

BREAKFAST

BREAKFAST BOWL

YOGHURT (V) £2.00 (112 KCAL)

PORRIDGE (VG) £2.00 (312 KCAL)

(WITH YOUR CHOICE OF PLANT MILK OR DAIRY MILK)

CHOOSE YOUR TOPPINGS:

HONEY £0.90 (65 KCAL)

MUESLI (VG) (GF AVAILABLE) £0.90 (73 KCAL)

FRUIT (VG) £0.90 (22 KCAL)

(BERRIES OR TROPICAL)

JAM (VG) £0.90 (48 KCAL)

PASTRIES

**FRESHLY BAKED PASTRY SELECTION,
EVERY DAY**

MORNING FAVOURITES

TOAST (VG) (GF AVAILABLE) £2.40

2 SLICES OF YOUR CHOICE OF BREAD (213 KCAL) -
WHITE BLOOMER/MALTED BLOOMER/GF BREAD
SERVED WITH YOUR CHOICE OF SPREADS*

TOASTED TEACAKE (VG) £2.70 (257 KCAL)

SERVED WITH YOUR CHOICE OF SPREADS*

CINNAMON AND RAISIN BAGEL £2.50 (100 KCAL)

SERVED WITH YOUR CHOICE OF SPREADS*

FRUIT (VG) £0.90 (100 KCAL)

(APPLE OR BANANA)

***CHOICE OF SPREADS:** BUTTER (89 KCAL)/SUNFLOWER
SPREAD (49 KCAL)/JAM (97 KCAL)/HONEY (65 KCAL).

LUNCH

BAGELS

CHOICE OF PLAIN OR MULTIGRAIN

CREAM CHEESE (VG)	£3.00 (391KCAL)
SMASHED AVOCADO & LIME (VG)	£4.00 (437 KCAL)
HALLOUMI & SWEET CHILLI (V)	£4.00 (454 KCAL)
CHICKEN CAESAR	£4.00 (409 KCAL)
SALMON & CREAM CHEESE	£4.00 (413 KCAL)

SOUP

WILD MUSHROOM	£4.80 (144KCAL)
TOMATO & BASIL	£4.80 (129 KCAL)
PEA & MINT	£4.80 (183 KCAL)
LEEK & POTATO	£4.80 (90 KCAL)
CARROT, RED LENTIL & CORIANDER	£4.80 (75 KCAL)

ADD HALF A BAGUETTE FOR 70p

TOASTIES

VEGAN PLAIN CHEESE (VG)	£3.20 (372 KCAL)
PLAIN DAIRY CHEESE (V)	£3.20 (424 KCAL)
CHEESE & ONION CHUTNEY (V)	£4.00 (467 KCAL)
CHEESE, TOMATO & RED PESTO (V)	£4.40 (492 KCAL)
CHEESE & MARMITE (V)	£4.00 (468 KCAL)
TUNA & RED ONION	£4.00 (476 KCAL)
CHEESE & HAM	£5.00 (482 KCAL)

*ALL OPTIONS ARE AVAILABLE AS VEGAN CHEESE.

CHOICE OF WHITE BLOOMER, MALTED BLOOMER AND GF BREAD, PRICES REMAIN SAME NO MATTER THE CHOICE

CAKES & BAKED GOODS

CAKES

BLUEBERRY MUFFIN (V) £4.50 (344 KCAL)

STICKY DARK CHOCOLATE BUNS (VG) £4.20 (353 KCAL)

TRADITIONAL PASTEL DE NATA (V) £1.80 (224 KCAL)

BANANA & CHOCOLATE LOAF (VG) £3.30 (384 KCAL)

BIG ROCK TRAYBAKE (V) £3.25 (475 KCAL)

SUPER GRANOLA (VG) £3.25 (467 KCAL)

GLUTEN-FREE GRANOLA SLICE (V/GF) £3.25 (392 KCAL)

GLUTEN-FREE BAKEWELL SLICE (V/GF) £3.25 (297 KCAL)

PISTACHIO CREME COOKIE (V) £2.90 (353 KCAL)

DOUBLE CHOCOLATE COOKIE (V) £2.90 (297 KCAL)

SAVOURY MUFFINS & SCONES

MARMITE, CHEDDAR & CHIVE Scone (V) £3.50 (351 KCAL)

CHILLI CHEESE CORNBREAD MUFFIN (V) £4.50 (345 KCAL)

SWEET ONION & CHEDDAR MUFFIN (V) £4.50 (352 KCAL)

CAFÉ COMBOS

HOT DRINK & PASTRY

Purchase any regular hot drink and get a selected pastry for **£1.00**

£6.00

TOASTIE, SNACK & DRINK

Choose any toastie and select a snack from crisps, selected chocolate bars or piece of fruit and add filter coffee, tea or selected canned drink.

£5.50

COSY SOUPS

Choose any of our soups and add half a baguette with butter or sunflower spread.

£7.00

SOUP & TOASTIE

Choose any of our soups and add either a plain cheese toastie or vegan cheese toastie.