

SERVED UNTIL 2:30PM

BREAKFAST

HOMEMADE NUTTY GRANOLA Nutty granola, grapes and blueberries with the yoghurt of your choice: Plain / Raspberry	5.75	HOMEMADE SAUSAGE ROLL Pork and fennel sausage roll served with tomato relish	3.5
CLASSIC PORRIDGE (V) Made with whole milk, topped with mixed roasted nuts and honey *alt. milks + 1.5	5	SPINACH & FETA VEGGIE ROLL (V) Butternut squash, spinach and feta rolls served with tomato relish	3.5
BLUEBERRY & COCONUT PORRIDGE (VG) Made with coconut milk, topped with coconut flakes, fresh blueberries and agave	8	SELECTION OF PASTRIES	
		CROISSANT	2.50
		PAIN AU RAISIN	2.75
		PAIN AU CHOCOLATE	2.75

BREAKFAST BAGUETTES

HAM & CHEESE 7 Prosciutto Cotto ham, butter, sliced emmental cheese,	BACON 6.5 Smoked back bacon with lettuce and tomato relish/sauce	SAUSAGE 7 Lincolnshire sausages with butter and sauce
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MON - FRI 9:00AM - 2:30PM

BRUNCH

SAT - SUN 9:00AM - 3:30PM

CLASSIC AVO ON TOAST (VG) Mashed avocado on sourdough toast with chilli flakes	4.5	CHORIZO SCRAMBLED EGGS 3 scrambled eggs on sourdough toast with diced & cooked chorizo and mashed avocado	10.50
AVO ON TOAST A LA RIPE (V) Mashed avocado on sourdough toast with feta cheese, pomegranate and micro leaves	7.5	MUSHROOMS ON TOAST (V) Creamy mushrooms on sourdough toast (contains dairy cheese - Vegan option available)	7.5
POACHED EGGS ON TOAST 2 poached eggs on sourdough toast with mashed avocado, slice of smoked back bacon, pomegranate, chives and micro leaves.	10	SCRAMBLED EGGS & SALMON 3 scrambled eggs on sourdough toast with smoked salmon, fresh dill and lemon	10.50

GO WITH HOLLANDAISE

EGGS BENEDICT 10 Sourdough toast, Prosciutto Cotto ham, 2 poached eggs, hollandaise sauce	EGGS FLORENTINE 9 Sourdough toast, steamed spinach, 2 poached eggs, hollandaise sauce	EGGS ROYALE 10.50 Sourdough toast, smoked salmon, 2 poached eggs, hollandaise sauce
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SIDES

MASHED AVOCADO 3	POACHED EGGS (2) 3
CHEESE (Mozzarella / Emmental / Feta) 1.5	FRIED EGG (1) 2
CHORIZO/HAM/SMOKED BACON/SAUSAGE 2	SCRAMBLED EGGS (2) 2.25
SMOKED SALMON 4	EXTRA SOURDOUGH TOAST 1.75
MUSHROOMS 1.5	GLUTEN FREE BREAD 1.5

SERVED FROM 11:30AM | **LUNCH** |

FOCACCIA

CHICKEN & ONION JAM Rosemary Focaccia, roasted chicken breast, onion jam, rocket, herb mayo, mozzarella	7
MEDITERRANEAN VEG (VG) Rosemary Focaccia, bell pepper, red onion, aubergine, rocket, kale pesto	7

TOASTIE

HAM & CHEESE Wholemeal Sourdough, Prosciutto Cotto ham, emmental mix, garlic aioli	7
CHICKEN & MOZZARELLA Wholemeal Sourdough, herb mayo, chicken breast, mozzarella, bell peppers, spinach	7
PESTO (V) Wholemeal Sourdough, kale pesto, plum tomatoes, mozzarella	7
TUNA MELT Wholemeal Sourdough, Yellow Fin Tuna and Mayonnaise with emmental mix	7

BAGUETTE

SALT BEEF Sourdough Baguette, salt beef, horseradish mayo, Parmiggiano cheese, red pepper and rocket	8
SALMON & CREAM CHEESE Sourdough Baguette, smoked Salmon, cream cheese with chives, lemon zest and rocket	8
SALAMI & RED PESTO Sourdough Baguette, salami, red pesto, sliced emmental cheese and rocket	7

