

ALL DAY BRUNCH

Veggie - £7.95 (v)

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

Pescetarian - £9.50

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

Vegan - £7.50 (vg)

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

Full - £8.95

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

Smoked salmon scrambled egg bagel - £7.50

Porridge with fresh berries - £3.50

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

Fried duck egg & smoked bacon sandwich - £6.50

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

Cumberland sausage & red onion chutney sandwich - £6.50

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

Chickpea Pancake - £6.00 (gf) (v)

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

Avocado on Toast - £6.75 (v)

Poached egg, lime, coriander, chilli

Coconut Creamed Garlic Mushrooms - £6.00 (vg)

Spinach, bagel

Fluffy Pancakes - £6.00 (v)

Skyr yoghurt, fresh berries, blueberry syrup, mint

Vegan ice cream £1.50 - Chocolate, Biscotti, Bubble Gum

Crispy Pearl Barley Arancini - £5.75 (v)

Beetroot, goats cheese, spinach

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

tenderstem broccoli, peas and spring onion, dill dressing, toasted almonds and hazelnuts

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

LARGE PLATES

Spiced Falafel £8.75 (vg)

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

Marinated Peruvian Style Chicken Breast £9.90

Tomato and basil buckwheat
salad, avocado dressing

Marinated Halloumi £9.90

Yellow and green courgette, red onion
Coriander and lime quinoa

Loaded Sweet Potato Fries £7.50 (gf) (vg)

Smoked tomato sauce, jalapeño salsa,
pickles, vegan parmesan

Tortilla Bun Burger £12.50

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

BUDDHA BOWLS

Sweet & Spicy £8.75 (gf) (vg) (v)

Sweet potato - chickpea
coriander - coconut - peanut

Barley On High £8.50 (gf) (v)

Beetroot - falafel
yoghurt - barley

Eat Your Greens £8.95 (gf) (v)

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

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

SMOOTHIE BOWLS

Green Machine - £7.50

Spinach / Banana / Matcha / Avocado / Agave

Berry Blast - £7.50

Raspberries / Blueberries / Pineapple / Banana

Acai Bowl - £7.50

Banana / Avocado / Apple / Acai Berry

Cosmic Cacao - £7.50

Banana / Avocado / Cacao

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)

Salt and pepper spices

Smashed Avocado £4.00 (vg) (gf)

Chilli, coriander and lime

Sweet Potato Fries £3.50 (gf)

Tahini dressing, pickles

Kale Crisps £2.50 (gf)

Chilli flakes, lemon zest

Smoked Garlic Hummus £4.00 (vg)

Flatbread crisps

Sweet Potato Mash £4.00 (vg) (gf)

Extra virgin olive oil, smoked sea salt

Beetroot Hummus £4.00 (vg) (gf)

Candied walnuts

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
Mint & Melon Pu'ehr

Mint & Liquorice
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

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

Rosé

Arbour Point White Zinfandel 10.0%
£5.00 per glass / £18.00 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 Pink Colada - £7.50
Bacardi Carta Blanca, Coconut Rum, Coconut Milk
and Cream, Pineapple Juice, Dehydrated Raspberries

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

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

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

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

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

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