



## Hot drinks

	 12oz	 16oz
Americano	3.00	3.50
Latte	3.50	4.00
Cappuccino	3.50	4.00
Flat white	3.25	3.75
Double espresso	2.50 (4oz)	
Mocha	3.75	4.25
Hot chocolate:	3.25	4.00
Milk		
Dark		
Salted caramel		
Tea:	2.80	
English breakfast tea		
Decaf English breakfast tea		
Green tea		
Berry fruit tea		
<b>Milk alternatives:</b>		
Soya		Free
Oat		0.30
Coconut		0.30
Almond		0.30
<b>Syrups:</b>		0.50
Caramel		
Vanilla		
Sugar free caramel		
Sugar free vanilla		
Hazelnut		

## Cold drinks

	 12oz
Iced americano	3.00
Iced latte	3.50
<b>Smoothies:</b>	4.00
Blueberry thrill	
Strawberry split	
Coco loco	
Pash 'n' shoot	
Berry go round	
Big 5	
Still water bottle <sup>500ml</sup>	1.50
SUSO forest fruit flavoured water <sup>250ml</sup>	1.50
SUSO mango & passionfruit flavoured water <sup>250ml</sup>	1.50
Coke/Diet Coke bottle <sup>500ml</sup>	1.80
San Pellegrino lemon <sup>330ml</sup>	2.00
San Pellegrino orange <sup>330ml</sup>	2.00
Frobishers orange juice <sup>250ml</sup>	2.30
Frobishers apple juice <sup>250ml</sup>	2.30

## Snacks

<b>Burt's crisps:</b>	1.20
Sea salt	
Cheese & onion	
Salt & vinegar	
Sweet chilli	
Caramel almond & sea salt bar	1.75
Crunchy peanut butter bar	1.75
Dark chocolate nuts & sea salt	1.75
Paradise flapjack bar	2.00
Salted caramel brownie bar	2.25
Caramel shortcake bar	2.20

## Breakfast (7:30am-11:30am)

### Pastries

All butter croissant	1.80
Almond croissant <sup>(N)</sup>	2.00
Triple chocolate pain au chocolat	2.00
Blueberry filled croissant <sup>(VG)</sup>	2.00
Spelt & quinoa croissant <sup>(VG)</sup>	2.00

### Stuffed croissants

Ham & Emmental cheese	3.50
Avocado, tomato & basil stuffed spelt & quinoa croissant <sup>(VG)</sup>	3.50
Asparagus, spinach & cream 'sheese' stuffed spelt & quinoa croissant <sup>(VG)</sup>	4.00
Smoked salmon & cream cheese	4.50
Strawberry, basil & prosciutto	4.75

### Fruit, oats, nuts & seeds

Mango Greek yoghurt pot <sup>(GF)</sup>	2.50
Raspberry Greek yoghurt pot <sup>(GF)</sup>	2.50
Toasted wholegrain oat flake granola pot with dried fruit, nuts, seeds, Greek yoghurt & maple syrup <sup>(N)</sup>	2.50
Sweet sesame overnight oats with dried apricots, tahini, pistachios & pomegranate seeds <sup>(VG) (N) (S)</sup>	3.00
Breakfast pudding with chia seeds, poached apple, sultanas & cinnamon, finished with maple syrup <sup>(VG)</sup>	3.00

**Bagel gone nuts & bananas!** 3.50  
Half a toasted multigrain bagel, smothered in crunchy peanut butter & piled high with banana & nuts <sup>(VG) (N)</sup>

**Maple syrup** 0.50

**Brain boosting coconut pancakes** topped with chia seed & coconut yoghurt, berry compote, pistachios & pomegranate seeds <sup>(VG) (N)</sup> 4.00

**Maple syrup** 0.50

## Pretzel buns

**Smoked streaky bacon pretzel bun** with a hash brown omelette, cheese & chunky sweet tomato chutney 4.50

**Cumberland sausage patty pretzel bun** with a hash brown omelette, cheese & chunky sweet tomato chutney 4.75

**Plant powered patty pretzel bun** with 'sheese' & chunky sweet tomato chutney <sup>(VG)</sup> 4.75

Gluten free brioche style buns available upon request (+ 1.00)

