

## SANDWICHES & WRAPS £5.25

**KATSU CHICKEN, MANGO & CHILLI  
SLAW WRAP** 487kcal

**VEGAN SPICY BEAN WRAP** 419kcal (VG)

**SPICY CHICKEN & CHORIZO WITH  
JALAPENOS** 410kcal

**DOUBLE EGG & ROCKET** 496kcal (V)

**GAMMON HAM & CHEDDAR** 429kcal

## LIGHT BITES

**SKINNY FRIES** 256kcal (VE) **£2.95**  
Classic thin-cut fries, lightly salted

**LOADED FRIES** 494kcal **£4.75**  
Bacon, chilli flakes, melted cheese & spicy harissa mayonnaise

**LOADED NACHOS** 535kcal **£4.75**  
Crunchy tortilla chips with smoky bacon, chili flakes, melted cheese & spicy harissa mayo

**TOASTED FOCACCIA &  
HOUMOUS** 362kcal (VE) **£4.95**  
Warm Italian bread paired with creamy, nutty houmous

**SOUP OF THE DAY** 154kcal **£4.95**  
Rotating seasonal soups, often vegetable-based  
*VG option available*

## SALADS £7.25

**BEETROOT FALAFEL SUMAC &  
QUINOA** 296kcal  
Middle eastern inspired cous cous, coriander, quinoa & sumac

**MEXICAN BEAN, SWEETCORN & PLANT  
BASED BBQ PORK** 234kcal (plant based)  
BBQ pulled vegan pork, Mexican spiced borlotti & cannellini bean, sweetcorn & coriander

**LEMON & THYME CHICKEN  
SALAD** 307kcal  
Herb marinated chicken with sweet pear, earthy beetroot & crunchy seeds

## TOASTED HOUSE SPECIALITIES £5.95

**NEW YORK DELI** 471kcal  
Pastrami, gherkin, dijonnaise & cheddar

**SOMERSET BRIE & BACON** 320kcal  
Brie, crispy bacon & rocket

**MEDITERRANEAN FOCACCIA** 290kcal (VG)  
Roasted veg with houmous in a soft focaccia

**TUNA MELT** 505kcal  
Tuna with melted cheese

## PIZZA £12

Stone baked sourdough crust

**VEGAN MEDITERRANEAN** 1078kcal  
Plant based feta, roasted Mediterranean veg, rocket

**MARGHERITA** 952kcal  
Mozzarella, tomato & basil (v)

**PEPPERONI, CHILLI & BLACK OLIVE** 1353kcal  
Pepperoni, chilli, black olive & mozzarella

**HAM & MUSHROOM** 1250kcal  
Creamy mozzarella, mushroom & ham

## NOODLES BUILD YOUR OWN, PICK A NOODLE, FILLING & SAUCE

**£10.00**

### NOODLES

**Traditional egg noodle** 221kcal  
**Udon thick Japanese** 76kcal | VG  
**Vermicelli rice noodle** 221kcal | VG

### FILLING

**Chicken** 227kcal  
**Crispy belly pork** 518kcal  
**Tofu** 80kcal | VG

### SAUCE

**Cantonese sweet & sour** 84kcal | VG  
**Teriyaki- Japanese soy sauce** 98kcal  
**Katsu- mild curry** 34kcal | VG

Ask our Barista's about our special seasonal drinks!

## HOT DRINKS

Medium

Large

ESPRESSO	£2.30	£2.55
AMERICANO	£3.15	£3.40
CAPPUCCINO	£3.15	£3.40
LATTE	£3.15	£3.40
FLAT WHITE	£2.95	
MOCHA	£3.70	
MACCHIATO	£2.45	
CHAI LATTE		£3.65
TEA		£2.50
FLAVOURED TEA		£2.40
HOT CHOCOLATE	£3.50	£3.70

## COLD DRINKS

COKE	£2.30
DIET COKE	£2.30
COKE ZERO	£2.30
RED BULL	£3.10
ZERO SUGAR RED BULL	£3.00
APPLETISER	£3.40
SAN PELLEGRINO	£2.60
SELECTION	
FROBISHER'S SELECTION	£3.95
STILL / SPARKLING WATER	£2.00

## 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, (GF) Gluten Free



Got a minute? We would love to hear your feedback!