



# SPOKES CAFÈ

FRESH FOOD & GOOD COFFEE

## SANDWICHES & WRAPS £4.95

KATSU CHICKEN, MANGO & CHILLI SLAW WRAP 487kcal

TUNA, RED ONION & DILL BLOOMER SANDWICH 374kcal

ITALIAN SPICED CHICKEN BLOOMER SANDWICH 986kcal

MATURE CHEDDAR, TOMATO CHUTNEY & ROCKET ON BLOOMER (V) 441kcal

MASALA CHICKPEA & AUBERGINE CHUTNEY WRAP (VG) 357kcal

## BAO BUNS £8.00

PULLED PORK 479kcal

BBQ CHICKEN 378kcal

SHIITAKE MUSHROOMS 238kcal (v)

## TOASTED HOUSE SPECIALITIES £5.50

NEW YORK DELI 471kcal

Pastrami, gherkin, dijonnaise & cheddar

SOMERSET BRIE & BACON 320kcal

Brie, crispy bacon & rocket

PLANT BASED FETA, CREAM CHEESE & ROAST PEPPER 320kcal

Vegan feta, roast pepper chutney, spinach & vegan cream cheese (vg)

## SALADS £7.25

BEETROOT FALAFEL SUMAC & QUINOA 296kcal

Beetroot falafel, eastern inspired cous cous, coriander, quinoa & sumac

VEGAN BBQ PORK, MEXICAN BEAN SALAD 234kcal

BBQ pulled vegan pork, Mexican spiced borlotti & cannellini bean, sweetcorn & coriander

LEMON & THYME CHICKEN SALAD 307kcal

Lemon & thyme chicken, pear, rocket, beetroot & pumpkin seed salad with ranch dressing

## PIZZA £10

*Stone baked sour dough crust*

VEGAN CAPRICCIOSA 1078kcal

Plant based feta, mushroom, olive & oregano (vg)

CALAPRESE 952kcal

Mozzarella, tomato & basil (v)

PISSALADIERE 1084kcal

Red onion, mushroom, mozzarella & spinach (v)

DIAVOLA 1353kcal

Pepperoni, chilli, black olive & mozzarella

## NOODLES

## £9.00

*Build your own, pick a noodle, filling & sauce*

### NOODLES

Egg- traditional noodle 221kcal

Udon- thick Japanese style (vegan) 76kcal

Vermicelli- rice noodle (vegan) 221kcal

### FILLING

Chicken 227kcal

Crispy belly pork 518kcal

Tofu 80kcal

### SAUCE

Cantonese sweet & sour (vegan) 84kcal

Teriyaki- Japanese soy sauce with honey 98kcal

Katsu- mild curry (vegan) 34kcal



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## LIGHT BITES

SOUP OF THE DAY <small>145kcal (vg)</small>	<b>£4.00</b>	JUBILEE "SLAW" <small>137kcal (v)</small>	<b>£1.50</b>
SKINNY FRIES <small>256kcal (vg)</small>	<b>£2.25</b>	LOADED FRIES <small>494kcal</small> Bacon, chilli flakes, cheese & harissa mayonnaise	<b>£3.75</b>

## HOT DRINKS

Medium | Large

## COLD DRINKS

AMERICANO	<b>£2.95   £3.20</b>	COKE	<b>£1.85</b>
CAPPUCCINO	<b>£2.95   £3.20</b>	DIET COKE	<b>£1.85</b>
LATTE	<b>£2.95   £3.20</b>	COKE ZERO	<b>£1.85</b>
FLAT WHITE	<b>£2.75</b>	RED BULL	<b>£2.85</b>
MOCHA	<b>£3.50</b>	APPLETISER	<b>£2.85</b>
MACCHIATO	<b>£2.25</b>	SAN PELLEGRINO LEMON	<b>£2.85</b>
TEA	<b>£2.15</b>	SAN PELLEGRINO ORANGE	<b>£2.85</b>
FLAVOURED TEA	<b>£2.20</b>	SAN PELLEGRINO BLOOD ORANGE	<b>£2.85</b>
HOT CHOCOLATE	<b>£3.20   £3.50</b>	STILL OR	<b>£1.95</b>
CHAI LATTE	<b>£3.45</b>	SPARKLING WATER	
ESPRESSO	<small>Single   Double</small> <b>£2.10   £2.35</b>	INNOCENT JUICES	<b>£2.25</b>

## CAKES FROM £2.50

We can offer accurate information on ingredients, however, due to the open plan nature of our kitchens, we are unable to guarantee that dishes are "free from" allergens. If you have any dietary requirements, please inform a member of staff before ordering. Adults need around 2,000 kcal a day.

Allergens: (V) Vegetarian, (VG) Vegan