



## Hot drinks

	 12oz	 16oz
Americano	3.00	3.50
Latte	3.60	4.00
Matcha latte	3.90	4.25
Chai latte	4.00	4.40
Cappuccino	3.60	4.00
Flat white	3.45	3.75
Mocha	4.10	4.60
Macchiato	2.60	
Cortado	2.60	
<b>Single espresso</b>	1.65	
<b>Double espresso</b>	2.50	
<b>Extra shot</b>	0.75	
<b>Hot chocolate:</b> Milk, Dark, Salted caramel	3.75	4.10
<b>Tea:</b> English breakfast tea Decaf English breakfast tea Green tea Berry fruit tea	2.80	
<b>Matcha tea</b>	3.10	
<b>Milk alternatives:</b> Soya, Oat, Coconut, Almond	0.50	
<b>Syrups:</b> Caramel, Vanilla, Sugar free caramel, Sugar free vanilla, Hazelnut	0.50	

## Cold drinks

	 12oz
Iced americano	3.00
Iced latte	3.60
<b>Smoothies:</b> Blueberry thrill Strawberry split Coco loco Pash 'n' shoot Berry go round Big 5	4.95
<b>Still water bottle</b> <sup>500ml</sup>	1.80
<b>SUSO forest fruit flavoured water</b> <sup>250ml</sup>	2.40
<b>SUSO mango &amp; passion fruit flavoured water</b> <sup>250ml</sup>	2.40
<b>San Pellegrino lemon</b> <sup>330ml</sup>	2.40
<b>San Pellegrino orange</b> <sup>330ml</sup>	2.40
<b>Frobishers orange juice</b> <sup>250ml</sup>	2.60
<b>Frobishers apple juice</b> <sup>250ml</sup>	2.60
<b>Diet Coke bottle</b> <sup>500ml</sup>	2.75
<b>Coke bottle</b> <sup>500ml</sup>	2.85

## Snacks

<b>Burt's crisps:</b> Sea salt Cheese & onion Salt & vinegar Sweet chilli	1.50
<b>Tregoes toffee waffles</b>	1.60
<b>Tony's Chocolonely milk chocolate bar</b>	2.55
<b>Tony's Chocolonely milk caramel sea salt bar</b>	2.55
<b>Caramel almond &amp; sea salt KIND bar</b>	2.75

<b>Dark chocolate nuts &amp; sea salt KIND bar</b>	2.75
<b>Crunchy peanut butter KIND bar</b>	3.00

## Pastries

<b>All butter croissant</b>	2.60
<b>Cinnamon swirl</b>	3.00
<b>Almond croissant</b> <sup>(N)</sup>	3.30
<b>Chocolate croissant</b>	3.30

## Stuffed croissants

<b>Avocado, tomato &amp; basil stuffed spelt &amp; quinoa croissant</b> <sup>(VG)</sup>	4.50
<b>Ham &amp; Emmental cheese</b>	5.00
<b>Smoked salmon &amp; cream cheese</b>	5.50

## Fruit, oats, nuts & seeds

<b>Mango Greek yoghurt pot</b> <sup>(GF)</sup>	3.95
<b>Berry granola yoghurt pot</b> <sup>(N)</sup>	3.95
<b>Toasted wholegrain oat flake granola pot</b> with dried fruit, nuts, seeds, Greek yoghurt & maple syrup <sup>(N)</sup>	3.95
<b>Sweet sesame overnight oats</b> with dried apricots, tahini, pistachios & pomegranate seeds <sup>(VG) (N) (S)</sup>	3.95
<b>Blueberry chia seed pudding</b> with plant powered coconut & yoghurt alternative <sup>(VG) (GF)</sup>	3.95

## Pretzel buns

<b>Smoked streaky bacon pretzel bun</b> with a hash brown omelette, cheese & chunky sweet tomato chutney	6.75
<b>Cumberland sausage patty pretzel bun</b> with a hash brown omelette, cheese & chunky sweet tomato chutney	6.75
<b>Plant powered patty pretzel bun</b> with 'sheese' & chunky sweet tomato chutney <sup>(VG)</sup>	6.75

