

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 (VG) **£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 (VG) **£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!