



Our kitchen is open from 7.30AM to 4PM
 We also have cakes, pastries and other delicious bakery products on the counter.
 Please order at the counter

BREAKFAST

- 1. **Chia Seed Bowl** Soaked In Coconut Milk & Fruits6.95
- 2. **Gronola Bowl**..... 7.50
Home Made Granola with Greek Yogurt, Fruit & Honey
- 3. **Porridge Bowl**.....6.95
With Choice Of Milk, Fruit And Cinnamon

Savory Bowls

- 1. **Green Bowl**.....9.50
With Kale, Spinach, Quinoa, Avocado, Halloumi & Poached Eggs
- 2. **Mediterranean Bowl**.....9.95
Two fried eggs, Feta, Sucuk, Cucumber, Tomato, Olives & Toast with Jam and Butter
- 3. **English Breakfast Bowl**9.95
Two eggs your way, Sausages, Beans, Mushroom, Bacon with Slice of Toast
- 4. **Vegan Bowl**.....9.50
With Roast Veg, Chickpea, Spinach, Kale, Avocado, Hummus
- 5. **Veggie Bowl**.....9.50
Two eggs your way, Halloumi, Avocado, Beans, Mushroom with Slice of Toast

Breakfast Rolls

- 1. **Bacon or Sausage**.....5.95
- 2. **Sausages & Egg**6.50
- 3. **Bacon & Egg**.....6.50
- 4. **Sausage & Bacon**6.50
- 5. **Mushroom, Egg & Bacon**.....6.95

Bagel (All Bagels Are Toasted)

- 1. **Salt Beef, Cheese, Pickles & Mustard** 7.50
- 2. **Almond Butter, Blueberries, Banana & Honey**6.50
- 3. **Smoked Salmon, Cream Cheese & Dill** 7.50
- 4. **Halloumi, Red Pepper, Rocket & Hummus** 7.50
- 5. **Bacon, Sliced Cheese & Egg**..... 7.50

Toasts

- 1. **Sourdough**3.50
Toast With Butter And A Chice Of Marmalade Or Jam
- 2. **Banana Toast**5.95
With Almond Butter, Blueberries And Cinnamon
- 3. **Halloumi Toast**8.95
With Smashed Avocado, Tomatoes And Herbs
- 4. **Mushroom Toast**..... 7.95
With Cream Cheese, Parmesan And Herbs
- 5. **Avocado Toast**8.95
With Roasted Red Peppers And Feta Cheese
- 6. **Croissant with Cheese & Tomato**.....5.50
- 7. **Croissant with Cheese and Ham**.....5.50

Free Range Eggs

- 1. **Scrambled or Poached Eggs On A Sourdough Bread with Rocket**6.50
Add Avocado.....£2.00 Bacon.....£2.50 Ham£2.50
Smoked Salmon.£3.00 Mushrooms.....£2.00
- 2. **Eggs Benedict**.....9.95
With A Choice Of Bacon, Smoked Salmon, Ham Or Spinach On Sourdough Toast With Hollandaise Sauce
- 3. **Shakshuka**.....9.95
With Sauteed Tomatoes, Onion And Fresh Herbs Topped With Two Eggs And Served With Sourdough Toast (Extra £2.00 for Chorizo or Sucuk)
- 4. **Omelette** (Choice of 3 toppings)9.95
Served With Toast Or Salad. Cheese, Ham, Mushroom, Spinach, Onion, Chorizo, Roasted Veg, Tomatoes Or Sucuk
- 5. **Pancakes** (Sweet or Savory).....8.95
Scrambled Egg, Bacon and Maple Syrup or Fruit and Syrup
- 6. **Homemade Waffles**.....9.95
Scrambled Egg, Bacon and Maple Syrup or Fruit and Syrup

LUNCH

- Soup of the Day**6.50
Served With Sourdough Toast And Butter

Open Sandwiches

- 1. **Smoked Salmon**.....8.50
With Cream Cheese & Avocado
- 2. **Parma Ham**8.50
With Blue Cheese & Sundried Tomato
- 3. **Egg & Halloumi** 7.50
Avocado & Mayo
- 4. **Roast Vegetables** 7.50
Beetroot, Hummus & Goat Cheese

Closed Sandwiches

All Toasted and Served with Fresh Salad & Crisps

- 1. **Honey Mustard Chicken, Bacon & Avocado** with Mayo ..8.50
- 2. **Tuna & Sweetcorn Mayo, Pickles & Tomato** 7.95
- 3. **Salt Beef & Cheese, Pickle Mustard & Mayo**..... 8.50
- 4. **Vegan Roast Vegetables** With Hummus and Avocado.....8.50

