



Autumn Breakfast Menu

Served 8am – last orders 11:45am

85 GOLDSPIK LANE, NEWCASTLE UPON TYNE NE2 1NQ

Cooked Breakfast

The Filto Benedict 21

Locally supplied Flat Iron steak cooked your way, served with eggs Benedict – two poached eggs, crispy bacon, and silky hollandaise on toasted sourdough with a side of crispy hash browns.

Steak & Eggs – THE OG (GFA) 18

Locally supplied Flat Iron steak cooked your way, served with two fried eggs, chimichurri drizzle, & herby roasted tomatoes, served with tater tots, toasted sourdough & our house spicy tomato sauce.

(if you like spicy, ask your server to make your eggs Nduja scrambled) +£1 

Add halloumi +£2

Filto Full English 15

2 x sausages, 2 smokey bacon, egg fried or scrambled, black pudding, halloumi, hash brown, beans, roasted tomato & mushroom, served with toasted sourdough & our house spicy tomato sauce.

Filto Veggie Full (V) 13

Eggs fried or scrambled, grilled halloumi, smashed avocado, house hash browns, beans, roasted tomato & mushroom, served with toasted sourdough & our house spicy tomato sauce.

Autumn Hash Bowl (V) 13

Crispy tater tots tossed with house tomato sauce, halloumi, pickled red peppers & feta, finished with a fried egg, fresh herbs, with a sirracha drizzle.

Add diced chorizo + £2

Turkish Eggs (V) 13

Labneh yoghurt, two poached eggs, spiced chilli oil, zataar, pickle peppers & pomegranates. Served with your choice of homemade flat bread or toasted sourdough.

Add halloumi +£2 | Add hash browns +£2

Nduja Turkish Eggs 14

Labneh yoghurt, two poached eggs, nduja chilli butter, crispy chorizo, pickled peppers, fresh herbs. Served with your choice of homemade flat bread or toasted sourdough.

Add halloumi +£2 | Add hash browns +£2

Sourdough Toast

Beetroot Hummus (V) 11

House made beetroot hummus on toasted sourdough, rocket, vine ripened tomatos, pickled red onion, curmbled feta.

Goats Cheese Mushroom Toast (V) 11

Pan fried mushrooms, confit garlic, pickled shallots and creamy goat's cheese on toasted sourdough, finished with fresh chives.

Serrano, Hot Maple & Burrata Toast 12

Vine ripened tomatoes, Serrano ham, burrata, on toasted sourdough with a hot maple drizzle

Nduja Scrambled Eggs 11

Nduja Scrambled eggs on toasted sourdough with fresh chill's & spring onion.

Avocado, Chilli & Lime (V) 12

Smashed seasoned avocado on toasted sourdough, tomato, pickled shallots, chilli flakes, lime & crumbled feta, and 2 poached eggs.

Eggs Benedict 12

Perfectly poached eggs on toasted sourdough, with bacon & a silky hollandaise.

Choose your style:

- Spinach (Florentine) (V)
- Smoked Salmon (Royale) +£2

Fancy spice? Switch to Sriracha hollandaise +£1 

Brekky Sarnies

(Served with tater tots)

The Breakfast Melt 14

Sausages, smokey bacon, fried egg, hashbrown, with melted cheddar & house tomato sauce served in a toasted milk loaf.

The Veggie Melt 12

Smashed avocado, hashbrowns, roast tomatoes, halloumi, tomato sauce, in a toasted milk loaf.

Bowls

Filto Yoghurt Bowl 9

Greek yoghurt topped with granola, honey, strawberries, banana & chia seeds. Add a spread of your choice, Nutella, biscoff or peanut butter.

Very Berry Açai Bowl (VG) 12

Soft Serve açai topped with granola, honey, strawberries, blueberries, raspberries & chia seeds. Add a spread of your choice, Nutella, biscoff or peanut butter.

Allergy & Safety Notice

Please inform a member of staff of any allergies or dietary requirements before ordering. Our food is prepared in areas where allergens are handled, so we cannot guarantee any item is completely allergen-free. Please ask a member of staff for our full allergen information.



Autumn Lunch Menu

Served 12pm – 5pm (last orders)

85 GOLDSPIK LANE, NEWCASTLE UPON TYNE NE2 1NQ

The Filto Staples

Filto Surf & Turf (GF) 21

Locally supplied Flat Iron steak cooked your way, served with grilled prawns in pil-pil chilli & garlic oil, cherry tomatoes, served with crispy fries and garlic butter & lemon.