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

## All day brunch

<b>Brain boosting coconut pancakes</b> topped with chia seed & coconut yoghurt, berry compote, pistachios & pomegranate seeds <sup>(VG) (N)</sup>	5.95
<b>Maple syrup</b>	0.85
<b>Eggs Florentine</b> Poached eggs & spinach on toasted sourdough, topped with silky hollandaise	8.95
<b>Eggs benedict</b> Poached eggs & ham on toasted sourdough, topped with silky hollandaise	8.95
<b>Eggs royale</b> Poached eggs & smoked salmon on toasted sourdough, topped with silky hollandaise	9.95
<b>The eggless wonder</b> Smashed avocado, spinach, roasted cherry tomatoes & mushrooms on toasted sourdough topped with omega mixed seeds <sup>(VG) (S)</sup>	8.95

<b>Scrambled egg on toasted sourdough</b> with jalapeños, avocado, baby spinach, sautéed red onion, crumbled feta & slow roasted cherry tomatoes	10.25
<b>Extra toppings:</b>	
Poached egg	1.50
Sauteed chestnut mushrooms	1.90
Smoked streaky bacon	3.25
Smashed avocado & feta	3.50
Grilled halloumi	4.50
Smoked salmon	5.00

## Small bites & snacks

<b>Homemade sausage roll</b> Packed with sweet chilli jam & sage & onion stuffing	3.50
<b>Homemade 'no sausage' roll</b> A meat free hero made with earthy mushroom, leeks, beetroot, cashews & umami flavours <sup>(VG) (N) (S)</sup>	3.50
<b>Classic Scotch egg</b> Locally sourced Cumberland sausage meat with traditional herbs & spices, wrapped around a whole free-range egg & coated in Panko breadcrumbs	3.75
<b>Pork &amp; chorizo Scotch egg</b> A blend of locally sourced Cumberland sausage meat & smoked Spanish chorizo wrapped around a whole free-range egg & coated in Panko breadcrumbs	3.75

## Soups

Ask a member of the team for today's freshly made soup, served with a freshly baked bread roll & butter	4.95
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## Salads our way

<b>Roasted vegetable giant couscous salad</b> Roasted butternut squash, mixed peppers, red onion & giant couscous tossed with a rose harissa & lemon dressing <sup>(VG)</sup>	4.95
<b>Cancun Mexican rice salad with avocado</b> Zesty & bursting with flavour - basmati rice, kidney beans, sweetcorn, red pepper, cherry tomato & spring onion in a zesty lime, coriander & cumin seed dressing topped with smashed avocado <sup>(VG) (GF)</sup>	6.25
<b>Mixed up chicken Caesar salad</b> The classic... just a bit mixed up! Roast chicken, crisp romaine lettuce, cherry tomatoes, pickled red onion, shaved parmesan, rustic croutons & Caesar dressing	6.50
<b>Chicken katsu rice bowl salad</b> Breaded chicken breast, pickled red onion, carrot, edamame beans, cucumber, basmati rice, baby gem lettuce, katsu curry sauce & sesame <sup>(S)</sup>	7.00

## Salads your way

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

### Choose your base:

<b>Roasted vegetable couscous salad</b> <sup>(VG)</sup>	4.95
<b>Cancun Mexican rice salad</b> <sup>(VG) (GF)</sup>	4.95
<b>Mixed up Caesar salad</b>	4.95

### + Add your topping:

<b>Avocado</b>	3.00
<b>Roast chicken</b>	3.50
<b>Grilled halloumi</b>	4.50
<b>Smoked salmon</b>	5.00

