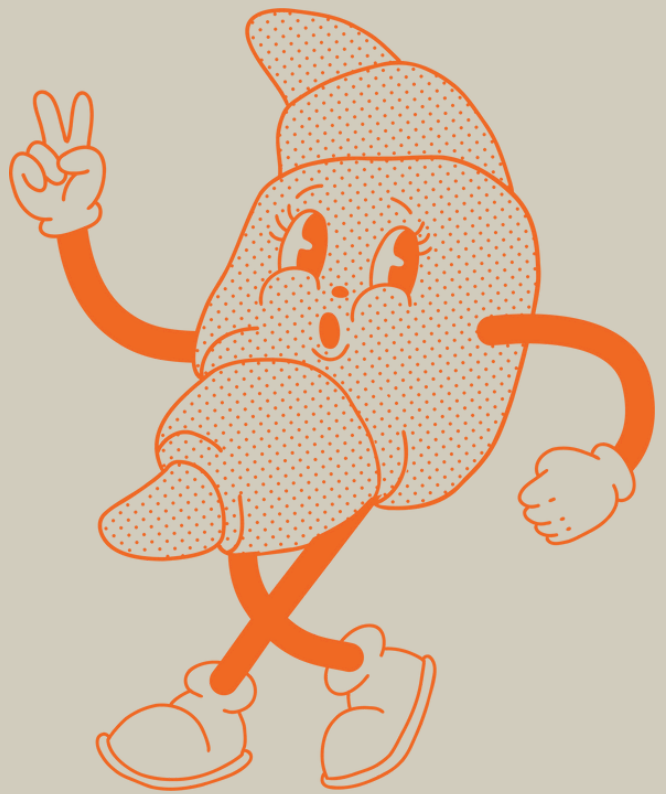


EARLY BITES.

SERVED 8AM - 10:30 AM



£3.70 GRANOLA POT

Fresh fruit, Greek yoghurt, topped with granola

£3.70 FRUIT POT

freshly prepared full of seasonal sliced fruit

£5.10 HAM & GOUDA CROISSANT

Parma ham with sliced gouda cheese
best served hot!

£7.00 FALAFEL & AVOCADO CROISSANT

slow roasted peppers, falafel & avocado

£7.00 SALMON & CREAM CHEESE BAGEL

smoked salmon, layered with cream cheese & topped with cucumber

£3.95 BACON / SAUSAGE BRIOCHE HAVE BOTH FOR +£1.05

£4.00 VEGGIE SAUSAGE BRIOCHE

ASK OUR TEAM FOR GLUTEN FREE BREAD OPTIONS!

BREAD.

£7.50 SALT BEEF

Home made salt beef, house pickles, pickled slaw & Russian dressing

£7.00 SHAWAMA CHICKEN

Spiced shredded chicken, coronation slaw & chopped lettuce

£7.00 ITALIAN SALAMI & PROSCIUTTO

Salami, Prosciutto and Mozzarella with rocket and Nut free pesto

£7.00 PURPLE HEART AUBERGINE

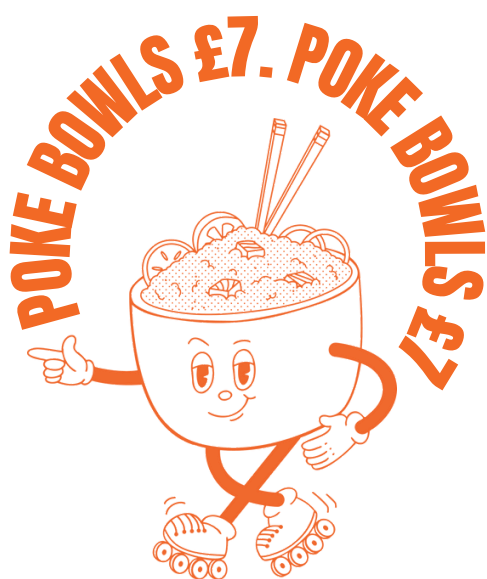
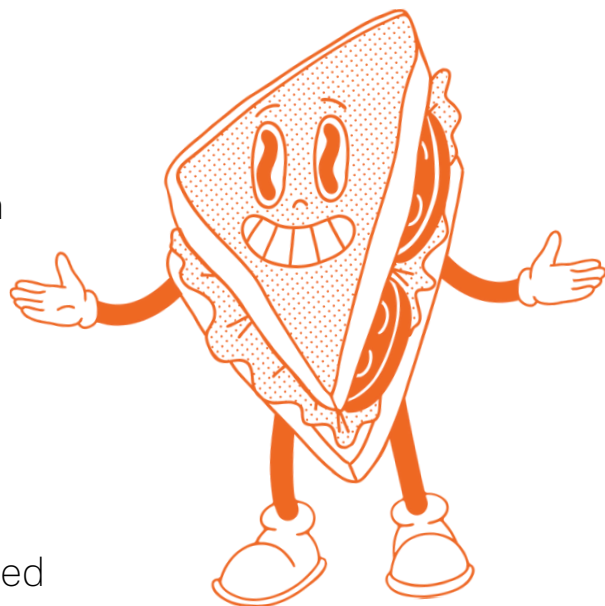
Harissa roast Aubergine, house pickled slaw, lettuce & garlic sauce (VG)

£7.00 BEETROOT FALAFEL

Beetroot Falafel, pink houmous, spiced Dukkah house pickled slaw (VG)

£7.00 HAND CARVED HAM

Hand carved roast ham, tomato, lettuce & piccalilli



BOWLS.

LAMB KOFTA

orange cous cous with tahini yoghurt

MISO SESAME SALMON

Steamed rice, avocado, & edamame beans

TUNA MELON

Steamed rice, avocado, & edamame beans (VG)

MEXICAN SPICED CHICKEN

Chipotle rice, pickled mango & chipotle mayo

CEASAR SALAD

Shredded cos lettuce, crouton, parmesan shavings, Caesar dressing

add rosemary & garlic chicken

DRINKS. MENU.



	MEDIUM	LARGE
ESPRESSO	£2.40	£2.70
AMERICANO	£3.00	£3.40
CAPPUCCINO	£3.30	£3.70
LATTE	£3.30	£3.70
FLAT WHITE	£3.50	
MOCHA	£3.60	£4.00
ICED COFFEE	£3.40	£3.80
HOT CHOCOLATE	£2.60	£2.90
TEA	£3.50	£3.95
ICED TEA	£3.60	£4.00
ADD SYRUP		+30p
OAT / SOYA MILK		+20p

SOFT DRINKS	From £1.80
STILL WATER	£1.50
SPARKLING WATER	£1.50



CRAFT. YOUR. COMBO.



1. CHOOSE YOUR CARB.

Farmhouse Sourdough, Flat Bread, Pitta, Multigrain Loaf or Gluten Free roll

2. PICK YOUR PROTEIN.

From salt beef to beetroot falafel our deli counter has plenty of choice!

3. FILL IT UP.

Choose from our variety of fresh veggies, pickled slaw & delicious sauce

£7

CRAFT YOUR COMBO. CRAFT YOUR COMBO.