



Our kitchen is open from **8.30AM to 4PM**
 We also have cakes, pastries and other delicious bakery products on the counter.
 Please order at the counter
Hot Drink • Cold Drink • Fresh Juice • Alcohol

BREAKFAST

- 1. **Chia Seed Bowl** Soaked In Coconut Milk & Fruits6.50
- 2. **Gronola Bowl**.....6.50
Home Made No Sugar, with Greek Yogurt, Fruit & Honey
- 3. **Porridge Bowl**.....6.50
With Banana, Cinnamon, Blueberry & Almond Butter

Savory Bowls

- 1. **Green Bowl**..... 7.50
With Kale, Spinach, Quinoa, Avocado & Poached Eggs
- 2. **Super Bowl**9.50
Sausages, Beans, Mushroom, Poached Eggs, Kale, Bacon with Slice of Toast
- 3. **Vegan Bowl**..... 7.50
With Roast Veg, Chickpea, Spinach, Kale, Avocado, Hummus & Tahini

Breakfast Rolls

- 1. **Bacon & Egg**..... 5.00
- 2. **Sausages & Egg** 5.00
- 3. **Mushroom, Egg & Bacon**.....5.50

Toasts

- 1. **Sourdough Bread, Butter, Marmalade, Jam**.....2.90
- 2. **Sourdough Toast, Banana, Almond Butter Blueberry with Cinnamon**.....5.50
- 3. **Sourdough Bread, Avocado, Halloumi & Tomato with Herbs**
Parsley, Chopped Tomatoes with Olive Oil 7.50
- 4. **Mushroom Cheesy Toast** 7.50
Roasted Mushrooms with Parmesan, Parsley & Cream Cheese
- 5. **Croissant, Cheese & Tomato**3.90
- 6. **Croissant Cheese & Ham**3.90

Free Range Eggs

- 1. **Scrambled Eggs** On A Sourdough Bread with Rocket.....6.50
- 2. **Scrambled Eggs Salmon** On A Sourdough Bread with Rocket. 8.50
- 3. **Poached Eggs** On A Sourdough with Avocados.....8.50
- 4. **Eggs Benedict**.....8.50
Bacon, Salmon, Ham or Spinach on a Sourdough Bread with Hollandaise sauce
- 5. **Shakshuka**.....8.50
Eggs, Fresh Tomato, Parsley, Onions, Herbs Served with Sourdough Bread (Extra £1.50 for Chorizo)
- 6. **Omelette** (choice of any 3 toppings).....8.50
Ham, Onion, Tomatoes, Roasted Veg, Cheese or Chorizo

LUNCH

- Soup Of The Day** Served with A Sourdough Bread5.50

Open Sandwiches

- 1. **Smoked Salmon & Cream Cheese & Avocado** 7.90
- 2. **Parma Ham & Blue Cheese, Raspberry** 7.50
- 3. **Egg & Halloumi & Avocado with Mayo** 6.90
- 4. **Roast Vegetables & Beetroot Hummus & Goat Cheese**.....6.90

* Served with fresh side salad

* We use San Franciscan sourdough bread for our sandwiches

Closed Sandwiches

- 1. **Honey Mustard Roast Chicken & Bacon & Avocado**..... 7.50
with Mayo
- 2. **Tuna & Sweetcorn Mayo, Pickles & Tomato**..... 7.50
- 3. **Salt Beef & Cheese, Pickle Mustard & Mayo**..... 7.50
- 4. **Vegan Roast Vegetables** 7.50
With Hummus & Tahini
- 5. **Mozzarella, Pesto, Tomatoes** 7.50
With Kale & Shaved Parmesan

* Served with Fresh Side Salad

Wraps

- 1. **Chickpea & Sweet Potato, Spinach, Tahini**..... 7.00
- 2. **Creamy Mushroom with Parmesan**..... 7.00
- 3. **Tuna, Sweetcorn, Mayo, Rocket Pickles & Tomato** 7.00
- 4. **Chicken , Rocket, Avocado Chutney Chilli**..... 7.00

* Served with fresh side salads

Paninis

- 1. **Tuna Cheese**..... 7.00
Our tuna is premixed with sweet corn and mayo
- 2. **Mozzarella Tomato Pesto** 7.00
- 3. **Ham & Cheese** 7.00
- 4. **Cheese & Onion** 7.00
- 5. **Roasted Vegetables, Halloumis & Tapenade** 7.00

*Served with Fresh Side Salad

Salads

- 1. **Chicken Salad** with Goat Cheese 7.90
- 2. **Greek Salad** Mix Salad, Onion, Olives, Feta Cheese 7.50
- 3. **Tuna Salad** Mix Salad, Capers, Onion, Olive Oil..... 7.50

JACKET POTATOES

- 1. **Tuna, Cheese, Pickles**..... 7.50
- 2. **Ham & Cheese** 7.50
- 3. **Roasted Vegetables, Cheese** 7.50
- 4. **Choice of Your 3 Toppings** 7.50
Ham, Cheese, Roasted Vegetables, Tuna, Pickle, Sweetcorn, Beans, Onions

*Served with Fresh Side Salad

Kids Corner

- 1. **Beans on Toast**.....3.90
- 2. **Scrambled Egg On Toast**.....3.90
- 3. **Scrambled Egg, Sausages & Beans**4.50
- 4. **Cheese & Ham Sandwiches**..... 3.90
- 5. **Cheese Sandwiches**.....3.90

Please inform the staff if you have any allergies or dietary requirements, please ask for avoid. Our dishes may contain Crustaceans, Molluscs, Nuts, Milk, Sesame seeds, Fish, Mustard, Eggs, Soya, Cereals Containing Gluten, Celery, Sulphur, Dioxide, Lupin and Peanuts.