FROM £7

BUILD YOUR OWN SANDWICH

- CHOOSE YOUR BREAD**
 Wholemeal Sourdough
 Rosemary Focaccia
 Sourdough Baguette
 GF Seeded Sourdough +1.5
- CHOOSE YOUR PROTEIN**
 Prosciutto Cotto ham
 Smoked back bacon
 Roast chicken breast
 Salami
 Salt beef +1
 Smoked salmon +2
 Tuna +1
- CHOOSE UP TO 2 VEGGIES**
 Mashed avocado +1.5
 Plum tomato
 Sun-dried tomato
 Little gem lettuce
 Rocket
 Baby spinach
- CHOOSE YOUR CHEESE**
 Mozzarella +1
 Grated Emmental & Cheddar mix +1
 Sliced Emmental +1
- CHOOSE YOUR SPREADS**
 Kale pesto
 Red pesto
 Garlic aioli
 Tomato relish
 Smooth Dijon Mustard
 Mayonnaise

SOUP & STEW OF THE DAY

PLEASE ASK FOR TODAY'S SPECIALS

SERVED ALL DAY | **SWEETS** |

BANANA BREAD	2.75	CARROT CAKE MUFFIN	2.75	FUDGY BROWNIE (GF)	3.5
LEMON DRIZZLE	2.75	BLUEBERRY MUFFIN	2.75	PECAN POWERBALL (VG/GF)	2.25
APPLE CRUMBLE	2	GRANOLA SQUARE (VG)	2.75	RASPBERRY & PISTACHIO FRIAND (GF)	3

All our food is made in a kitchen which use nuts, gluten, dairy, sesame and soya.
 The absence of these allergens and bones in meat dishes cannot be guaranteed. Allergy information available on request.

COFFEE & CHOCOLATE

Our beans are from **Square Mile Coffee Roasters**.
We use a double shot of single origin espresso as standard for all our drinks

DOUBLE ESPRESSO	(2oz) 2.7		MOCHA	(8oz) 3.7	(12oz) 4.2
MACCHIATO	(4oz) 3.2		ICED AMERICANO		(12oz) 3.2
AMERICANO	(8oz) 2.7	(12oz) 3.2	ICED LATTE		(12oz) 3.7
CORTADO	(4oz) 3.2	(6oz) 3.7	ICED MOCHA		(12oz) 4.2
LATTE	(8oz) 3.2	(12oz) 3.7	HOT CHOCOLATE	(8oz) 3.2	(12oz) 3.7
FLAT WHITE	(6oz) 3.2	(8oz) 3.7	ALTERNATIVE MILK		+ 50p
CAPPUCCINO	(8oz) 3.2	(12oz) 3.7	(OAT / ALMOND / COCONUT)		

LOOSE LEAF TEA

from Primrose Hill Teas

TEA LATTES

MATCHA LATTE	3.7
Our Tropical or Single Origin Matcha as a velvety latte	
CHAI TEA LATTE	3.7
Our Rooibos Coco chilli Chai as a sweet, spicy and creamy latte	

GREEN TEA

YUNNAN GREEN TEA	3
From the birthplace of tea in China	
GOJI BERRY & POMEGRANATE	3
Yunnan green tea blend with goji berries, pomegranate flowers	
ORANGE & PAPAYA CHUNMEE	3
Chinese Chunmee green tea with orange, apples, lemongrass and papaya	

SPECIAL RESERVE

WHITE JASMINE NEROLI	3.25
Chinese white Silver Needle tea, fragranced with Jasmine blossoms	
TROPICAL MATCHA	3.25
Organic ceremonial grade Japanese Matcha green tea with spirulina, ginger and mango	
TAIWANESE MILK OOLONG	3.25
Smooth Oolong tea with naturally occurring buttery flavour (NO DAIRY)	

BLACK TEA

HOME COMFORT BREAKFAST BREW	3
Blend of Assam black tea and Kenyan black tea	
LADY DARJEELING	3
Premium first flush Darjeeling, lemon peel and sunflower petals	
EARL GREY TEA	3
Ceylon black tea with bergamot oil and blue corn flowers	
CINNAMON BUN (CONTAINS NUTS)	3
Ceylon black tea with almonds, cranberries and cinnamon	

