

# ALL DAY BRUNCH

## Veggie - £7.95 (v)

Poached or fried egg, mushroom, tomato, veggie sausage, hash brown, baked beans, sourdough

C G E MU M S

## Vegan - £7.50 (vg)

Mushroom, tomato, avocado, veggie sausage, hash brown, baked beans, sourdough

C G MU SY

## Pescetarian - £9.50

Smoked salmon, veggie sausage, poached egg, mushrooms, tomato, hash brown, baked beans, sourdough

C F G E MU M SY

## Full - £8.95

Poached or fried eggs, sausage, bacon, mushroom, tomato, hash brown, black pudding, baked beans, sourdough

G E MU M

Smoked salmon scrambled egg bagel - £7.50 G E F M SS

Porridge with fresh berries - £3.50 G N P

Market fruit salad, honey spiked yoghurt, granola pieces (v) - £6.50 G M

Fried duck egg & smoked bacon sandwich - £6.50 G M E

Smashed avocado & smoked tomato sandwich (vg) - £6.50 G S

Cumberland sausage & red onion chutney sandwich - £6.50 G S

Garlic mushroom halloumi & spinach sandwich (v) - £6.50 G M S

## Chickpea Pancake - £6.00 (gf) (v) SS S

Smashed avocado, heritage tomato sauce, confit cherry tomatoes, hummus

## Avocado on Toast - £6.75 (v) S G E

Poached egg, lime, coriander, chilli

## Coconut Creamed Garlic Mushrooms - £6.00 (vg)

Spinach, bagel N G SY

## Fluffy Pancakes - £6.00 (v) G E M

Skyr yoghurt, fresh berries, mint

P N Vegan ice cream £1.50 - Please ask server for today's flavours

## Crispy Pearl Barley Arancini - £5.75 (v)

Beetroot, goats cheese, spinach G M SS S

## Grilled Greens and Nuts - 7.50 (vg)(gf)

Tenderstem broccoli, peas and spring onion, dill dressing, toasted almonds and hazelnuts N P S

Add Smoked Salmon £3.50, Poached Egg £1.50, Bacon £1.50, Halloumi £2.50, Sweet Potato £1.75, Chicken £2.75

F

E

M

# LARGE PLATES

## Spiced Falafel

£8.75 (vg)(gf) SY

Salt baked beetroot and courgette skewer  
Cucumber and mint buckwheat  
Chilli vegan yoghurt

## Marinated Peruvian Style Chicken Breast

£9.90 (gf) SS SY

Tomato and basil buckwheat salad, avocado dressing

## Marinated Halloumi

£9.90 (v) M S MU C L

Yellow and green courgette, red onion  
Coriander and lime quinoa

## Loaded Sweet Potato Fries

£7.50 (vg) C SY S G

Smoked tomato sauce, jalapeño salsa, pickles, vegan parmesan

## Brioche Bun Burger

£9.50 G S E

Lean steak burger - smoked garlic aioli, fairground onions, avocado salsa

## Spiced Bean Burger

£9.50 G M E SY

Brioche Bun, smoked garlic aioli, fairground onions, avocado salsa

# BUDDHA BOWLS

## Sweet & Spicy

£8.75 (gf)(v)(vg) N P SS

Sweet potato - chickpea coriander - coconut - peanut

## Barley On High

£8.50 (v) G M L

Beetroot - falafel - yoghurt - barley

## Eat Your Greens

£8.95 (v) G E SS

Tenderstem broccoli - duck egg - chilli - tahini - glass noodles

# SMOOTHIE BOWLS

## Green Machine - £7.50 (vg)

Spinach / Banana / Matcha / Avocado / Agave

G

## Acai Bowl - £7.50 (vg)

Banana / Avocado / Apple / Acai Berry

G

## Berry Blast - £7.50 (vg)

Raspberries / Blueberries / Pineapple / Banana

G

## Cosmic Cacao - £7.50 (vg)

Banana / Avocado / Cacao

G

All smoothie bowls come with a side of granola, and garnished with fresh berries, coconut, and chia seeds

# SNACKS & SIDES

## Halloumi Fries

£4.95 (v) G M

Salt and pepper spices

## Smashed Avocado

£4.00 (vg) (gf)

Chilli, coriander and lime

## Sweet Potato Mash

£4.00 (vg) (gf)

Extra virgin olive oil, smoked sea salt

## Sweet Potato Fries

£3.50 SS S G

Tahini dressing, pickles

## Kale Crisps

£2.50 (gf)

Chilli flakes, lemon zest

## Smoked Garlic Hummus

£4.00 (vg) G SS

Flatbread crisps

## Beetroot Hummus

£4.00 (vg) (gf) N P SS

Candied walnuts

## Food Allergies & Intolerances

Please inform your waiter before ordering of any specific dietary requirement you may have. 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

(v) - vegetarian

(vg) - vegan

(gf) - gluten free

# HOT DRINKS

**Espresso**  
A kick in the teeth  
Sng £1.50 / Dbl £2.10

**Cortado**  
Survive the meeting  
£2.20

**Espresso Macchiato**  
A kick in the teeth through a pillow  
Sng £1.50 / Dbl £2.10

**Flat White**  
Smooth drinking  
£2.70

**Hot Chocolate**  
Social drinker  
£2.80

**Americano**  
The day burner  
£2.70

**Affogato**  
A dessert or a coffee? You decide  
£3.95

**Latte**  
The milky one  
£2.80

**Mocha**  
Best of both  
£3.00

**Cappuccino**  
The fluffy one  
£2.80

**Black Hot Coco**  
Activated Charcoal, Chocolate,  
Coconut Milk and Whipped Cream  
£4.00

**White Hot Coco**  
White Chocolate, Coconut  
Milk and Whipped Cream  
£3.20

# ENERGISING SMOOTHIES

All Smoothies £4.50

All of breakfast smoothies are heart healthy, with high levels of Vitamin C, E and anti oxidant goodness