Steak Frites (GF) 18

Locally supplied Flat Iron steak cooked your way, with a bed of seasoned fries, layered with our house peppercorn sauce.

Steak & Eggs – THE OG (GFA) 17

Locally supplied Flat Iron steak cooked your way, served with two fried eggs, chimichurri drizzle, & herby roasted tomatoes, served with toasted sourdough & our house spicy tomato sauce.

Add halloumi +£2

Open Flatbreads

Steak Flatbread 17

Locally supplied Flat Iron sliced on a homemade flatbread, with chimichurri or house tomato sauce & a rocket, shallot salad.

Buffalo Chicken Flatbread 14

Crispy chicken cutlet sliced, coated in our house made hot buffalo sauce, with grilled cheese, rocket and a cool ranch sauce, on a house made flatbread.

Hot Maple & Halloumi (V) 12

Charred marinated halloumi on a house made flatbread with hummus, roast tomato & zucchini, spiced couscous with a hot maple drizzle.

Salad Bowls

Chicken Caesar Salad (GFA) 13

Roast chicken, crispy Serrano, romaine lettuce, croutons, parmesan cheese, caesar sauce.

Replace chicken with King Prawns + £1

Sliced Steak Salad (GFA) 16

Locally supplied Flat Iron steak sliced, romaine lettuce, rocket, chimichurri, pickled shallot, herbs, spiced couscous, crumbled feta and a classic vinaigrette dressing,

Make it vegetarian with Halloumi – £3

Sarnies

Steak & Cheese Melt 16

Thin sliced locally supplied Flat Iron steak & grilled cheese, with rocket, house tomato sauce & chimichurri in a soft toasted milk loaf.

Beets Hummus & Halloumi Melt (V) 12

Grilled halloumi, beetroot hummus, mozzarella roasted tomatoes, rocket, in a soft milk loaf.

Buffalo Hot Chicken 14

Crispy chicken cutlet, coated in our house made hot buffalo sauce, with grilled cheese, rocket and a cool ranch sauce, in a soft toasted milk loaf.

Crispy Chicken Caesar 14

Crispy chicken cutlet, romaine lettuce, parmesan cheese, caesar sauce, crispy Serrano bits chopped between a soft toasted milk loaf.

Slow Cooked Beef & Cheese Melt 15

Tender slow-cooked pulled beef, caramelised onions, melted cheddar, pickles and mustard mayo, loaded into thick toasted milk loaf.

Loaded Fries *(Perfect to share on the side)*

Salt & Pepper Chicken Fries 12

Crispy seasoned fries loaded with salt & pepper chicken, sautéed peppers & onions, spring onions, chilli and curry mayo.

Slow Cooked Beef & Cheese Fries 12

Crispy fries loaded with tender slow-cooked pulled beef, melted cheddar, caramelised onions, pickles and mustard mayo, finished with crispy onions.

Sides

Truffle Fries 4.5

With parmesan

Halloumi Fries 5.5

With a hot maple sauce

Sauces

Garlic Mayo, Curry Mayo, Hot Maple, Sriracha, house tomato 1.0

Bowls

Filto Yoghurt Bowl 9

Greek yoghurt topped with granola, strawberries, banana & chia seeds. Add a spread of your choice, Nutella, biscoff or peanut butter.

Very Berry Açaí Bowl (VG) 12

Soft serve açaí topped with granola, strawberries, blueberries, raspberries & chia seeds. Add a spread of your choice, Nutella, biscoff or peanut butter.

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café
filto

Children's Menu



Children's Menu

Breakfast

Filto Mini Breakfast	5.5
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One Sausage, one Bacon, tater tots, fried egg, toast

Egg On Toast	5.0
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Two eggs, fried or scrambled on milk loaf toast

Yoghurt Bowl – Available All Day	5.0
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Granola, greek yoghurt, strawberries, banana & Nutella

Cheesy Beans On Toast	5.0
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Cheesy beans on toasted milk loaf

Lunch

Chicken & Chips	5.5
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Breaded goujons, chips & beans

Fish & Chips	5.5
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Breaded fish goujons, chips & beans

Margarita Flatbread	5.0
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Tomato base on a flatbread with cheese

Allergy & Safety Notice

Please inform our staff of any food allergies or dietary restrictions before ordering. While we take great care in food preparation, our kitchen handles allergens. Our salmon dishes may contain small bones despite careful filleting.



