



- OUR FOOD -

Available all day until 17.30 (16.30 on Sundays)
Please advise us of any allergies before ordering.

BREAKFAST

To eat in or take away

A selection of cakes and pastries (varied daily)	
Homemade porridge (weekdays only)	2.5
Greek yoghurt with organic granola and honey	2.5
Toast / Toasted bagel	2
Cheese toastie	2.5
Cheese and Ham toastie	3
Natural peanut butter and jam on a toasted bagel	2.6
Natural peanut butter and banana on a toasted bagel	2.8
Spreads / Porridge toppings (strawberry jam, Nutella, peanut butter, Marmite)	30p

COFFEE

Single origin Arabica, Suarez,
Colombia. 1,150m - 1,850m

Tasting notes - Sweet caramel
and chocolate.

Decaf available

LUNCH

Freshly made salads and sandwiches
to eat in or take away

Meal deal Sandwich and a regular size hot drink	5.5
Classic lemon chicken sandwich Chicken with lemon mayo and spinach on tortilla wrap, sliced wholegrain or ciabatta bread.	4
Hot Beef bagel A twist on the popular New Yorker sandwich. Salt beef, slaw and cheese on a toasted bagel.	4
Cuban Sandwich Ham, cheese, Italian salami, mustard on toasted ciabatta or sliced wholegrain bread.	4
Tuna, chilli, cheese melt Lemon mayo, tuna, red peppers and cheese on a toasted tortilla wrap	4
Vegan falafel wrap Hummus, salsa, falafel on a toasted tortilla wrap.	4
Mediterranean hummus bagel Hummus, sun dried tomato, spinach and sliced cucumber on a toasted bagel.	4
Today's seasonal salad bowl Varied daily. Ask us for details.	4