HERBAL INFUSIONS

GINGER ZINGER	3
Blend of ginger, apple, carrot, lemongrass and orange peel	
FLOWER GARDEN	3
A blend of relaxing chamomile and lavender with rose petals	
ROOIBOS COCO CHILLI CHAI	3
A Rooibos based chai with ginger, cardamom, cocoa, chilli, vanilla	
SUMMER BERRIES	3
Hibiscus, apple and berries	
MORNING IN MY MINT	3
Peppermint and spearmint	

SMOOTHIES, JUICES & SOFT DRINKS

GREEN MACHINE SMOOTHIE	5
Mango, spinach, kale, apple juice	
BANANA NUT SMOOTHIE	5
Banana, almond butter, almond milk	
BERRY BURST SMOOTHIE	5
Blueberries, banana, raspberry, flex seeds, apple juice	
TROPICAL PUNCH SMOOTHIE	5
Mango, coconut, pineapple mint, lime, apple juice	
FRESH ORANGE JUICE	3
CLOUDY APPLE JUICE	3

SODA WATER	2.25
CLASSIC TONIC	2.25
CAWSTON PRESS	1.95
(GINGER / APPLE / ELDERFLOWER / RHUBARB)	
STILL WATER	1.8
SPARKLING WATER	1.8
COCA-COLA	2.6
DIET COCA-COLA	2.6
FANTA ORANGE	2.6
SPRITE ZERO	2.6
LEMONAID+	2.95
(PASSION FRUIT / LIME)	

WINE & BEER

WINE

WHITE	COUNTRY	175ML	250ML	BOTTLE
THE PARODIST PINOT GRIGIO	HUNGARY	6.5	9.1	26
FLOR DEL FUEGO CHARDONNAY	CHILE	6	8.4	24
KENDERMANNS RIESLING KABINETT	GERMANY			29
ROSE				
FLORAÇÃO ROSÉ	PORTUGAL	7.25	10.15	29
RED				
KING RABBIT MERLOT	FRANCE	6.5	9.1	26
DOMAINE DU SABOT BEAUJOLAIS VILLAGES	FRANCE	8	11.2	32
VIEUX REMPARTS 2019 LUSSAC ST-ÉMILION	FRANCE			35
SPARKLING				
BOUVET-LADUBAY SAUMUR BOUVET BRUT	FRANCE	8.75		35
CHAMPAGNE				
TAITTINGER BRUT RÉSERVE CHAMPAGNE	FRANCE			96

BEER

PERONI NASTRO AZZURRO 330ML	5
HENNEY'S DRY CIDER 500ML	6
ERDINGER WEISSBIER 500ML	6

COCKTAILS

MOJITO	8.5
Havana Club Rum, Lime juice, lime, simple syrup, mint, club soda	
CUCUMBER COLINS	8.5
Sipsmith Dry Gin, lemon, lemon juice, lime, mint, cucumber	
APEROL SPRITZ	8.5
Aperol, prosecco, soda, orange, mint	
WHISKY SOUR	9.5
Monkey Shoulder whisky, lime juice, egg white, angostura, simple syrup	
ESPRESSO MARTINI	10
Cariel vanilla vodka, kahlua, double shot espresso, simple syrup	
DARK RUM NEGRONI	12
Appleton Estate Signature Rum, antica formula, campari, angostura orange, angostura chocolate	

GIN & TONIC

9.75

CLASSIC	
Sipsmith Dry Gin, classic tonic	
LADY DARJEELING	
Lady Darjeeling Tea infused Dry Gin , classic tonic	
TROPICAL MATCHA	
Tropical matcha infused Dry Gin , classic tonic	
CHILLI CHAI	
Chai Tea infused Dry Gin , classic tonic	
GOJI BERRY & POMEGRANATE	
Goji berry & pomegranate Tea infused Dry Gin, classic tonic	
MORNING IN MY MINT	
Mint tea infused Dry Gin , classic tonic	
CINNAMON BUN	
Cinnamon bun tea infused Dry Gin, classic tonic	