## All day eggs

**Eggs Florentine** 6.50  
Poached eggs & spinach on toasted sourdough, topped with silky hollandaise

**Eggs benedict** 7.50  
Poached eggs & ham on toasted sourdough, topped with silky hollandaise

**Eggs royale** 8.50  
Poached eggs & smoked salmon on toasted sourdough, topped with silky hollandaise

**The eggless wonder** 7.00  
Smashed avocado, spinach, roasted cherry tomatoes & mushrooms on toasted sourdough topped with omega mixed seeds <sup>(VG) (S)</sup>

**Scrambled egg on toasted sourdough** with jalapeños, avocado, baby spinach, sautéed red onion, rocket, crumbled feta & slow roasted cherry tomatoes 8.50

**Extra toppings:**  
Sautéed chestnut mushrooms 1.50  
Poached egg 1.50  
Smoked streaky bacon 2.50  
Smashed avocado & feta 3.00  
Grilled halloumi 3.50  
Smoked salmon 4.00

## Lunch (11:30am - 3:00pm)

### Small bites & snacks

**Homemade sausage roll** 3.00  
Packed with sweet chilli jam & sage & onion stuffing

**Homemade 'no sausage' roll** 3.00  
A meat free hero made with earthy mushroom, leeks, beetroot, cashews & umami flavours <sup>(VG) (N) (S)</sup>

**Classic Scotch egg** 3.00  
Locally sourced Cumberland sausage meat with traditional herbs & spices, wrapped around a whole free-range egg & coated in Panko breadcrumbs

**Black pudding Scotch egg** 3.00  
A blend of locally sourced Cumberland sausage meat & diced black pudding wrapped around a whole free-range egg & coated in Panko breadcrumbs

## Soups

Ask a member of the team for today's freshly made soup, served with your choice of freshly baked bread roll & butter 4.25

## Salads our way

**Vegan Greek salad with marinated tofu** 4.50  
A light refreshing mix of cucumber, celery, green pepper, red onion, ripe tomatoes, mixed olives, oregano & vegan feta with a garlic & red wine vinaigrette <sup>(VG) (GF)</sup>

**Cancun Mexican rice salad with grilled halloumi** 5.50  
Zesty & bursting with flavour - basmati rice, grilled halloumi, kidney beans, sweetcorn, red pepper, cherry tomato & spring onion in a zesty lime, coriander & cumin seed dressing <sup>(GF)</sup>

**Smoked salmon quinoa tabbouleh** 6.00  
A nutritional upgrade on the Middle Eastern classic - tricolour quinoa, diced tomato, diced cucumber, spring onion, fresh parsley, mint, dill & rocket in a fresh lemon dressing, topped with oak smoked salmon <sup>(GF)</sup>

**Mixed up chicken Caesar salad** 6.00  
The classic... just a bit mixed up!  
Grilled chicken breast, crisp romaine lettuce, cherry tomatoes, pickled red onion, shaved parmesan, rustic croutons & Caesar dressing

**Chicken katsu rice bowl salad** 6.50  
Breaded chicken breast, pickled red onion, carrot, edamame beans, cucumber, basmati rice, baby gem lettuce, katsu curry sauce & sesame <sup>(S)</sup>

## Salads your way

*Pick a base, then add a protein (or keep it naked)*

**Choose your base:** 4.00 each

**Greek salad** <sup>(VG)(GF)</sup>

**Cancun Mexican rice salad** <sup>(VG)(GF)</sup>

**Quinoa tabbouleh** <sup>(VG)(GF)</sup>

**Mixed up Caesar salad**

**+ Add your protein:**

**Grilled halloumi** 2.00

**Pan fried tofu** 2.50

**Grilled chicken breast** 3.00

**Smoked salmon** 3.50

## Sandwiches, wraps & bagels

*Made fresh everyday*

**Ploughman's sandwich** 5.00

Proper... like it should be!