## Sandwiches, paninis & wraps

Made fresh everyday

<b>Egg mayonnaise sandwich</b>	4.50
Free range egg & chives mixed with creamy mayonnaise, generously filled into fresh white bread	
<b>Ploughman's sandwich</b>	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	
<b>Roast chicken, pesto, mozzarella &amp; tomato sandwich</b>	5.50
Hand-picked roast chicken, nut free basil pesto, fresh Italian mozzarella, baby leaf spinach & ripe tomatoes in a malted loaf sandwich	
<b>Smoked salmon, cream cheese &amp; cucumber sandwich</b>	6.00
Oak smoked salmon, cream cheese & cucumber finished with black pepper & a squeeze of lemon in wholemeal bread	
<b>Prawn cocktail sandwich</b>	6.00
Atlantic prawns in a classic Marie Rose cocktail sauce with cucumber & crisp iceberg lettuce in wholemeal bread	
<b>Tuna melt panini</b>	5.50
Tuna mixed with red pepper, sweetcorn, red onion & celery, bound with creamy mayonnaise & paired with melting cheddar cheese	
<b>Caprese panini</b>	5.50
Ripe tomatoes, Italian fresh mozzarella, nut free basil pesto & a drizzle of balsamic glaze	

<b>Lebanese beetroot falafel wrap</b>	5.00
Beetroot falafel, cucumber, tomato & baby gem lettuce with a tahini yoghurt dressing & sriracha <sup>(V)(S)</sup>	
<b>Chicken, bacon &amp; sweetcorn wrap</b>	5.50
Roast chicken, smoked streaky bacon & sweetcorn with crisp iceberg lettuce & mayonnaise	
<b>Gochujang chicken &amp; kimchi wrap</b>	5.50
Chicken coated in sweet & spicy Korean gochujang sauce with Chinese leaf kimchi, spring onion, cucumber & miso mayonnaise	

## Something naughty

*Shh, we won't tell anyone!*

<b>Philly 'mushroom steak' burrito</b>	6.50
A tortilla wrap stuffed with herby Portobello mushroom 'steak', basmati rice, caramelised onions & peppers, mozzarella 'sheese' & roasted garlic vegan mayonnaise <sup>(V)(G)</sup>	
<b>The ultimate fish finger sandwich</b>	7.25
Responsibly sourced breaded cod fish fingers, iceberg lettuce, pickled red onion & homemade tartare sauce	
<b>Chicken katsu curry burger</b>	8.00
<i>Your favourite Japanese curry in burger form.</i> Panko coated chicken thigh, baby gem lettuce, pickled rainbow salad & katsu curry sauce	

## Sweet treats

<b>Blueberry muffin</b>	3.00
Soft, moist & bursting with juicy blueberries	
<b>Honeycomb slice</b>	3.50
A delicious combination of crunchy honeycomb & smooth chocolate	
<b>Chocolate brownie <sup>(GF)</sup></b>	3.50
A classic with the bonus of being gluten free	
<b>Millionaire slice</b>	3.75
The ultimate sweet treat - crumbly shortbread, indulgent caramel & topped with chocolate	
<b>Cake slice</b>	4.50
A rotation of every day favourite cakes, visit us to see today's offering	

# Allergens

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

	Celery	Crustacean	Eggs	Fish	Gluten	Lupins	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites
<b>Pastries</b>														
All butter croissant			Yes		Yes		Yes			May contain			May contain	
Almond crossaint (N)			Yes		Yes		Yes			Contains almond				
Chocolate croissant			Yes		Yes		Yes			May contain			Yes	
Cinnamon swirl			Yes		Yes		Yes			May contain		May contain		

<b>Stuffed croissants</b>														
Ham & Emmental cheese stuffed croissant			Yes		Yes		Yes			May contain			May contain	
Avocado, tomato & basil stuffed spelt & quinoa croissant (VG)			May contain		Yes		May contain			May contain			May contain	
Smoked salmon & cream cheese stuffed croissant			Yes	Yes	Yes		Yes			May contain			May contain	

<b>Fruit, oats, nuts &amp; seeds</b>														
Mango Greek yoghurt pot (GF)							Yes							
Berry granola yoghurt pot (N)					Yes		Yes			Contains almond and hazelnut. May contain other nuts.	May contain			
Toasted wholegrain oat flake granola pot (N)					Yes		Yes			Contains almond and hazelnut. May contain other nuts.	May contain			
Sweet sesame overnight oats (VG) (N) (S)					Yes					Contains pistachio. May contain other nuts.	May contain	Yes		Yes
Blueberry chia seed pudding (VG) (GF)	May contain				May contain		May contain		May contain	May contain	May contain	May contain	Yes	

