

AVOCADO TOAST

Autumn ALC menu 2024

Breakfast

Main plate

- 3 each Cherry tomato on vine SR
- 2 slices Seeded sourdough bread
- 10ml Olive oil
- 100g Smashed Avocado - SR
- 1 small Pinch dried chilli flakes
- 2g Micro salad
- 2 each Poached eggs
pinch of Maldon salt & cracked black pepper



PREP JOBS

1. Cook cherry tomatoes
2. Make smashed avocado sub recipe
3. Poach eggs

METHOD

1. Heat cooked tomatoes under salamander for 1 minute
2. Toast bread and drizzle with olive oil
3. Spread avocado on top then sprinkle with the chilli flakes
4. Heat up poached eggs and place on top, season with Maldon salt & pepper
5. Place hot tomatoes on top by the eggs
6. Top with micro salad as per picture

