

# Breakfast

Served until 1pm

## **Full English breakfast** £9

Farmhouse sausage, smoked streaky bacon, black pudding, free range eggs cooked to your liking, mushrooms, roast tomato, hash brown, baked beans & toasted bloomer

## **Vegan breakfast (VG)** £8.50

Scrambled tofu, smashed avocado, meatless farm sausage, mushroom bacon, roast tomato, baked beans, hash brown & toasted bloomer

## **Build your own bloomer/bagel** £1.50

Smoked streaky bacon £2, Farmhouse sausage £2, free range egg £1, black pudding £1, cured ham £2, cheese £1, halloumi £2.50

### **VG options**

Smashed avocado £2, meatless farm sausage £2, mushrooms £1, roast tomato £1, scrambled tofu £1.5, mushroom bacon £2, baked beans £1, hash brown £1

## **Eggs Benedict** £7.85

Smoked streaky bacon, free range poached eggs, homemade hollandaise sauce on a toasted English muffin

## **Eggs Florentine (V)** £7.85

Spinach, free range poached eggs, homemade hollandaise sauce on a toasted English muffin

## **Eggs Royale** £9.50

Smoked salmon, free range poached eggs, homemade hollandaise sauce on a toasted English muffin

## **Royale Floredict** £11.50

The trio has arrived! One of each for those that just can't decide. Eggs benedict, Florentine & royale

## **Love Thy Omelette** £8.50

Smoked streaky bacon, broccoli, feta, free range eggs & buttered white toast. Veggie? Swap out the streaky bacon for mushroom bacon.

## **Smashed avocado on toast (V)** £7.50

Avocado mixed with lime & chilli flakes, free range poached eggs on toasted rye bread. Served with a mixed leaf salad

## **Fluffy Pancakes** £7

Forest berry compote & vegan ice-cream (VG)  
Fresh strawberries & chocolate (VG)  
Peanut butter, banana & salted caramel syrup (VG)  
Smoked streaky bacon & maple syrup

## **Porridge** £4.50

Roasted pecan & honey (V)  
Forest berry compote & yogurt (VG)  
Peanut butter & banana (VG)

# Lunch & Dinner

Available from noon

## Sandwiches

**BLT** £5.50

For those that LTB (Love Thy Bacon). Smoked streaky bacon, fresh lettuce & tomatoes on white bloomer

**VGBLT (VG)** £5

For those that don't.... Mushroom bacon, fresh lettuce & tomatoes on white bloomer

**Tuna melt** £5

Fairer fish co tuna (MSC certified), mayonnaise, melted cheese & spring onion on rye bread

**Chickpea tuna melt (VG)** £5

Crushed chickpeas, nori, vegan mayonnaise, vegan cheese & spring onion on rye bread

**Paninis** £5.50

Served with a mixed leaf salad & homemade slaw

British cured ham & cheese with red onion jam

Chicken, spinach, pesto & cheese

Mediterranean style roasted vegetables (VG)

**Burgers** £7.50

Served with mixed leaf salad & fries on a toasted brioche bun

**Love thy cheese**

4oz beef patty, cheddar cheese, homemade slaw & pickles

**Buttermilk jerk chicken ranch**

Buttermilk marinated chicken thigh deep fried in jerk seasoned crumbs, drizzled in ranch sauce with homemade slaw & pickles

**Meatless burger (VG)**

Plant based patty made from soya, peas & rice proteins with homemade slaw & pickles

**Buddha bowls** £8.50

Roast tandoori cauliflower and coconut jasmine rice bowl served with fresh herbs and black sesame (VG)

Sweet and spicy bowl with tender stem broccoli, roasted sweet potato, humus, falafel and spicy chickpea (VG GF)

Grilled vegetable giant couscous bowl with smoky Spanish chorizo and hardboiled egg

**Large Plates** £9

Coconut pumpkin jackfruit curry served with crispy flat bread & jasmine rice (VG)

Buttermilk fried jerk chicken with sweet potato mash & spicy salsa

Honey panko fried goats cheese, apple, pecan & roasted beetroot salad in a balsamic glaze (V)

## Sides

Sweet potato mash / wedges (VG) £4.10

Fries (VG) £3.25

Mixed leaf salad with fresh herb & balsamic dressing (VG) £2.90

Homemade vegan apple coleslaw (VG) £2.95

Honey coriander Halloumi fries (V) £4.95

Grilled broccoli flowers with feta cheese and roasted almonds (V) £4.50

Red pepper humus with caramelised onion jam grilled vegetables and crispy bread (VG) £4.25

# Desserts

**Warm chocolate brownie (VG)**

with vegan ice cream and salted caramel syrup

£4.50

**Pineapple carpaccio (VG)**

Thinly sliced pineapple marinated in lemongrass ginger tea served on toasted sponge cake with coconut ice cream

£4.95

**Vegan forest berry Sundae (VG)**

with chocolate brownie & whipped cream

£5.45

