



COFFEE

Espresso	2.50
Double Espresso	2.95
Macchiato	2.75
Double Macchiato	3.5
Cortado	3.5
Americano	3.5
Flat White	3.95
Caffee Latte	3.95
Cappuccino	3.95
Mocha	4.25
Hot Chocolate	3.95
Chai Latte	4.5
Matcha Latte	4.75

Quarter Hot Chocolate 4.95
 With marshmallows, whipped cream & chocolate powder

Add Extra Espresso Shot +0.75

Add Syrup +0.75

Vanilla - Caramel - Hazelnut - Seasonal

Choose your MILK

Regular / Skimmed / Soya

Almond - Oats - Coconut (+0.5)

COLD

Iced Black Americano	3.5
Iced Latte	4.25
Iced Mocha	4.5
Iced Chai Latte	4.5
Iced Matcha Latte	4.95

TEA

3.25

English Breakfast, Earl Grey,
Peppermint, Green Sencha,
Chamomile, Apple & Cinnamon,
Honeybush & Rooibos, Super Fruit

FRESH TEA 3.95

Mint | Ginger, lemon & honey

ICED TEA 4.25

Lemon Twist | Peach | Superfruity

PROTEIN SHAKES

7.95

Made with vegan protein powder

Banana Bread
Banana, oats, walnuts, cinnamon, nutmeg, vanilla & almond milk

Purple Coconut
Blueberry, strawberry, oats, flaxseed, vanilla & coconut milk

Green Energy
Matcha, mango, cashew butter, lemon, ginger, oats & coconut milk

Matcha Firepower
Matcha, mango, cashew butter, lemon juice, ginger, oats & coconut milk

Hulk Power
Banana, peanut butter, spinach, lime juice & coconut milk

Choconut Butter
Peanut butter, raw cocoa, banana & milk

SMOOTHIES

7.5

Made with vegan protein powder

Sunrise
Mango, banana & orange juice

Tropical Dazzler
Pineapple, melon, apple, grape, mango & orange juice

Berry Blast
Banana, blueberry, almond milk, vanilla & Greek yoghurt

Triberry Detox
Strawberry, raspberry, blueberry & orange juice

Green Power
Kale, avocado, spinach, apple, fresh mint & orange juice

Sunset
Mango, banana, strawberry & orange juice

FRESH JUICE

3.95

Apple

Carrot

Orange

Add Extra +0.75

Lemon - Fresh Mint

SOFT DRINKS

Mineral Water (Still / Sparkling) 1.75

Coca Cola 2.25

(Regular / Diet / Zero / Cherry)

Cawston 2.5

(Apple / Elderflower / Rhubarb)

Sanpellegrino 2.95

(Aranciata / Aranciata Rossa / Lemon / Melograno)

PASTRIES

Butter Croissant	2.95
Pain Au Chocolat	3.75
Pain Aux Raisins	3.75
Cinnamon Swirl	3.75
Berry Danish	3.75
Choco Banana Danish	3.95
Almond Croissant	4.50
Almond Berry Danish	3.95

CAKES & BAKES

Pistachio Apricot (GF)	6.95
Double Chocolate Cake	6.95
Black Forest Gateaux	6.95
Petite Antoine	6.5
Opera Cake	6.5
Biscoff Cheesecake	6.25
Honey Cake	5.95
Fruit Cheesecake	5.95
Baked Cheesecake	5.75
Red Velvet -or- Carrot Cake	5.75
Tiramisu	5.75
Bread & Butter Pudding	4.25
Speciality Brownie <i>(Pistachio / Salted Peanut / Salted Caramel)</i>	5.25

SANDWICHES

Egg Mayonnaise <i>with roasted cherry tomatoes</i>	4.95
Ham & Cheese <i>with Dijon mustard & mayo</i>	6.25
Feta & Veggies <i>Aubergine, courgette, pepper, red pesto & rocket</i>	6.25
Tuna Tartare <i>Finely chopped shallots, capers, gherkins, mayo</i>	6.5

FOCACCIA PIZZAS

Margherita <i>with tomato sauce & mozzarella</i>	6.25
Four Cheese <i>Blue, Mozzarella, Parmesan, Cheddar</i>	6.25

SALADS & POKE BOWLS

Caesar Salad <i>Mini gem lettuce, chicken, Parmesan, anchovies & caesar dressing</i>	8.95
Greek Salad <i>Cucumber, feta, olives, cherry tomatoes, red onion, parsley & oregano</i>	8.95
Salmon Poke Bowl <i>Sushi rice, avocado, edamame beans, veggies, fried onion & homemade sauce</i>	11.95

SAVORY PASTRIES

Mortadella -or- Parma Ham	5.95
Cheese & Chorizo	5.95
Veggie Fagottini	5.5
Veggie Roll	5.5
Sausage -or- Chicken Roll	4.95
Ham & Mushroom Roll	4.95
Spinach & Ricotta Roll	4.95
Ham & Cheese Croissant	5.45

Dark Chocolate Brownie	4.95
Nutty Banana Loaf Slice	4.95
Lemon Drizzle Loaf Slice (v)	4.5
Carrot Cake Loaf Slice	4.25
Bakewell Bar	4.5
Healthy Granola Bar	4.25
Flapjack	3.95
Gluten Free Cakes <i>(Almond / Lemon / Orange Polenta)</i>	4.25
Doughnut (Custard / Raspberry)	3.25
Homemade Cookie <i>(chocolate chip / dark chocolate chip / red velvet +0.50)</i>	2.25
Canele	2.25
Macaron	1.95

Tarragon Chicken <i>Rocket, Parmesan & mayo</i>	6.95
Breaded Chicken <i>with BBQ & dill mayo, sweet chilli sauce & mini gem</i>	7.25
Buffalo Mozzarella <i>Avocado, sun-dried tomato & green pesto</i>	7.5
Salt Beef <i>Tartare sauce, pickled cucumber</i>	7.95

Capricciosa <i>with ham, artichoke, mushrooms, olives</i>	7.5
Spicy Salami <i>with tomato sauce & mozzarella</i>	7.5

Chicken Poke Bowl <i>Sushi rice, avocado, edamame beans, veggies, fried onion & sweet chilli sauce</i>	9.95
Vegan Poke Bowl <i>Sushi rice, avocado, edamame beans, chickpeas & kidney beans</i>	8.95