



## 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

## Pastries

All butter croissant	1.80
Almond croissant <sup>(N)</sup>	2.00
Chocolate croissant	2.00
Cinnamon swirl	2.00

## Stuffed croissants

Ham & Emmental cheese	3.50
Avocado, tomato & basil stuffed spelt & quinoa croissant <sup>(VG)</sup>	3.50
Asparagus, spinach & cream cheese	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
Berry granola yoghurt pot <sup>(N)</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
Blueberry chia seed pudding with plant powered coconut & yoghurt alternative <sup>(VG) (GF)</sup>	3.00
Berry chia seed smoothie bowl	5.50
Iced berry & chia seed smoothie with fresh banana, blueberries & pomegranate seeds, topped with a mixed nut crunch <sup>(VG) (N)</sup>	

## Pretzel buns

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

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

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

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

## All day brunch

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

**Maple syrup** 0.50

**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** 8.50  
with jalapeños, avocado, baby spinach, sautéed red onion, rocket, crumbled feta & slow roasted cherry tomatoes

## Extra toppings:

Sauteed 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

## Small bites & snacks

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

**Homemade sausage roll** 3.50  
Packed with sweet chilli jam & sage & onion stuffing

**Classic Scotch egg** 3.50  
Locally sourced Cumberland sausage meat with traditional herbs & spices, wrapped around a whole free-range egg & coated in Panko breadcrumbs

**Black pudding Scotch egg** 3.50  
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

**Roasted vegetable giant couscous salad** 4.50  
Roasted butternut squash, mixed peppers, red onion & giant couscous tossed with

a rose harissa & lemon dressing <sup>(VG)</sup>

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

**Mixed up chicken Caesar salad** 6.00  
The classic... just a bit mixed up!  
Grilled chicken, 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:

**Cancun Mexican rice salad** <sup>(VG) (GF)</sup> 4.00

**Mixed up Caesar salad** 4.00

**Roasted vegetable couscous salad** <sup>(VG)</sup> 4.50

**Greek pasta salad** <sup>(VG)</sup> 4.50

### + Add your protein:

**Grilled halloumi** 2.00

**Grilled chicken breast** 3.00

**Smoked salmon** 4.00

## Sandwiches, wraps & bagels

*Made fresh everyday*

### Ploughman's sandwich 5.50

Proper... like it should be!

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

### Roast beef, caramelised red onion, parmesan & rocket sandwich 5.50

Topside of beef, sweet & tangy caramelised onion chutney, parmesan shavings & rocket in white bread

### Roast chicken, pesto, mozzarella & tomato sandwich 5.50

Hand-picked roast chicken, nut free basil pesto, fresh Italian mozzarella, baby leaf spinach & ripe tomatoes in a malted loaf sandwich

### Prawn & crayfish sandwich 6.00

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

### Lebanese beetroot falafel wrap 5.00

Beetroot falafel, cucumber, tomato & mixed leaves with a tahini yoghurt dressing & sriracha <sup>(VG)</sup> <sup>(S)</sup>

### Chicken, bacon & sweetcorn wrap 5.50

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

### Gochujang chicken & kimchi wrap 5.50

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

### Coronation chickpea bagel 4.50

Homemade lightly spiced coronation chickpea with fresh red pepper, sultanas & coriander with mixed leaves in a toasted multigrain bagel <sup>(VG)</sup>

### Bacon, brie & cranberry bagel 5.00

Smoked streaky bacon, ripe Somerset brie, cranberry sauce & rocket in a multigrain bagel

### Smoked salmon bagel 5.50

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 3.50 each

### Classic Victoria sponge

### Lemon drizzle cake

### Carrot cake <sup>(N)</sup>

### Chocolate fudge cake

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



# Allergens

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

	Celery	Crustacean	Eggs	Fish	Gluten	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	
Roast beef, red onion, parmesan & rocket sandwich			Yes		Yes		Yes						Yes	
Roast chicken, pesto, mozzarella & tomato sandwich					Yes		Yes						Yes	
Chicken, bacon & sweetcorn wrap			Yes		Yes									
Lebanese beetroot & falafel wrap (VG) (S)					Yes				May contain	May contain		Yes	Yes	
Gochujang chicken & kimchi wrap			Yes		Yes						May contain		Yes	
Coronation chickpea bagel (VG)					Yes				Yes	May contain	May contain	May contain		
Bacon, brie & cranberry 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>														
Classic Victoria sponge			Yes		Yes					May contain	May contain		Yes	
Lemon drizzle cake			Yes		Yes		Yes			May contain	May contain		Yes	Yes
Carrot cake (N)			Yes		Yes					Contains walnut. May contain other nuts.	May contain		Yes	
Chocolate fudge cake			Yes		Yes		Yes			May contain				