

Buns	
Bacon or Cumberland Sausage Made with homemade brioche bun & butte Served with tomato or brown sauce	
Breaded Chicken BBQ sauce, dill & sweet chilli mayo, lettuce on focaccia	7.95
Hot Salt Beef with gherkin and Dijon mustard on a caraway seed bun	8.95 12.95 Regular Large
Salads	
Caesar Roast chicken, lettuce, anchovies, Parmesan cheese & croutons	12.95
Greek (v) Cucumber, feta cheese, cherry toma olives, red onion, oregano	12.95 toes,
Watermelon & Feta Mint, pomegranate & balsamic glaze	12.95
Endive, Apple & Walnut Dried cranberries, lettuce & blue cheese cider dressing	12.95
Poke Bowl	<u> </u>
Salmon Poke Bowl Served over sushi rice, with avocado pickled veggies, edamame beans, fried onions & homemade sauce	15.95
Spicy Tuna Poke Bowl Tuna mixed with spicy mayo, with rice avocado, pickled veggies, edamame beans, fried onions & homemade sauce	
Chicken Poke Bowl Breaded chicken with rice, avocado, pickled veggies, edamame beans, fried onions & sweet chilli sauce	13.95
Vegan Poke Bowl (Ve) Rice seasoned in tomato salsa with	11.95

avocado, pickled veggies, edamame beans,

fried onions chickpeas & kidney beans

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Fish & Chips Mushy peas & tartare sauce	9.95
Chicken Katsu With vegetable curry sauce	8.95
Halloumi Fries	8.95
With hummus, lettuce & harissa	
Chicken Caesar With romaine, parmesan & croutons	8.95

Classic Sandwiches

Egg Mayo	5.95
With sun-dried tomatoes	
Ham & Cheese With Dijon mustard & mayo on baguette	7.5
Tuna With homemade tartare sauce on focaccia	7.5
Tarragon Roast Chicken Rocket, Parmesan & mayo on sourdough	8.5

Build Your Own

SANDWICH

From our cheese & organic charcuterie selection Add Cornichon | Branston Pickle | Dijon Mustard | Mayo

Pita Sandwiches

Slow Cooked Egg

Parsley, mayo & fried aubergine Add Mango Chutney 1.5

Lebanese Spiced Chicken

With garlic labne, parsley, tomatoes & cucumber

Falafel

With salad, pickles & Tahini sauce

Whole 6.95 Half 3.95



French Fries (ve) 4.95 Sweet Potato Fries (ve) 5.95 Mixed Leaf Salad (ve) 4.95

Artisanal Crispy Pizza

Garlic Pizza (ve) Crispy handcrafted dough with garlic Add Extra Tomato Sauce 2 Mozzarella Cheese 3.5	9	Formaggi (v) White sauce base with Stilton, mozzarella, goat's cheese & Parmesan shavings	16.5
Margherita (v)	14.5	BBQ Chicken	16.95
Tomato base, mozzarella & basil Pepperoni	16.5	Smoky base topped with shredded chicken, mozzarella cheese & roasted peppers	
Tomato base, mozzarella & pepperoni salami		Parma Ham & Rocket	17.95
Regina (v) Tomato base, mozzarella, ham & mushrooms	16.5	Tomato base, Buffalo mozzarella & shaved Parmesan	
Napoli Tomato base, anchovies, olives, capers & garlic oil	16.5	Boscaiola White base, mozzarella, mushrooms, Italian sausage, ham, truffle oil & shaved Parmesan	19.95

Hot Drinks

+£0.50 For Alternative Milk (Oat, Soya, Almond, Coconut)	
Espresso	2.5
Double Espresso	2.95
Macchiato	2.75
Double Macchiato	3.5
Americano	3.5
Cortado	3.5
Flat White	3.95
Caffe Latte	3.95
Cappuccino	3.95
Hot Chocolate	3.95
Mocha	4.25
Chai Latte	4.5
Matcha Latte	4.75

Quarter Hot Chocolate 4.95 with whipped cream & marshmallows

Teas

English Breakfast | Earl Grey 3.25
Green Tea | Peppermint
Chamomile | Summer Berries

Fresh Tea 3.95

Lemon Ginger Honey | Mint

Iced Drinks

Iced Caffe Latte Iced Chai Latte Iced Matcha Latte	4.25 4.5 4.95
Iced Tea	4.25
Lemon Twist Peach Summer	Berries

Protein Shakes

Made with vegan protein powder 7.95

Banana Bread

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

Purple Coconut

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

Green Energy

Tropical fruits, flaxseed, hemp seeds, spinach, basil, lemon juice & coconut milk

Matcha Firepower

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

Hulk Power

Banana, peanut butter, spinach, lime & coconut milk

Choconut Butter

Peanut butter, raw cocoa, banana & milk

Freshly Squeezed Juices

Orange | Carrot | Apple 3.95 **Extras** 0.75

Ginger | Mint | Lemon | Honey

Refreshers

Sparkling Lime	4
Sparkling Passion Fruit	4
Quarter Lemonade	4
Raspberry Lemonade	4

Smoothies

100% Natural Ingredients

7.95

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 & mint

Sunset

Mango, banana, strawberry & orange

Soft Drinks

750ml Mineral Water Still Sparkling	4.5
330ml Mineral Water Still Sparkling	3
Coca-Cola Coke Diet Coke Coke Zero	۷
Fanta Sprite	4
Fever Tree Lemonade Tonic Water	3.5



Ginger Ale