<b>Pretzel buns</b>														
Smoked streaky bacon pretzel bun			Yes		Yes		Yes							
Cumberland sausage patty pretzel bun			Yes		Yes		Yes							
Plant powered patty pretzel bun (VG)					Yes		May contain						Yes	
Gluten free brioche style buns														

<b>All day brunch</b>														
Brain boosting coconut pancakes (VG) (N)	May contain				Yes		May contain		May contain	Contains pistachio. May contain other nuts.	May contain	May contain	May contain	Yes

# Allergens

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

	Celery	Crustacean	Eggs	Fish	Gluten	Lupins	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites
All day brunch (continued)														
Eggs Florentine			Yes		Yes		Yes							
Eggs benedict			Yes		Yes		Yes							
Eggs royale			Yes	Yes	Yes		Yes							
The eggless wonder (VG) (S)	May contain				Yes		May contain		May contain	May contain	May contain	Yes	May contain	
Scrambled egg on toasted sourdough			Yes		Yes		Yes							
Extra toppings														
Sauteed chestnut mushrooms														
Poached egg			Yes											
Smoked streaky bacon														
Smashed avocado & feta							Yes							
Grilled halloumi							Yes							
Smoked salmon				Yes										

Small Bites														
Homemade sausage roll			Yes		Yes									
Homemade no sausage roll (VG) (N) (S)	May contain				Yes		May contain		May contain	Contains cashew. May contain other nuts.	May contain	Yes	Yes	
Classic Scotch egg			Yes		Yes									
Pork & chorizo Scotch egg			Yes		Yes		May contain							

Soups & salads														
Soup - please see daily board for details														
Bread rolls					Yes							May contain		
Butter portion							Yes							
Roasted vegetable cous cous salad (VG)					Yes									
Naked Cancun mexican rice salad (VG) (GF)					May contain									
Avocado														
Naked Mixed up Caesar salad			Yes	Yes	Yes		Yes						Yes	
Roasted chicken														
Chicken katsu rice bowl salad (S)	May contain		Yes		Yes				May contain			Yes	Yes	
Smoked salmon				Yes										
Grilled halloumi							Yes							

# Allergens

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

	Celery	Crustacean	Eggs	Fish	Gluten	Lupins	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites
<b>Sandwiches, paninis &amp; wraps</b>														
Ploughman's sandwich			Yes		Yes		Yes						Yes	Yes
Prawn cocktail sandwich		Yes	Yes	May Contain	Yes		Yes	May Contain	Yes				Yes	
Egg mayonnaise sandwich			Yes		Yes		Yes						Yes	
Roast chicken, pesto, mozzarella & tomato sandwich					Yes		Yes						Yes	
Smoked salmon sandwich				Yes	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								Yes	
Tuna melt panini	Yes		Yes	Yes	Yes		Yes		May contain			May contain	May contain	
Caprese panini					Yes		Yes		May contain			May contain	May contain	Yes

<b>Something naughty</b>														
Philly 'mushroom steak' burrito (VG)					Yes				Yes					Yes
The ultimate fish finger sandwich			Yes	Yes	Yes		Yes						Yes	
Chicken katsu curry burger			Yes		Yes		Yes					May contain	Yes	

<b>Sweet treats</b>														
Millionaire slice					Yes		Yes			May contain	May contain		Yes	
Chocolate brownie (GF)			Yes				Yes			May contain	May contain		Yes	
Blueberry muffin			Yes		Yes		May contain							
Honeycomb slice					Yes		Yes			May contain	May contain		Yes	
Carrot cake (N)			Yes		Yes		Yes			Contains walnuts. May contain other nuts				
Coffee & walnut cake (N)			Yes		Yes		Yes			Contains walnuts. May contain other nuts				
Chocolate fudge cake			Yes		Yes		Yes			May contain			Yes	
Victoria sponge cake			Yes		Yes		Yes			May contain				