

Breakfast / Brunch / Lunch

Granola (Nuts) Raw Cocoa, Mixed Nuts, Sultanas, Greek Yogurt, Fresh Fruits and Honey	£5.50
Banana Bread In-house Baked Banana Bread, Toasted with Homemade Butter	£3.50
Toasts with Butter and Homemade Jam or Marmalade	£3.50
(Change for in-house Baked Gluten-Free Bread)	£3.80
Homemade Baked Beans	£5.50
with Additional Free Range Egg (Poached or Fried)	£6.00
with Additional Chorizo	£6.00
with Egg and Chorizo	£6.50
Chilli Scrambled Eggs Two Free Range Eggs Scrambled with Fresh Spinach, Chilli and Parmesan Cheese. Served with Organic Leaves	£7.50
Lime & Chilli Avocado Lightly Crushed Avocado with Lime Juice and Chilli, Two Free Range Eggs (Poached or Fried). Served with Organic Leaves	£8.50
Mexican Breakfast All-Day Mexican Breakfast with Black Beans, Fresh Chilli, Avocado, Lime and Two Free Range Eggs (Poached or Fried). Served with Organic Leaves	£8.50
with Additional Chorizo	£9.00
Bloody Mary	£6.00

Allergies and intolerance: please speak to a member of staff if you require information about our ingredients.

Toasties

Vegetarian	£8.00
Ciabatta Bread, Vine Tomatoes, Mozzarella Cheese and Fresh Basil.	
Ham	£8.00
Sourdough Bread, Cooked Ham, Fresh Spinach and Cheddar Cheese.	
Cured Ham (Nuts)	£8.50
Sourdough Bread, Pesto, Cured Ham, Roasted Peppers, Cheddar Cheese.	
Greek-Style Cheese	£8.50
Feta-Stuffed Apricots, Herbs, Halloumi, Black Olives, Pickled Red Onion and Tzatziki Dipping Sauce.	
Grilled Chicken Breast	£8.50
Sourdough Bread, Grilled Chicken Breast, Roasted Peppers, Sun-Dried Tomatoes, Baby Spinach, Caramelised Red Onions, Wholegrain Mustard and Mild Cheddar Cheese.	
Goat's Cheese (Nuts)	£8.50
Sourdough Bread, Goat's Cheese, Pesto Sauce, Tomatoes, Pickled Red Onion, Cappers and Fresh Basil Leaves.	

All Served with Organic Leaves and Homemade Chutney.

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Salads

Green Organic Leaves with Pickles (Vegetarian, Vegan) Green Organic Leaves Packed with Seasonal Pickles, Cherry Tomatoes and Drizzled with Extra Virgin Olive Oil. Served with Rye or in-house Baked Gluten Free Bread	£6.00
Add Poach Egg	£6.50
Mixed Organic Leaves with Nuts (Vegetarian, Vegan, Nuts) Segmented Oranges, Toasted Walnuts, and Almond/Cashew Nuts Drizzled with Lemon and Poppy Seed Vinaigrette. Served with Rye or in-house Baked Gluten Free Bread	£6.50
Grilled Chicken Breast Salad Organic Leaves, Avocado, Sun-dried Tomatoes, Pickled Pumpkin, Pickled Wild Mushrooms, Sunflower and Pumpkin Seeds. Finished with Lemon Vinaigrette and Grated Parmesan Cheese. Served with Rye or in-house Baked Gluten Free Bread	£8.00
Grilled Goat's Cheese Salad (Vegetarian, Nuts) Apple, Pear, and Grapes on Organic Leaves. Served with Green Nut Dressing and Toasted in-house Baked Gluten Free Bread	£8.50

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Kids' Menu

Toast with Homemade Butter and Jam	£3.00
Cheese or Homemade Beans on Toast	£3.00
Two Free Range Eggs (Scrambled)	£4.00
Avocado on Toast	£5.00
Avocado on Toast with Free Range Egg	£5.50
Cooked Pasta with Pesto Sauce (Nuts)	£5.00

All served with baby tomatoes and cucumber.

Please refrain from bringing outside food & drink into the café.

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