### Danish Pastries

All butter croissant £2.05

Chocolate & hazelnut £2.25 Filled croissant

Pineapple & £2.05 coconut twist

Cheese twist £2.05

Raspberry Filled £2.25
plant-based croissant

#### Build you own salad or Flatbread

Start with your base Mixed leaves or rocket

Now choose your salad items
Cherry tomatoes, cucumber,
Peppers, red onion, sweetcorn

Add one of our compound salads Colesiaw, Bombay rice, pasta Salad

Add a dressing Balsamic, olive oil, French dressing

Add a topping	
Cajun chicken breast	£5.45
Coronation chicken	£5.45
Teriyaki beef	£5.45
Tuna mayonnaise	£4.95
Harissa spiced halloumi	£4.95
Cheddar cheese, plant-based cheese	£4.95
Side Salad leaves, tomatoes, cucumber, sweetcorn, peppers	£2.85
Extra compound salad or topping	£1.05
Extra Flathread	f0.90

Allergen information available. Please ask a member of staff.

## Breakfast

Overnight oats	£2.55
Topped with dried berries, seeds and coconut	
Freshly made porridge Ask For today's Flavours	£3.00
Plenish shot ginger or turmeric	£2.25
Toasted bloomer	
with spread and jam	£1.80
with spread and Nutella	£1.80
with baked beans	£2.45
with scrambled egg	£3.15
Selection of Danish Pastrie	<b>s</b> £2.05
Something hot	
Pork sausage bap	£3.55
Back bacon bap	£3.55
Plant-based sausage bap	£3.55
Selection of toasties	£2.45-£3.55
Pork sausage roll	£2.15
Plant based sausage roll	£2.15

Allergen information available. Please ask a member of staff.

# Porridge Club

Have your 6th porridge on us!

BUILD YOUR OWN PORRIDGE

1) Pick Your Oat Flavour:

Cinnamon

Banana

Chocolate

Caramel

**Mixed Berries** 

3) Pick Your Sauce

Lotus Biscoff Sauce

Maple Syrup

**Almond Butter** 

2) Pick 2 Toppings

Blueberries

Banana

Raspberries

**Strawberries** 

Blackberries

**Mixed Berries** 

Granola

**Almond Butter** 

**Lotus Crumb** 

Custard

All oats are topped with chia seeds & rose petals unless requested otherwise.

Available between 8am - 12pm Monday to Sunday
Ask our lovely team for a loyalty card



#### Lunch menu

£2.50 Soup of the day please ask for today's special Stone baked Pizzas Sun blaze tomatoes, basil oil £6.00 & rocket Harissa spiced halloumi, £6.50 peppers & rocket £6.50 Vegetable supreme, mushrooms, Peppers, red onion, sweetcorn & rocket £6.50 Ham, mushroom & rocket Halal beef pepperoni, rocket & basil oil £6.50 Teriyaki beefined onion & rocket £6.50 Cajun chicken, peppers & rocket £6.50

Allergen information available. Please ask a member of staff

#### Smoothie menu

**Big 5** mango, kiwi, strawberries & pineapple

£3.70

Berry go round strawberries, blackberries & raspberries

£3.70

Coco loco mango, pineapple, coconut, lime & mint £3.70

Strawberry split

£3.70

strawberries & banana

Blueberry thrill

£3.70

blueberries, raspberries, banana & Flaxseeds

Add a banana

£0.50

## Jacket Potatoes

Jacket potato and spread £1.90

Add a cold filling

Plant-based cheese £1.05

Cheddar cheese £1.05

Colesiaw £1.05

Tuna £1.25

Tuna mayo £1.25

Coronation chicken £1.50

Add a hot Filling

Baked beans £1.05

Allergen information available. Please ask a member of staff

## SOUP OF THE DAY

£2.50

Add bread For £0.50



Please speak to a team member should you have any dietary or intolerance concerns. Due to the variety of produce in our kitchens we cannot guarantee that any dish is free from potential allergens.