Avocado / Apple / Spinach / Ginger Agave / Apples Blueberries Raspberries / Avocado / Apples Pineapple / Spinach / Avocado / Fresh Pears Spinach / Matcha Tea / Ginger

# SPECIALS & EXTRAS

**Beetroot Lattem**  
Made with oat milk  
£3.20

**Turmeric Latte**  
Made with oat milk  
£3.20

**Espresso Shot**  
£0.80

**Matcha Latte**  
£3.20

**Chai Latte**  
£3.80

**Speciality Syrup**  
£0.50

**Make It Decaf**  
£0.40

**Shot**  
£0.40

**Whipped Cream**  
£0.40

**Peanut Butter Hot Chocolate**  
£3.75

# TEAS

All Loose Leaf Tea £2.75

Earl Grey  
Classic Chai  
Red Berry  
Moroccan Spearmint  
Coconut  
Pink lemonade

Sweet Mint Apple  
Rooibos  
Carrot Apple  
Darjeeling Silver Needle  
Lemon & Ginger  
Moroccan Mint

Lapsang Osprey  
Sencha Green  
Rabbit Veggie  
Camomile  
Chocolate Chai  
English Breakfast

# PICK ME UP SMOOTHIES

All Smoothies £4.50

**Apple / Blueberry / Raspberry**  
Vitamin B6, C, great for cholesterol and the heart

**Banana / Matcha / Spinach / Oat Milk**  
High levels of anti oxidants & beneficial catechins

**Apple / Pineapple / Spinach**  
High in niacin, zinc & vitamins A, C, E, K, B6

**Banana / Cacao / Oat Milk**  
Vitamins B1, B2, B3, B5, B9, E and essential heart healthy fats

**Banana / Amazonian Fruits / Daily Berries / Oat Milk**  
4 of your 5 a day

# Red

**Nero D'Avola Vinuva Organic 13.0%**  
£5.50 per glass / £20.00 per bottle

**Mmm. Macho Man Monastrell 14.0%**  
£5.50 per glass / £20.00 per bottle

**Porcondero Aglianico 13.0%**  
£5.00 per glass / £18.00 per bottle

# White

**Altoritas Sauvignon Blanc 12.5%**  
£18 per bottle / £5 per glass

**Arbour Point White Zinfandel 10.0%**  
£5.00 per glass / £18.00 per bottle

**Vinuva Organic Pinot Grigio 13.0%**  
£5.50 per glass / £20.00 per bottle

**Lumiere De Provence 13.0%**  
£5.50 per glass / £20.00 per bottle

# Sparkling

**Sant'Orsola Prosecco 11.0%**  
£6.50 per glass / £22.00 per bottle

**Cororniu Organic Cava 11.5%**  
£6.50 per glass / £22.00 per bottle

# BEERS

All Beers £4.75

**Peroni Red 4.7%, Italian**  
Slightly darker than its cousin. Goes great with food

**Mongozo 5.0%, Fairtrade**  
Gluten Free, Vegan

**Mongozo Buckwheat White Beer 5.0%, Fairtrade**  
Gluten free, Vegan, Weiss Beer made from Buckwheat

**Beavertown Gamma Ray 5.4%, American Pale Ale**  
Aromas of Mango and Grapefruit

**Beavertown Lupuloid 6.7%, American Pale Ale**  
Peach, Pine, Big Bev

**Kona Big Wave 4.4%, Hawaiian Light Golden Ale**  
Smooth and Easy

**Kona Longboard 4.6%, Hawaiian Golden Ale**  
Smooth, Citrus and Spicy

# COCKTAILS

**The Hibiscus Margarita - £7.50**  
Aqua Riva Tequila, Hibiscus Syrup, Lime Juice,  
Agave Syrup, Himalayan Pink Sea Salt

**The Rosary - £8.00**  
Portobello Road Gin, Fentimans Botanical  
Rose Lemonade Grapefruit Bitters

**The Black Daq - £7.50**  
Bacardi Superior Rum, Fresh Lime Juice,  
Activated Agave Syrup

**The Espresso Martini - £7.50**  
Grey Goose Vodka, Kahlua Liqueur, Fresh Batched  
Espresso, Madagascan Vanilla Syrup, Chai

**The Pink Colada - £7.50**  
Bacardi Carta Blanca, Coconut Rum, Coconut Milk  
and Cream, Pineapple Juice, Dehydrated Raspberries

**The Zen & Tonic - £8.00**  
Liverpool Gin, Blueberry and Lavender Syrup,  
Rose Oils, Aloe Water and Elderflower Tonic

**The Classic Aperol Spritz - £7.00**  
Aperol, soda, orange slices topped with  
Prosecco (Try it with an olive in, the Venetian way)

**The Red & Sweet Perfect Serve - £8.00**  
Mombasa Strawberry Gin with Fever Tree Tonic  
GARNISH: Wild Strawberries and Spearmint