Scotch egg, ham, mature cheddar, ripe tomato, cucumber, crisp iceberg lettuce & Branston pickle packed into fresh white bread

**Prawn & crayfish sandwich** 5.50

Atlantic prawns & crayfish tails in a classic Marie Rose cocktail sauce with avocado & crisp iceberg lettuce in wholemeal bread

**Prosciutto, brie & tomato sandwich** 5.50

Traditional Italian prosciutto, ripe Somerset brie, rocket, semi dried tomatoes in herbs, garlic & olive oil in fresh white bread

**Roast beef & Dijon mayo sandwich** 5.50

Thinly sliced roast topside of beef, Swiss cheese, sauerkraut, Dijon mayonnaise & peppery watercress in fresh white bread

**Chicken, bacon & sweetcorn wrap** 5.00

Roast chicken, smoked streaky bacon & sweetcorn with crisp iceberg lettuce & mayonnaise

**Gochujang tofu & kimchi wrap** 5.00

Sweet & spicy Korean glazed tofu, Chinese leaf kimchi, spring onion, cucumber & vegan miso mayonnaise <sup>(VG)</sup>

**Gochujang chicken & kimchi wrap** 5.50

Chicken coated in sweet & spicy Korean gochujang sauce with Chinese leaf kimchi, spring onion, cucumber & miso mayonnaise

**Roasted red bell pepper bagel** 4.00

With houmous, basil pesto & baby spinach in a toasted multigrain bagel <sup>(VG)(S)</sup>

**BLT bagel** 4.50

Dry cure smoked streaky bacon, crisp iceberg lettuce, plum tomato & mayonnaise in a multigrain bagel

**Smoked salmon bagel** 5.00

Oak smoked salmon, cream cheese & peppery watercress finished with ground black pepper & fresh lemon in a wholemeal bagel

## Something naughty

*Shh, we won't tell anyone!*

**Philly 'mushroom steak' burrito** 6.50

A tortilla wrap stuffed with herby Portobello mushroom 'steak', basmati rice, caramelised onions & peppers, mozzarella 'sheese' & roasted garlic vegan mayonnaise <sup>(VG)</sup>

**The ultimate fish finger sandwich** 7.00

Responsibly sourced breaded cod goujons, iceberg lettuce, pickled red onion & homemade tartare sauce

**Chicken katsu curry burger** 8.00

*Your favourite Japanese curry in burger form.*  
Panko coated chicken thigh, baby gem lettuce, pickled rainbow salad & katsu curry sauce

