



BREAKFAST - 8am til 12pm

Granola Pot - £ 3.50

Soy Yoghurt, Granola & Homemade Cranberry Jam **(VG) (GF)**

Eggs Floretine £ 6.50

Poached Egg, Spinach & Hollandaise served on Muffin **(V)**
with Bacon - £ 1.00

Eggs Royale - £ 8.50

Poached Eggs, Smoked Salmon & Hollandaise served on Muffin

Sweet Potato Hash - £ 6.50

with Halloumi Spinach & Poached Egg **(V) (GF)**

LUNCH/DINNER - From 12pm

Soup of the Day served with Sourdough - £ 3.95

Sharing Platters - £ 7.00

Marinated Olives, Sundried Tomatoes, Tzatziki, Roasted Red Pepper, Toasted Tortilla Chips
with Halloumi or
Lemon & Thyme Chicken Skewers

Homemade Turkey Pattie - £ 8.50

Roasted Red Pepper, Kale. Cranberry Ketchup served in a Sourdough, Fries & Salad garnish

Chicken Satay - £ 8.50

Served with Chard Pineapple, Crispy Kale, Toasted Sunflower Seeds & Brown Basmati Rice **(CP)**

Asian Salmon - £ 9.00

Served with Steamed Pak Choi, Asian Slaw & Brown Basmati Rice **(CS)**

BAR/SIDE ORDER

Halloumi Fries - £ 4.00

Baked Sweet Potato Wedges - £ 3.00

Fries - £ 3.00

Chicken Skewers = £4.50

PASTRIES/CAKES

Selection - Protein Balls, Pastries & Cakes - (Please see bar area)

Croissants Jam & Butter - £ 2.50

Toasted Sourdough Jam & Butter - £ 2.50

(VG) Vegan - (V) Vegetarian - (GF) Gluten Free - (CN) Contains Nuts - (CS) Contains Sesame -

(CP) Contains Peanut

DRINKS

Sunsoul - Raspberry - £ 1.50

Sunsoul - Lemon & Lime - £ 1.50

Cawston - Elderflower - £ 1.50

Still Water - £ 1.20

Sparkling Water - £ 1.20

Kids Fruit Smoothie - £ 1.50

Kids Cawston - Apple £ 1.20

Matcha Latte - £ 2.50

Chai Latte - £ 2.50

Turmeric Latte- £ 2.50

Hot Chocolate - £ 2.50

(Almond, Soya, Coconut, Oat, Semi Skimmed)

Positivi Herbal Teas - £ 2.00

English Breakfast - £ 1.50

SNACKS

Candy Kitten - £ 2.00

Urban Fruit - £ 1.50

Pretzel - £ 1.50

Popchips - £ 1.25

Eat Real - Sml £ 1.25 / Lrg £ 2.00

Fruit - £0.50