



OUR TAKEAWAY MENU

BREAKFAST

Served between 8.00am -12.00pm

VEGAN BREAKFAST BOWL	£6.95	FULL ENGLISH BREAKFAST	£6.95
Vegan sausages, 2 hash browns, beans, mushrooms & spinach, grilled tomato, avocado		Sausage, bacon, 2 hash browns, beans, mushrooms & spinach, grilled tomato, poached egg	
MINI BREAKFAST BOWL (VG)	£4.95	HOT BREAKFAST BAGUETTES	£4.50
Sausage (choose either vegan or pork sausage), 2 hash browns, baked beans		Bacon baguette Sausage baguette Vegan sausage baguette (VG)	
PORRIDGE GF	£4.50	YOGHURT POT (VG)	£4.25
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

BRUNCH BAGEL/SANDWICH (VG)	£5.95	FISH FINGER SANDWICH	£5.95
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	
SALT BEEF BAGEL	£6.50	FALAFEL WRAP (VG/GF)	£5.75
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	
SMOKED SALMON BAGEL	£5.95	PORTION OF CHIPS V/VG	£2.75
Mild smoked salmon with cream cheese in a soft New York bagel, wedge of lemon		Cooked in vegetable oil	
SOUP OF THE DAY	£4.50		
Please ask for the flavour of the soup, served with bread.			

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.