Wraps

Served Hot With Fresh Salad & Crisps

- 1. **Chickpea & Sweet Potato, Spinach, Tahini**..... 7.50
- 2. **Creamy Mushroom with Parmesan**..... 7.50
- 3. **Chicken , Rocket, Avocado & Chutney Chilli**..... 7.50
- 4. **Tuna, Sweetcorn, Cheese & Red Onion**..... 7.50

Paninis

Served Hot With Fresh Salad & Crisps

- 1. **Tuna, Sweetcorn & Cheese**8.50
- 2. **Mozzarella, Tomato & Pesto**8.50
- 3. **Cheese & Ham** 8.50
- 4. **Cheese & Onion**8.50
- 5. **Roasted Vegetables, Halloumi, Rocket & Tapenade**.....8.50
- 6. **Chilli Chicken & Cheese**8.50

Salads

- 1. **Chicken Salad**9.50
With Mixed Leaves, Goats Cheese, Tomato
- 2. **Greek Salad**9.50
With Mixed Leaves, Onion, Olives, Feta Cheese, Tomato, Herbs
- 3. **Tuna Salad**9.50
With Mixed Leaves, Capers, Onion, Tomatoes, Olive Oil

Jacket Potatoes

All Served with Fresh Salad & Coleslaw

- 1. **Tuna, Cheese & Pickles**8.50
- 2. **Cheese & Ham**8.50
- 3. **Roasted Vegetables & Cheese**8.50
- 4. **Cheese & Beans**8.50
- 5. **Choice of 3 Toppings**8.50
Cheese, Beans, Tuna, Onion, Vegetables, Pickles, Ham



Our kitchen is open from 8.30AM to 4PM
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 Please order at the counter
Hot Drink • Cold Drink • Fresh Juice

Kids Corner

Scrambled Egg, Sausage, Beans and Toast.....	5.50
Cheese Toastie on White or Brown	4.50
Cheese and Ham Toastie on White or Brown.....	4.50
Beans on Toast.....	4.50
Kids Pancakes with Fruit and Chocolate or Maple Syrup	5.50

Hot Drinks

1. Teapot	3.00
English Breakfast, Earl Grey, Green Tea, Chai Tea, Decaf Tea, Rooibos Tea, Moroccan Mint, Chamomile, Lemon & Ginger, Apple & Blackberry, Fresh Mint	
2. Americano Black & White	2.90
3. Cafe Latte	3.20
4. Cappuccino	REG 2.95 LRG 3.20
5. Cortado.....	2.90
6. Flat White.....	2.95
7. Double Macchiato	2.75
8. Espresso.....	2.50
9. Lungo.....	2.90
10. Mocha	3.60
11. Hot Chocolate (VG) White, Dark or Regular	3.50
12. Matcha Latte.....	3.60
13. Turmeric Latte	3.60
14. Beetroot Latte.....	3.60
15. Chai Latte	3.60
16. Dirty Chai Latte	3.90

* Alternative Milk (Oat, Soya, Almond, Coconut) Extra £0.40

Iced Drink

1. Iced Latte	3.50
2. Iced Americano	3.50
3. Iced Mocha	3.60
4. Iced Matcha with Coconut Milk, Honey & Mint	3.60
5. Iced Turmeric with Honey & Vanilla.....	3.60
6. Iced Beetroot with Honey.....	3.60
7. Iced Tea Peach or Passion Fruit.....	3.50

Cold Drinks

1. Coca Cola	3.00
2. Diet Coke	2.75
3. Fanta.....	2.75
4. Sprite	2.75
5. Water Still or Sparkling	2.20
6. Elderflower Presse	2.50
7. Apple & Rhubarb.....	2.50
8. Lemon & Mint.....	2.50
9. Ginger Beer.....	2.50
10. Orange.....	2.50
11. Cloudy Apple	2.50
12. Pineapple	2.50
13. Mango	2.50
14. Cranberry	2.50

Fresh Juice

1. Orange	4.50
2. Apple, Cucumber & Ginger	4.95
3. Carrot & Orange.....	4.50
4. Carrot & Ginger	4.50
5. Carrot, Ginger & Orange.....	4.95

Milkshake

1. Vanilla.....	4.50
2. Strawberry	4.50
3. Banana	4.50
4. Oreo.....	4.95
5. Chocolate.....	4.50

Smoothies

1. Green (Spinach, Apple & Avocado).....	4.50
2. Mix Berry	4.50
3. Tropical (Pineapple, Mango, Papaya)	4.50
4. Strawberry & Banana	4.50



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.