

ALL DAY BRUNCH

Veggie - £8.00 (v)

Poached or fried egg, mushrooms, tomatoes, veggie sausages, hash browns, baked beans, vegan black pudding, sourdough/granary toast

(C) (G) (E)

Vegan - £8.50 (vg)

Mushrooms, tomatoes, avocado, veggie sausages, hash browns, baked beans, vegan black pudding, sourdough/granary toast

(C) (G)

Pescetarian - £8.50

Smoked salmon, veggie sausages, poached egg, mushrooms, tomatoes, hash browns, vegan black pudding, baked beans, sourdough/granary toast

(C) (F) (G) (E)

Full - £9.50

Poached or fried egg, sausage, bacon, mushrooms, tomatoes, hash browns, baked beans, black pudding, sourdough/granary toast

(C) (G) (E)

Scrambled egg - £0.50p

Fennel and halloumi ciabatta - £6.50 (v) (C) (G) (M) (MU) (S)

Chilli and lime smashed avocado on toast with poached eggs - £7.50 (v) (G) (E)

Smoked salmon and scrambled egg bagel - £7.50 (G) (E) (F) (M)

Oat milk porridge with fresh berries - £3.50 (vg)(gf)

Peanut butter and banana on toast with chai seeds - £3.50 (vg) (G) (P)

Smoked salmon egg white omelette - £7.50 (gf) (E) (F) (M)

Fried hen eggs and smoked bacon sandwich - £6.95 (G) (E)

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

Cumberland sausage and red onion chutney sandwich - £6.50 (G) (S)

Garlic mushroom halloumi or (v) (G) (M) coconut creme & spinach bagel - £6.95 (v)(vg) (G)

Chickpea Pancake £7.50 (gf)(vg)

Smashed avocado, smoked tomato sauce, cherry tomatoes, hummus and watercress

(C) (MU) (S)

Fluffy Pancakes £8.50

Bacon and maple syrup

(G) (E) (M)

Blueberry Pancakes £6.00 (v)

Blueberry compote, fresh berries and soya yoghurt

(G) (E) (M) (SY)

Vegan Pancakes £6.50 (vg)(gf)

Apple sauce & ground oat pancakes topped with fresh berries and maple syrup

LARGE PLATES

Brioche Bun Burger - £9.95

Lean mince steak burger - smoked garlic aioli, fairground onions, smashed avocado and skinny fries

Upgrade to sweet potato fries for £1.50

(C) (G) (E) (MU) (S)

Lemon & Thyme Grilled Chicken Burger - £11.95

Tomato, lettuce, red onion and pesto mayonnaise on a brioche bun and skinny fries

Upgrade to sweet potato fries for £1.50

(C) (G) (E) (MU) (S)

Spiced Bean Burger - £8.50 (vg)

Smoked tomato sauce, jalapeño salsa and pickles on a wholemeal bun, and skinny fries

Upgrade to sweet potato fries for £1.50

(G) (E) (S) (MU)

Marinated Halloumi - £9.90 (v)

Courgette and red onion in a spiced ginger and garlic sauce with a citrus quinoa salad.

(C) (M) (MU) (SY)

Spiced Falafel - £8.75 (vg)(gf)

Courgette and salt baked beetroot with a cucumber and mint buckwheat salad with vegan yoghurt

(C) (SY) (M)

Butternut Squash, Puy Lentil & Goats Cheese Salad - £8.50 (v)(gf)

Topped with toasted seeds and croutons

(C) (M)

Enchiladas - £8.75 (vg)

Mediterranean spicy vegetables in a smoked tomato sauce, wrapped in a soft tortilla and topped with vegan cheese.

Add chicken and chorizo for £2.75 with a side of salad and avocado

(G) (S) (C) (SY)

Loaded Mixed Fries - £7.50 (vg) (S)

Smoked tomato sauce, sweetcorn jalapeño salsa and vegan cheese

BUDDHA BOWLS

Gluten free and vegan alternatives may be available on most dishes, please speak to your server for further details.

Eat Your Greens £8.95 (v)

Seasonal greens - duck egg - chilli - sesame - coriander spring onion - glass noodles

(C) (E) (SS) (SY) (S)

Sweet & Spicy £8.95 (vg)(gf)

Sweet potato - chickpea - coriander - coconut - peanuts

(C) (P)

Pandang Red Curry £8.95 (vg)(gf)

Rice noodles - carrot - aubergine - mushroom - sugar snap peas - coconut - Thai basil

(C) (SY) (S)

Jambalaya - £8.50 (gf)

Brown rice - tofu - peppers - celery - onions - paprika Topped with coriander, lime and spring onion

Add chicken and chorizo for £2.00

(C) (S)

SNACKS & SIDES

Grilled Greens & Nuts £4.95 (vg)(gf) (C) (MU) (N)

Seasonal greens, orange and dill dressing, toasted almonds and hazelnuts.

