



## OUR MENU

### BREAKFAST

Served between 8.00am -12.00pm

<b>VEGAN BREAKFAST BOWL</b>	<b>£6.95</b>	<b>FULL ENGLISH BREAKFAST</b>	<b>£6.95</b>
Vegan sausages, 2 hash browns, beans, mushrooms & spinach, grilled tomato, avocado		Sausage, bacon, 2 hash browns, beans, mushrooms & spinach, grilled tomato, poached egg	
<b>MINI BREAKFAST BOWL (VG)</b>	<b>£4.95</b>	<b>HOT BREAKFAST BAGUETTES</b>	<b>£4.50</b>
Sausage (choose either vegan or pork sausage), 2 hash browns, baked beans		Bacon baguette Sausage baguette Vegan sausage baguette (VG)	
<b>PORRIDGE GF</b>	<b>£4.50</b>	<b>YOGHURT POT (VG)</b>	<b>£4.25</b>
Gluten free porridge oats, made a choice of milk with maple syrup (optional)		Crunchy granola, coconut yoghurt with homemade fruit compote	

### LUNCH

Served between 12.00 pm – 15.30pm

<b>BRUNCH BAGEL/SANDWICH (VG)</b>	<b>£5.95</b>	<b>FISH FINGER SANDWICH</b>	<b>£5.95</b>
Crispy bacon or vegan sausage, avocado, tomatoes, Dijon mustard mayo in a New York bagel		Cod fish fingers, homemade tartar sauce with salad, served in granary bread	
<b>SALT BEEF BAGEL</b>	<b>£6.50</b>	<b>FALAFEL WRAP (VG/GF)</b>	<b>£5.75</b>
Slow cooked salt beef with gherkins, Dijon mustard mayo and salad in a New York bagel		Moroccan spiced chickpea falafels and salad with vegan mayo & sweet chilli sauce in a soft GF wrap	
<b>SMOKED SALMON BAGEL</b>	<b>£5.95</b>	<b>DEMI BAGUETTES</b>	<b>£4.50</b>
Mild smoked salmon with cream cheese in a soft New York bagel, wedge of lemon		Tuna and Cucumber Ham, Coleslaw and salad	
<b>SOUP OF THE DAY</b>	<b>£4.50</b>	<b>PORTION OF CHIPS V/VG</b>	<b>£2.75</b>
Please ask for the flavour of the soup, served with bread.		Cooked in vegetable oil	

#### IMPORTANT INFORMATION

V = Vegetarian   VG = Vegan   GF = Gluten Free   N = May contain nuts

If you have ANY food intolerances, please speak to a member of staff when ordering.

Our café offers various products with all the main allergens contained within them.

Whilst we take steps to minimise the risk of cross contamination, we cannot guarantee that any of our products are safe to consumer for people with severe allergies.