

menu



BREAKFAST

Croissant	1.90
Almond Croissant.....	1.90
Pan au Chocolat.....	1.90
Cinnamon Swirl	1.90
Bircher 12oz.....	3.00
Contains oats soaked overnight in coconut milk, pumpkin seeds, raisins, desiccated coconut, greek yogurt, fruit, mixed nuts and honey.	
Vegan Bircher 12oz.....	3.00
Contains oats soaked overnight in coconut milk, pumpkin seeds, raisins, desiccated coconut, soya yogurt, fruit, mixed nuts and maple syrup.	
Granola 12oz.....	3.00
Contains vegan granola, greek yogurt, fruit, mixed nuts and honey.	
Fruit and Yogurt Pot 12oz	3.00
Contains greek yogurt, fresh fruit salad with berries and honey.	

FRESH SALADS

Selection of 4 house salads.....	5.00
Add-on:.....	2.25
Pulled chicken	
Smoked salmon	
Feta cheese	
Falafel VG	

SNACKS

Crisps 35g.....	1.50
Sea Salt	
Strong Cheese and Onion	
Sea Salt and Malt Vinegar	
Ham and English Mustard	
Jalapeno Pepper	
Mixed Nut Pot.....	3.00
Fresh Fruit of the Day	0.50
Homemade Energy Bar	4.00
VG , DF & GF - Contains prunes, dates, almond, pecan, pumpkin seeds and sunflower seeds.	

SANDWICHES

New Yorker.....	6.00
Contains pastrami, gherkins, leerdammer cheese, mustard-mayo sauce and rocket.	
Chicken Sarnie.....	6.00
Contains pulled chicken, spicy carrot chutney and rocket.	
Cheese and Chutney V	5.50
Contains mature cheddar, beetroot chutney and mixed leaves.	
Salmon Sarnie	6.50
Contains smoked salmon, cream cheese, cucumber, drizzle of lemon and dill.	
Falafel Filler VG	6.00
Contains vegan falafel, spicy homemade hummus, red roasted pepper and mixed leaves.	

All served on freshly baked white sourdough bread, gluten free bread available on request.

CAKES

Vegan Chocolate Cake DF	4.20
Spiced Apple.....	4.20
Carrot Cake.....	4.20
Flourless Chocolate Cake GF	4.20

DRINKS

San Pellegrino 330ml.....	1.50
Orange, Blood Orange, Lemon	
Cawston Press 330ml.....	1.50
Cloudy Apple, Rhubarb and Apple	
Fentimans 275ml.....	2.20
Curiosity Cola, Rose Lemonade, Ginger Beer	
Highland Spring 330ml.....	2.00
Still, Sparkling	

Min order £60 | Delivery charge £6.50
FREE Delivery for orders over £80
Orders to be placed before 14:00 for next day