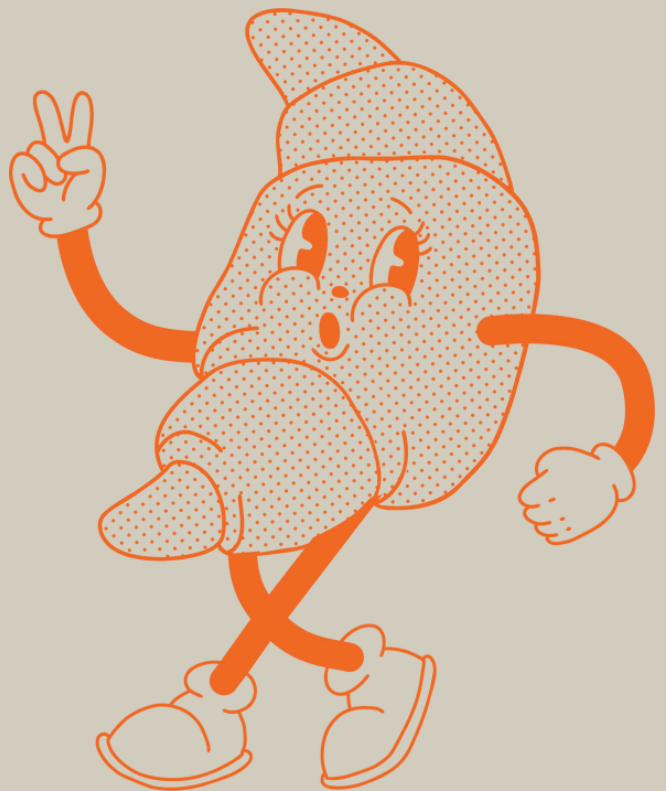


# EARLY BITES.

SERVED 8AM - 10:30 AM



**£3.70 GRANOLA POT**

Fresh fruit with Greek yoghurt, topped with crunchy 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

**£3.95 BACON / SAUSAGE BRIOCHE ADD BOTH FOR JUST +£1.05**

**£4.00 VEGGIE SAUSAGE BRIOCHE**

**ASK OUR TEAM ABOUT GLUTEN-FREE BREAD OPTIONS!**

# SANDWICHES.

## **£7.50 SALT BEEF**

Homemade salt beef, house pickles, pickled slaw & Russian dressing

## **£7.00 SHAWARMA CHICKEN**

Spiced shredded chicken, with coronation slaw & chopped lettuce

## **£7.00 ITALIAN SALAMI & PROSCIUTTO**

Salami, prosciutto and mozzarella with rocket and nut-free pesto

## **£7.00 PURPLE HEART AUBERGINE**

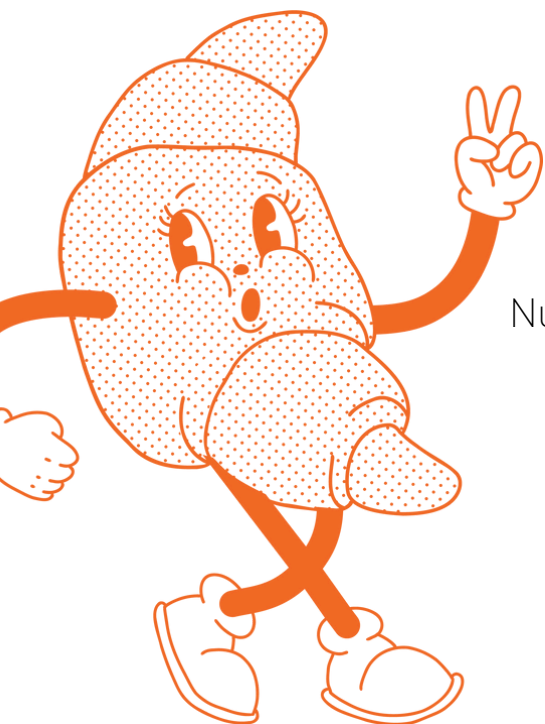
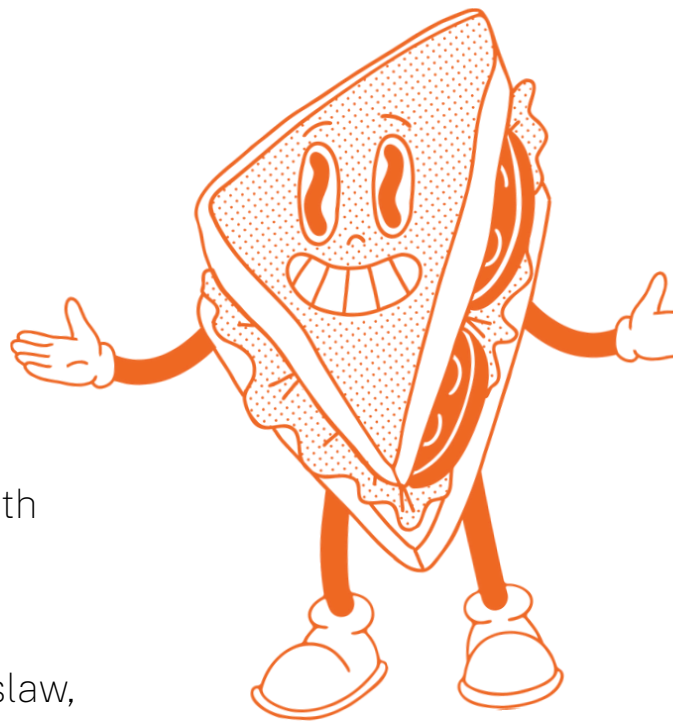
Harissa-roasted aubergine, pickled slaw, lettuce & garlic sauce (VG)

