sensational Berries fresh organic berries & maple syrup £7.50

Adult Indulgence grilled organic bacon, banana and maple syrup *New!!* £8.50

Swiss Bircher Muesli

£4.80

the original muesli from the famous Swiss Doctor who invented this for his patient's well being

Organic muesli, grated apples & raisins soaked overnight in low fat yoghurt. A great slow energy release breakfast topped with fresh seasonal fruit

Seasonal Fruit Platter

£5.60

A selection of nature's finest seasonal fresh Organic fruit prepared to order from our display, with a side of organic honey and yoghurt

Granola / Organic Breakfast Cereals

£3.75

Organic Granola Yoghurt Cup or serve yourself a selection of organic millet, brown rice & buckwheat puffs

Crusty Breads and Jam

£3.50

A selection of fresh Organic breads and hand made jams, help yourself

Fresh Pastries with Butter and Jams

£2.80

Pain au chocolate Croissant Pain aux raisin Almond Croissant

Don't forget your FRESHLY SQUEEZED ORANGE JUICE!! Squeezed to order, maintaining all the flavour and vitamin goodness

Some of our dishes may contain nuts, wheat and/or dairy products. Should you have any special dietary requirements, please advise one of our team. Core, West End Quay, 1 South Wharf Road, Paddington, London, W2 1JB. Tel. 020 7724 4945

Suitable for Vegetarians

coregrill.co.uk



Core Dishes

Flame Grilled Steaks

All steaks lightly seasoned, served with steamed Organic mushrooms and tomatoes

- 2 minute steak £11.50
- sirloin steak £16.50
- Something special...Core's fresh 'made here by us' sauces
- Light Green Pepper sauce £ 1.70
- Fresh Organic Mushroom Relish £ 1.70

Fresh Fish

- Californian style seared Tuna steak **Now!!** £12.80

Served on a delicate balsamic vinegar dressing with fresh herb salad leaves and 'made here by us' zingy lemon zest

- Grilled sea Bass Fillet £12.80

Lightly seasoned to maintain it's goodness and flavour, served on a bed of fresh wild rice, amazing

Tantalising Salads

- Core's Very special Organic Pumpkin salad £ 8.75

Steamed pumpkin tossed with feta cheese, pine nuts, organic tomatoes, French beans, herb salad and juicy black olives

- Fresh Chicken salad 🍴 £ 9.80

The perfect summer lift, flame grilled chicken, plump ripe tomatoes, avocado and herb salad. With a light vinaigrette lime dressing

- Thai Beef salad **Now!!** £ 9.80

A bed of fresh organic herbs and salad with tomatoes and cucumber topped with our organic Steak grilled medium rare

Core 'health pots'™

- Organic Beef Goulash £10.60

Tender chunks Organic beef are used in our amazing handed down authentic recipe direct from Austria

Starters

- Sharing Plate 🍴 £ 6.90

Core Freshness; Grilled pitas & Organic bread with guacamole & mango salsa, fresh hummus & olives

- Steamed Vegetable platter 🍴 £ 5.70

With freshly 'made here by us' dips and pesto

- Core Chicken Dippers **Now!!** £ 5.90

Grilled organic chicken breast cubes served with a selection of dips

Flame Grilled Split Chicken

Organic chicken, marinated in mild Peri Peri for 24 hours giving a soft and succulent yet zingy chicken. Served with our delicious crème chilli

- 1/4 Chicken £ 7.25
- 1/2 Chicken £ 9.70
- Our AWESOME Chicken Platter Feast £ 21.50

A whole Organic split chicken, double Organic chips, wild rice, couscous, herb salad & crème chilli

Burgers &Wraps

- Organic steak sandwich **Now!!** £ 9.80

Our Organic Steak lovingly grilled, served with organic tomato, lettuce, cucumber, cheddar cheese and our 'made here by us' mustard Sauce on organic toasted bread

Flame Grilled Gourmet Burgers

A truly amazing burger, MINCED from top grade organic BEEF or CHICKEN on the PREMISES, with lettuce, tomato, crème fraîche and topped with Organic bacon, cheddar and fresh 'made here by us' salsa

- Beef Burger or Chicken Burger £ 8.60

- Open Double Burger £ 11.90

Two of our amazing burgers served open with all the burger filling. Why not try one beef & one chicken !

- Core's Exclusive Vegetable Fillet Burger 🍴 £ 8.75

A grilled fillet of pumpkin & whole Organic Portobello mushroom, on a crusty bun with rocket, ricotta

- Core Club sandwich £ 9.70

A tower of freshness, the freshest classic club sandwich in town, organic chicken breast, organic lettuce, tomato, avocado and freshly made club mayo

- Zorba style Chicken Pita £ 8.90

Tender marinated chicken pieces served in a toasted pita with baby spinach, cucumber, grated carrot, crème chilli and topped off with fresh relish

- Grilled Haloumi Pita 🍴 £ 8.50

Char grilled haloumi with tomato, spinach & pesto, served in a toasted pita, with a side of couscous, a great summer bite

- Smoked salmon ,Organic Avocado Twirl 🍴 & Herb salad £ 6.50

- Tomato (juicy & ripe), Avocado Herb salad 🍴 £ 4.70

- 'Lite' Organic Garlic bread with a touch of Rosemary 🍴 £ 3.60

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