

## Hot drinks

Americano

Latte

Cappuccino

Flat white

Double espresso (4oz)

Mocha

Hot chocolate:

Milk

Dark

Salted caramel

Tea:

English breakfast tea

Decaf English breakfast tea

Green tea

Berry fruit tea

Milk alternatives:

Soya

Oat

Coconut

Almond

Syrups:

Caramel

Vanilla

Sugar free caramel

Sugar free vanilla

Hazelnut



12oz



16oz

## Cold drinks

Iced americano

Iced latte

Smoothies:

Blueberry thrill

Strawberry split

Coco loco

Pash 'n' shoot

Berry go round

Big 5

Still water bottle <sup>500ml</sup>

SUSO forest fruit  
flavoured water <sup>250ml</sup>

SUSO mango & passionfruit  
flavoured water <sup>250ml</sup>

Coke/Diet Coke bottle <sup>500ml</sup>

San Pellegrino lemon <sup>330ml</sup>

San Pellegrino orange <sup>330ml</sup>

Frobishers orange juice <sup>250ml</sup>

Frobishers apple juice <sup>250ml</sup>

## Snacks

Burt's crisps:

Sea salt

Cheese & onion

Salt & vinegar

Sweet chilli

Caramel almond & sea salt bar

Crunchy peanut butter bar

Dark chocolate nuts & sea salt

Paradise flapjack bar

Salted caramel brownie bar

Caramel shortcake bar



12oz

## Pastries

All butter croissant

Almond croissant <sup>(N)</sup>

Triple chocolate pain au chocolat

Blueberry filled croissant <sup>(VG)</sup>

Spelt & quinoa croissant <sup>(VG)</sup>

## Stuffed croissants

Ham & Emmental cheese

Avocado, tomato & basil stuffed  
spelt & quinoa croissant <sup>(VG)</sup>

Asparagus, spinach & cream  
'sheese' stuffed spelt &  
quinoa croissant <sup>(VG)</sup>

Smoked salmon & cream cheese

Strawberry, basil & prosciutto

## Fruit, oats, nuts & seeds

Mango Greek yoghurt pot <sup>(GF)</sup>

Raspberry Greek yoghurt pot <sup>(GF)</sup>

Toasted wholegrain oat flake  
granola pot with dried fruit,  
nuts, seeds, Greek yoghurt  
& maple syrup <sup>(N)</sup>

Sweet sesame overnight oats  
with dried apricots, tahini,  
pistachios & pomegranate  
seeds <sup>(VG) (N) (S)</sup>

Breakfast pudding with chia  
seeds, poached apple, sultanas  
& cinnamon, finished with  
maple syrup <sup>(VG)</sup>

## Pretzel buns

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

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

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

Gluten free brioche style buns available upon request

## All day brunch

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

**Maple syrup**

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

**Maple syrup**

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

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

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

## The eggless wonder

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

### Extra toppings:

Sauteed chestnut mushrooms  
Poached egg  
Smoked streaky bacon  
Smashed avocado & feta  
Grilled halloumi  
Smoked salmon

## Small bites & snacks

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

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

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

**Black pudding Scotch egg**  
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

## Salads our way

**Vegan Greek salad with marinated tofu**  
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**  
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**  
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**  
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**  
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:

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

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

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

**Mixed up Caesar salad**

### + Add your protein:

**Grilled halloumi**

**Pan fried tofu**

**Grilled chicken breast**

**Smoked salmon**

## Sandwiches, wraps & bagels

*Made fresh everyday*

### Ploughman's sandwich

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

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

### Prosciutto, brie & tomato sandwich

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

### Roast beef & Dijon mayo sandwich

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

### Chicken, bacon & sweetcorn wrap

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

### Gochujang tofu & kimchi wrap

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

### Gochujang chicken & kimchi wrap

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

### Roasted red bell pepper bagel

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

### BLT bagel

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

### Smoked salmon bagel

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

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

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

### Chicken katsu curry burger

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

## Sweet treats

**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)</sup> <sup>(GF)</sup>

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

<sup>(VG)</sup> Vegan  
<sup>(GF)</sup> Gluten free  
<sup>(S)</sup> Sesame  
<sup>(N)</sup> 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  |           |