Sweet Potato Fries £3.50 (vg)(gf) (SS)

Tahini dressing, pickles

Halloumi Fries - £4.95 (v) (G) (M) (S)

Smoky tomato sauce

Kale Crisps - £2.95 (gf)(vg)

Chilli flakes and lemon zest

Mixed Leaf Salad £3.50 (vg)(gf)

Skinny Fries - £2.95 (vg)(gf)

With rosemary salt

Peruvian Chicken Bites - £4.50

With pepper and carrot crudités (SY) (C)

Smoked Garlic Hummus £4.00 (vg)(gf) (C) (G)

Served with flatbread crisps

Cauliflower Popcorn £3.50 (gf)(vg) (SY)

Vegan yoghurt, cucumber, mint

Lettuce Cup Tacos £4.95 (v)(gf) (M)

Served on babygem lettuce with smashed avocado, spiced butternut squash, sweetcorn jalapeño salsa and sour cream

Vegan Tomato Sauce also available

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

Add Smoked Salmon £2.75, Poached Eggs £1.50, Bacon £1.95, Halloumi £2.75, Sweet Potato Mash £1.75, Tofu £2.50, Chicken £2.75, Avocado £2.95, Garlic Mushrooms £1.50, Steamed Greens £1.50 Chorizo £2.75

HOT DRINKS

Espresso

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

Espresso Macchiato

A kick in the teeth through a pillow
Sng £1.60 / Dbl £2.20

Hot Chocolate

Social drinker
£2.80

Affogato

A dessert or a coffee? You decide
£3.95

Mocha

Best of both
£3.00

Black Hot Coco

Activated Charcoal, Chocolate,
Coconut Milk and Whipped Cream
£3.20

Cortado

Survive the meeting
£2.20

Flat White

Smooth drinking
£2.70

Americano

The day burner
£2.70

Latte

The milky one
£2.80

Cappucino

The fluffy one
£2.80

White Hot Coco

White Chocolate, Coconut
Milk and Whipped Cream
£3.20

Earl Grey
Masala Chai
Red Berry
Moroccan Mint
Lemon & Ginger

TEAS

All Loose Leaf Tea £2.75

Roobios
Tropical Green
Decaf English Breakfast
English Breakfast
Peppermint

Darjeeling Silver Needle
Lapsang Osprey
Sencha Green
Camomile
Chocolate Mint

FRESH PRESSED JUICES

All Juices £3.00

Apple, Beetroot, Carrot
ABC Juice
Beetroot
Good for the blood
Apple Juice
Full of vitamins A, C, B6
Carrot & Orange
It is what it is

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 / Agave
Vitamins B1, B2, B3, B5, B9, E and essential heart healthy fats

Banana / Oat / Acai / Pineapple / Blueberry / Raspberry
2 of your 5 a day

SMOOTHIE BOWLS

£7.50

Green Machine (vg)
Spinach / Banana /
Avocado / Agave
G N

Berry Blast (vg)
Raspberries / Blueberries /
Pineapple / Banana
G N

Acai Bowl (vg)
Banana / Avocado /
Apple / Acai Berry
G N

Cosmic Cacao (vg)
Banana / Avocado /
Cacao
G N

Market Fruit Salad (v)
Honey spiced yoghurt
with granola
G

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

SPECIALS & EXTRAS

Alternative milks available

Oat / Soya / Coconut / Almond
Upgrade for 30p

Beetroot Latte
Made with oat milk
£3.20

Turmeric Latte
Made with oat milk
£3.20

Peanut Hot Chocolate
£3.75

Matcha Latte
£3.20

Chai Latte
£3.80

Whipped Cream
£0.40

Black Velvet
Activated Charcoal Latte
£3.80

Blonde Coconut
Vanilla Chai, White
Chocolate and Coconut Milk
£4.20

Beetroot and Rose Latte
£3.20

Make It Decaf
£0.40

Extra Shot
£0.80

Speciality Syrup
£0.50

ENERGISING SMOOTHIES

All Smoothies £4.75

All of the breakfast smoothies help
keep your heart healthy, with high
levels of Vitamin C, E and anti oxidants

Pear / Spinach / Matcha Tea / Ginger

Avocado / Apple / Spinach / Ginger / Agave

Apple / Pineapple / Spinach / Avocado



SMOOTHIE OF THE DAY

Talk to your server to find out more about
the special smoothie available on the day

One of a kind

Create your own
Then talk to your server to discuss what
fruit and veg are available to whizz up your
very own smoothie.

Starts from £4.00 for 3 items