

Daytime Menu



Food Allergies and Intolerances

(v) - Vegetarian (vg) - Vegan (gf) - Gluten free

Please inform a member of staff before you order if you have any specific dietary requirements. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens due to fryers being used for more than one product on the menu. There is a small risk of cross-contamination of products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

- (S) Sulphur Dioxide
- (E) Eggs
- (F) Fish
- (C) Celery
- (MU) Mustard
- (N) Nuts
- (P) Peanuts
- (SS) Sesame Seeds
- (SY) Soya
- (M) Milk
- (MS) Molluscs
- (L) Lupin
- (G) Gluten
- (CR) Crustaceans

Brunch

+

Full English C G E M SY S 8.95

Smoked streaky bacon, Old English sausage, black pudding, mushrooms, tomato, hash brown, Heinz baked beans, slice of toasted bloomer and free range hens' eggs

(your choice of poached/fried/scrambled eggs)

Veggie Breakfast (v) G E SY 7.95

Veggie sausage, vegan black pudding, mushrooms, tomato, hash brown, Heinz baked beans, slice of toasted bloomer and free range hens' eggs

(your choice of poached/fried/scrambled eggs)

Vegan Breakfast (v)(vg) G SY 7.95

Vegan sausage, avocado, vegan black pudding, mushrooms, tomato, hash brown, Heinz baked beans, slice of toasted bloomer

Add the following on to your full English, veggie or vegan breakfast (price per item):

Avocado / Smoked streaky bacon 2.00

Halloumi M Veggie sausage G Old English sausage C G SY S

Mushrooms / Tomato / Heinz baked beans / Hash brown 1.00

Free range hens' egg E Black pudding G Vegan black pudding G

Eggs Benedict G E M SY S 7.50

Smoked streaky bacon, free range poached hens' eggs, hollandaise sauce, toasted muffin

Eggs Florentine (v) G E M SY S 7.50

Spinach, free range poached hens' eggs, hollandaise sauce, toasted muffin

Egg White Omelette (v)(gf) E M 6.95

Spinach, tomato and feta

Smashed Avocado on Toast (v) G E SY S 6.95

Avocado mixed with lime and chilli and free range poached hens' eggs

Chickpea Pancake (v)(vg) G SS S 6.95

Chickpea pancake, smashed avocado, confit cherry tomatoes, houmous

Grab and Go

+

Croissant G E M N 1.95

Pastry G E M N P S 2.25

Muffin G E M N SS SY 2.45

Build your own Bloomer

+

Toasted Bloomer

Smoked streaky bacon G SY 3.50

Old English sausage C G SY S

Free range hens' eggs (v) G E SY

Add the following on to your bloomer (price per item)

Avocado / Smoked streaky bacon / Halloumi M 2.00

Old English sausage C G SY S Veggie sausage G

Mushrooms / Tomato / Heinz baked beans / Hash brown 1.00

Free range hens' egg E Black pudding G Vegan black pudding G

Fluffy Pancakes (v)

+

Fresh Berries, Matcha & Yoghurt G E M SY 6.50

Blueberries, Bananas & Agave Syrup G E M 6.50

Peanut Butter, Banana & Salted Caramel Sauce G E M N P SY S 6.50

Strawberries & Chocolate G E M 6.50

Vegan options available

Smoothie Bowls (v)

+

Acai Berry Blast G N S 7.50

Raspberries, blueberries, pineapple, banana, acai

Green Machine G N S 7.50

Spinach, banana, matcha, avocado, agave

Sweet Treat G N S M P SY 7.50

Peanut butter, oats, banana, vanilla, cinnamon, candied peanut

Our signature smoothie bowls come with a side of granola and are garnished with seasonal berries, coconut and chia seeds.

Simple and Satisfying

+

Toasted Bloomer (two slices) (v)

Jam G SY Peanut butter G SY N P 2.25

Banana G SY 2.95

Gluten free available

Porridge G M N

Served with seasonal berries or banana and cinnamon 3.95

Bae Burgers

+

Beef Burger G E M SY 9.50

Double cheeseburger, tomato, baby gem lettuce

Seitan Burger (v)(vg) G N SY 9.50

Double seitan burger, tomato, baby gem lettuce, vegan cheese

Harissa Chicken Burger G E M SY 9.50

Tomato, baby gem lettuce, cheese

Spiced Falafel and Beetroot Burger (v) G E M SS SY S 9.50

Tomato, baby gem lettuce, citrus mayo

Add crushed avocado 2.00

Add smoked streaky bacon 1.50

All burgers come with a side of red cabbage slaw and are served on a brioche bun (GF available)

Buddha Bowls

+

Sweet & Spicy Bowl (v)(vg)(gf) N P SS S 8.95

Sweet potato wedges, houmous, charred tenderstem broccoli, coconut paprika chickpeas, coriander, toasted peanuts

Super Food Bowl (v)(vg)(gf) N S P 8.95

Crispy kale, charred tenderstem broccoli, spinach, roasted squash, beets, sour cherries, toasted seeds, pomegranate, citrus pomace dressing

