

We are
OPEN
everyday
8:00 am - 16.00 pm

BRUNCH MENU

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BREAKFAST BOWLS UNTIL 11.00

Big breakfast bowl £8.50

Sausages, bacon, hash browns with beans served in a takeaway bowl

Allergens: gluten, wheat, mustard, sulphites

Vegan breakfast bowl VG £8.00

Vegan sausages, hash browns, smashed avo, with beans served in a takeaway bowl

Allergens: gluten, wheat, mustard, sulphites, soya

ALL DAY HOT BAGUETTES £5.50

Bacon baguette

Allergens: gluten, wheat, sulphites

Sausage baguette

Allergens: gluten, wheat, soya, sulphites

Vegan sausage baguette VG

Allergens: gluten, soya, sulphites

Acai bowl with fruit VG £7.00

Frozen puree'd Acai, served with frozen blueberries, granola, and peanut butter drizzle

Allergens: gluten, wheat, peanuts, nuts

Granola yoghurt pot VG £6.00

Crunchy granola, Greek style VG yoghurt, berry compote

Allergens: gluten, wheat, soya, nuts

SALADS

Chicken & avo salad £8.50

Chicken pieces with smashed avo, rainbow slaw, herby dressing on a mixed leaves salad.

Allergens: mustard, sulphites, soya

Falafel & lentil salad VG/GF £8.50

4 lightly spiced falafels with marinated lentils, rainbow slaw, hummus and mixed leaves salad, herby dressing

Allergens: sesame, mustard, soya, sulphites

MINI BREAKFAST BOWL UNTIL 11.00

Sausage, hash browns, beans £5.50

Allergens: gluten, wheat, sulphites, soya

VG sausage, hash brown, beans £5.50

Allergens: gluten, wheat, soya, sulphites

Half baguette £3.50

Sausage or bacon or vegan sausage VG

Allergens: PLEASE ASK FOR ALLERGEN INFORMATION

BAGELS & WRAPS

Salt beef bagel £7.75

Slow cooked salt beef with Dijon mustard mayo & pickles in a New York style bagel

Allergens: celery, gluten, wheat, mustard, sulphites, sesame

Fish finger baguette £7.50

Cod fish fingers with housemade tartar sauce in a demi white baguette

Allergens: gluten, wheat, fish, mustard, soya

Brunch bagel £7.50

Crispy bacon, smashed avocado, sliced tomato & Dijon mustard mayo in a New York style bagel

Allergens: gluten, wheat, mustard, soya, sulphites, sesame

Vegan brunch bagel VG £7.50

Vegan sausages, smashed avocado, sliced tomato, Dijon mustard mayo in a New York style bagel.

Allergens: gluten, wheat, mustard, soya, sulphites, sesame

Vegan falafel wrap VG/GF £7.50

Moroccan spiced chickpea falafels, mixed leaves, rainbow slaw, hummus served in a gluten free wrap.

Allergens: mustard, soya, sesame, sulphites

Nordic salmon bagel £7.75

Smoked salmon, cream cheese in a New York style bagel with capers, pickled red onion.

Allergens: gluten, wheat, milk, sulphites, fish, sesame

SNACKS

Protein balls, raspberry oatly bake, cakes, muffins, sausage rolls, vegan sausage rolls, blondes, brownies

Fresh baked pastries

Allergens: PLEASE ASK FOR ALLERGEN INFORMATION

KIDS MEAL DEAL £5.50

1/2 baguette with a choice of cheese, ham or hummus

choice of drink

fruitshoot or cawston press or water

plus a packet of Pom Bear crisps

Allergens: PLEASE ASK FOR ALLERGEN INFORMATION

If you have **ANY** food intolerances or severe allergies, please speak to a member of staff before ordering.
We use all allergens in our kitchen, please ensure you notify a member of staff.

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Saltwater

BEACH CAFE