## **£7.00 BEETROOT FALAFEL**

Beetroot falafel, pink houmous, spiced dukkah pickled slaw (VG)

## **£7.00 HAND-CARVED HAM**

Hand-carved roast ham with tomato, lettuce & piccalilli



## **SALMON & CREAM CHEESE BAGEL £7.00**

Smoked salmon with cream cheese & cucumber

## **CAPRESE CROISSANT £7.00**

Nut-free pesto, mozzarella, sun-dried tomatoes & rocket

**ASK OUR TEAM ABOUT GLUTEN-FREE  
BREAD OPTIONS!**



# GRAB & GO BOWLS.

## **LAMB KOFTA £7.50**

Spiced couscous, turmeric-pickled onion, sumac onion, tahini yoghurt, roasted peppers & parsley

## **MISO SESAME SALMON £7.50**

Steamed rice, pickled mango, cucumber, miso dressing, avocado, sesame seeds, radish & edamame

## **VEGAN SASHIMI WATERMELON £7.50**

Steamed rice, avocado, miso dressing, sesame seeds, cucumber, spring onion, radish & edamame (VG)

## **MEXICAN SPICED CHICKEN £7.50**

Chipotle rice, pickled mango, avocado, chipotle mayo & fresh coriander

## **CAESAR SALAD £6.00**

Shredded cos lettuce, crouton, parmesan shavings, Caesar dressing

## **CHICKEN CAESAR SALAD £7.50**

# POTS.

## **£3.70 GRANOLA POT**

Fresh fruit with Greek yoghurt, topped with crunchy granola

## **£3.70 FRUIT POT**

Freshly prepared full of seasonal sliced fruit



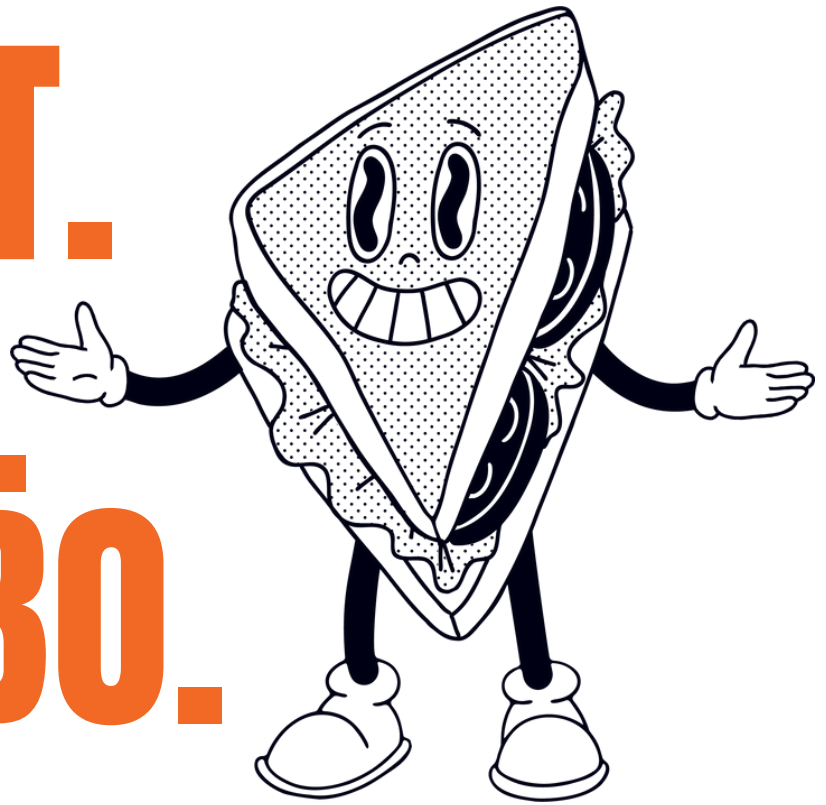
# DRINKS. MENU.



	MEDIUM	LARGE
<b>ESPRESSO</b>	£2.40	£2.70
<b>AMERICANO</b>	£3.00	£3.40
<b>CAPPUCCINO</b>	£3.30	£3.70
<b>LATTE</b>	£3.30	£3.70
<b>FLAT WHITE</b>	£3.15	
<b>MOCHA</b>	£3.60	£4.00
<b>ICED COFFEE</b>		£4.00
<b>HOT CHOCOLATE</b>		£3.80
<b>LUXURY HOT CHOCOLATE</b>		£4.40
<b>TEA</b>		£2.90
<b>ADD SYRUP</b>		+30p
<b>OAT / SOYA MILK</b>		+20p
<b>SOFT DRINKS</b>	From £1.80	
<b>STILL WATER</b>		£1.50
<b>SPARKLING WATER</b>		£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**