Add strips of chicken to your Sweet & Spicy or Super Food Bowl 1.95

Grilled Chicken & Greens Bowl (gf) N P S 8.95

Chicken, charred tenderstem broccoli, peas, spring onion, dill dressing, toasted almonds, toasted pine nuts

Snacks and Sides

+

Sweet Potato Fries (v)(vg)(gf) 3.50

Grilled Greens & Nuts (v)(vg)(gf) N P S 4.95

Cauliflower Popcorn & Chipotle Mayo (v) G SY 4.25

Chilli and Lemon Kale Crisps (v)(vg)(gf) 2.95

Harissa Houmous & Flatbread Crisps (v)(vg) G SS S 4.25

Halloumi, Sweet Potato & Courgette Chips (v) G M S 4.95

Please see reverse for allergen information

Evening Menu



Food Allergies and Intolerances

(v) - Vegetarian (vg) - Vegan (gf) - Gluten free

Please inform a member of staff before you order if you have any specific dietary requirements. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens due to fryers being used for more than one product on the menu. There is a small risk of cross-contamination of products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

(S) Sulphur Dioxide (E) Eggs (F) Fish (C) Celery (MU) Mustard (N) Nuts (P) Peanuts
(SS) Sesame Seeds (SY) Soya (M) Milk (MS) Molluscs (L) Lupin (G) Gluten (CR) Crustaceans

Small Plates



Butternut Squash Soup (v)(vg)(gf) C 4.50
Pumpkin seeds
Bread G SY

Korean Chicken Bites G M SS SY S 5.50
Tempura battered chicken, Gopchang sauce,
toasted sesame, coriander, citrus yoghurt

Chickpea & Beetroot Falafel (v)(gf) M SS S 4.95
Tzatziki

Sweetcorn & Courgette Fritters (v) G E M 4.95
Avocado salsa, mint yoghurt

Goat's Cheese Bon Bon (v) G E M S 5.95
Quinoa, pickled radish,
cucumber, sweetened balsamic

Thai Fish Cakes G E F S 5.95
Sweet chilli, lime

Large Plates



Pan Fried Seabass (gf) F SY S 11.95
Mixed bean cassoulet

Cauliflower & Jackfruit Balti (v)(vg)(gf) MU SY S 8.95
Wild rice, coriander, garden peas, aubergine,
butternut squash, coconut, soy yoghurt

Add chicken 1.95

Siracha Chicken & Giant Cous Cous G S 9.95
Charred tenderstem broccoli, roasted squash, spinach

Gnocchi (v) G E M 8.95
Wild mushroom, garden peas, spinach

Moroccan Lamb Tagine (gf) C M N P S 11.95
Lamb meatballs, sweet potato,
apricot, chickpea, toasted almonds

Goat's Cheese Crostini (v) G M S 8.95
Orange, braised chicory, beetroot

Please see reverse for allergen information

Bae Burgers



Beef Burger G E M SY 9.50
Double cheeseburger,
tomato, baby gem lettuce

Seitan Burger (v)(vg) G N SY 9.50
Double seitan burger, tomato,
baby gem lettuce, vegan cheese

Harissa Chicken Burger G E M SY 9.50
Tomato, baby gem lettuce, cheese

Spiced Falafel and Beetroot Burger (v) G E M SS SY S 9.50
Tomato, baby gem lettuce, citrus mayo

Add crushed avocado 2.00
Add smoked streaky bacon 1.50

All burgers come with a side of red cabbage slaw
and are served on a brioche bun (GF available)

Buddha Bowls



Sweet & Spicy Bowl (v)(vg)(gf) N P SS S 8.95
Sweet potato wedges, houmous, charred
tenderstem broccoli, coconut paprika
chickpeas, coriander, toasted peanuts

Super Food Bowl (v)(vg)(gf) N P S 8.95
Crispy kale, charred tenderstem broccoli, spinach,
roasted squash, beets, sour cherries, toasted
seeds, pomegranate, citrus pomace dressing

Add strips of chicken to your Sweet
& Spicy or Super Food Bowl 1.95

Grilled Chicken & Greens Bowl (gf) N P S 8.95
Chicken, charred tenderstem broccoli,
peas, spring onion, dill dressing, toasted
almonds, toasted pine nuts

Snacks and Sides



Sweet Potato Fries (v)(vg)(gf) 3.50

Grilled Greens & Nuts (v)(vg)(gf) N P S 4.95

Cauliflower Popcorn & Chipotle Mayo (v) G SY 4.25

Chilli and Lemon Kale Crisps (v)(vg)(gf) 2.95

Harissa Houmous & Flatbread Crisps (v)(vg) G SS S 4.25

Halloumi, Sweet Potato & Courgette Chips (v) G M S 4.95

Desserts & Cakes



Carrot Cake (v)(gf) E M N P 5.25
Vanilla cream

Love thy Crumble (v) G M N P 5.25
Apple & blackberry compote,
granola topping, vanilla yoghurt

Vanilla Cheesecake (v)(gf) E M 5.25
Salted caramel

Coconut & Chocolate Tart (v)(vg)(gf) N P SY S 5.25
Coconut ice cream

Vegan Ice Cream (v)(vg)(gf) 5.25
Chocolate N P
Vanilla N P SY
Coconut N P
(3 scoops)