Autumn Drinks Menu

Coffee

All Coffee available decaf

Double Espresso 4oz	2.8
Macchiato 4oz	3.0
Cortado 4oz	3.2
Flat White 6oz	3.5
Long Black 8oz	3.5
Americano 12oz	3.8
Cappuccino 12oz	3.8
Chai Latte 12oz	4.0
Dirty Chai 12oz	4.5
Latte 12oz	3.8
Mocha 12oz	4.1

Tea

English Breakfast	3.5
Peppermint	3.5

Hot Chocolate

Kid's Hot Chocolate	2.3
Hot Chocolate	4.0
Biscoff Hot Chocolate	4.5

Alternatives

Oat/soya/almond/coconut	30P
Extra shot	50P

Soft Drinks

Still Water	2.0
Sparkling water	2.0
Coke / Diet	3.5
Coke Zero	3.5
San Pelligrino Lemon	3.0
San Pelligrino Orange	3.0
Red Bull	3.5
Apple Juice	2.5
Orange Juice	2.5
HYCO Electrolyte	3.5

Iced Matcha

Go large for your canned version **+1.5**

Cinnamon Bun Matcha	5.5
Banana Bread Matcha	5.5
Maple Spice Matcha	5.5
Maple Sea Salt Matcha	5.5
White Choc & Pistachio Matcha	5.5
White Choc & Raspberry Matcha	5.5

Iced Coffee

Go large for your canned version **+1.5**

Cinnamon Bun Latte	5.0
Sticky Toffee Latte	5.0
Pumpkin Pie Latte	5.0
Vanilla Sea Salt	5.0
Tiramisu Iced Latte	5.0
White Choc & Hazelnut Iced Latte	5.0

Filto Flights

Mix & match any 3 flavours **12**

Iced Tea

Go large for your canned version **+1.5**

Peach Iced Tea	4.5
Passionfruit & Lemon Iced Tea	4.5

Smoothies & Shakes

Berry Glow **5.5**

Packed with antioxidants & vitamin C for glowing skin & natural energy.
Mixed Berries, Banana, Greek Yoghurt, Honey, Oat Milk

Banana Bread Protein **5.9**

Creamy, spiced & packed with protein.
Banana, Vanilla Protein, Cinnamon, Maple, Oat Milk, Greek yoghurt,

Kinder Coffee Shake **5.9**

Thick, creamy and protein-packed with a double espresso kick.
White chocolate, hazelnut, vanilla whey protein, whole milk and a double shot of espresso.

Green Filto **5.9**

A source of fibre, vitamins & minerals to support digestion & recovery.
Spinach, Kale, Mango, Honey, Apple Juice, Himalayan Salt, Greek Yoghurt.

All drinks come as standard with whole milk, although if you would like an alternative, we have milk to suit every taste & lifestyle. Choose from semi-skimmed, or organic dairy, alongside our plant-based favourites: oat, almond, soy, & coconut.



Alcohol Menu

(Served from 11am daily)

Cocktails

(two cocktails for £14 all day, everyday)

Espresso Martini	9.5
Pornstar Martini	9.5
Margarita	9.5
Spicy Margarita	9.5
Strawberry Mojito	9.5
Lychee Mojito	9.5
Negroni	9.5
Amaretto/Whiskey Sour	9.5

Wines

Rosé

Cramele Recas Orange Wine	4	8	22
Chicken Wine	4	8	22
Freixenet Italian Rosé	5	9	26
Whispering Angel	7	14	40



White

Valle Central Sauvignon Blanc	4	8	22
Primi Soli Pinot	4	7	20
Dega Pecorino	4	7	20
Balauri Feteasca Regala	4	6	19

Red

Equino Malbec	4	8	22
Albret El Balcon	5	9	24

Sparkling

Prosecco	8	25
Rosé Prosecco	8	25

Bottles

Noam	5.0
Peroni	4.4
Corona	4.4
Corona Zero %	3.5
Heineken Zero %	3.5
Rekorderlig Wild Berry	5.5
Rekorderlig Strawberry & Lime	5.5