## Sweet treats

4.50 each

**Pineapple passion & coconut cheesecake**

**Piemontaise** <sup>(N)</sup> - a mini Ferrero Rocher style cake

**Milk chocolate & butterscotch dome** <sup>(N)</sup>

**Oreo cheesecake**

**Berry delight** <sup>(VG)(GF)</sup>

**Lime, raspberry & pistachio slice** <sup>(GF)(N)</sup>

(VG) Vegan  
(GF) Gluten free  
(S) Sesame  
(N) Nuts

# Allergens

(VG) Vegan, (GF) Gluten free, (S) Sesame, (N) Nuts

	Celery	Crustacean	Eggs	Fish	Gluten (list)	Lupins	Milk	Molluscs	Mustard	Nuts (list)	Peanut	Sesame	Soya	Sulphites
<b>Pastries</b>														
All butter croissant			Yes		Yes		Yes			May contain		May contain	May contain	
Almond crossaint (N)			Yes		Yes		Yes			Almond				
Triple chocolate pain au chocolat			Yes		Yes		Yes			May contain			Yes	
Blueberry filled croissant (VG)			May contain		Yes		May contain			May contain			May contain	
Spelt & quinoa croissant (VG)			May contain		Yes		May contain			May contain			May contain	
<b>Stuffed croissants</b>														
Ham & Emmental cheese stuffed croissant			Yes		Yes		Yes			May contain		May contain	May contain	
Avocado, tomato & basil stuffed spelt & quinoa croissant (VG)			May contain		Yes		May contain			May contain			May contain	
Asparagus, spinach & cream sheese stuffed spelt & quinoa croissant (VG)			May contain		Yes		May contain			May contain			Yes	
Smoked salmon & cream cheese stuffed croissant			Yes	Yes	Yes		Yes			May contain		May contain	May contain	
Strawberry, basil & prosciutto stuffed croissant			Yes		Yes		Yes			May contain		May contain	May contain	Yes
<b>Fruit, oats, nuts &amp; seeds</b>														
Mango Greek yoghurt pot (GF)							Yes							
Raspberry Greek yoghurt pot (GF)							Yes							
Toasted wholegrain oat flake granola pot (N)					Yes		Yes			Contains almond. May contain nuts.				
Brain boosting coconut pancakes (VG) (N)					Yes		May contain			Pistachio	May contain	May contain		
Sweet sesame overnight oats (VG) (N) (S)					Yes					Pistachio	May contain	Yes		Yes
Breakfast pudding (VG)					Yes					May contain	May contain	May contain		
Bagel gone nuts & bananas (VG) (N)					Yes					May contain	Yes	May contain		
<b>Pretzel buns</b>														
Smoked streaky bacon pretzel bun	May contain		Yes		Yes		Yes			May contain		May contain	May contain	May contain
Cumberland sausage patty pretzel bun	May contain		Yes		Yes		Yes			May contain		May contain	May contain	May contain
Plant powered patty pretzel bun (VG)	May contain				Yes					May contain	May contain	May contain	Yes	May contain
Gluten free brioche style buns														
<b>All day eggs</b>														
Eggs Florentine			Yes		Yes		Yes							
Eggs benedict			Yes		Yes		Yes							
Eggs royale			Yes	Yes	Yes		Yes							
The eggless wonder (VG) (S)					Yes		May contain			May contain	May contain	Yes	May contain	
Scrambled egg on toasted sourdough			Yes		Yes		Yes							
<b>Extra toppings</b>														
Sauteed chestnut mushrooms														
Poached egg			Yes											
Smoked streaky bacon														
Smashed avocado & feta							Yes							
Grilled halloumi							Yes							
Smoked salmon				Yes										
<b>Small Bites</b>														
Homemade sausage roll			Yes		Yes									
Homemade no sausage roll (VG) (N) (S)					Yes		May contain			Cashew	May contain	Yes	Yes	
Classic Scotch egg			Yes		Yes									
Black pudding Scotch egg			Yes		Yes									
<b>Soups &amp; salads</b>														
Soup - please see daily board for details														
Bread rolls					Yes								Yes	
Butter portion							Yes							
Naked Vegan Greek salad (VG) (GF)	Yes									May contain				
Pan fried marinated tofu													Yes	
Naked Cancun mexican rice salad (VG) (GF)					May contain									
Grilled halloumi							Yes							
Naked Quinoa tabbouleh (VG) (GF)					May contain									
Smoked salmon				Yes										
Naked Mixed up Caesar salad			Yes	Yes	Yes		Yes						Yes	
Grilled chicken breast														
Chicken katsu rice bowl salad (S)	Yes		Yes		Yes					May contain		Yes	Yes	

# Allergens

(VG) Vegan, (GF) Gluten free, (S) Sesame, (N) Nuts

	Celery	Crustacean	Eggs	Fish	Gluten (list)	Lupins	Milk	Molluscs	Mustard	Nuts (list)	Peanut	Sesame	Soya	Sulphites
<b>Sandwiches, wraps &amp; bagels</b>														
Ploughman's sandwich			Yes		Yes		Yes						Yes	Yes
Prawn & crayfish sandwich		Yes	Yes	Yes	Yes			Yes	Yes				Yes	
Prosciutto, brie & tomato sandwich					Yes		Yes						Yes	
Roast beef, & Dijon mayo sandwich			Yes		Yes		Yes		Yes				Yes	Yes
Chicken, bacon & sweetcorn wrap			Yes		Yes								Yes	
Gochujang chicken & kimchi wrap			Yes		Yes						May contain		Yes	
Roasted red bell pepper bagel (VG) (S)					Yes							Yes		
BLT bagel			Yes		Yes							May contain		
Smoked salmon bagel				Yes	Yes		Yes					May contain		
Gluten free wrap									May contain					
Gluten free sandwich														
<b>Something naughty</b>														
Philly 'mushroom steak' burrito					Yes				Yes					Yes
The ultimate fish finger sandwich		May contain	Yes	Yes	Yes			May contain					Yes	
Chicken katsu curry burger	Yes		Yes		Yes		Yes						Yes	
<b>Sweet treats</b>														
Pineapple passion & coconut cheesecake			Yes		Yes		Yes							
Piemontaise – mini Ferrero Rocher style cake (N)			Yes				Yes			Hazelnut			Yes	
Milk chocolate & butterscotch dome (N)			Yes		Yes		Yes			Hazelnut			Yes	
Oreo cheesecake			Yes		Yes		Yes						Yes	
Berry delight (VG) (GF)														
Lime, raspberry & pistachio slice (GF) (N)			Yes				Yes			Almond/Pistachio			Yes	