

Breakfast / Brunch / Lunch

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| Granola (Nuts) Raw Cocoa, Mixed Nuts, Sultanas, Greek Yogurt, Fresh Fruits and Honey | £7.30 |
| Banana Bread In-house Baked Banana Bread, Toasted with Homemade Butter | £4.80 |
| Toasts with Butter and Homemade Jam or Marmalade | £6.00 |
| (Change for in-house Baked Gluten-Free Bread) | £6.50 |
| Homemade Baked Beans | £8.50 |
| with Additional Free Range Egg (Poached or Fried) | £9.00 |
| with Additional Chorizo | £9.00 |
| with Egg and Chorizo | £9.50 |
| Chilli Scrambled Eggs Two Free Range Eggs Scrambled with Fresh Spinach, Chilli and Parmesan Cheese. Served with Organic Leaves | £9.00 |
| Lime & Chilli Avocado Lightly Crushed Avocado with Lime Juice and Chilli, Two Free Range Eggs (Poached or Fried). Served with Organic Leaves | £11.00 |
| 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 | £11.50 |
| with Additional Chorizo | £12.00 |
| Bloody Mary | £8.00 |

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

Toasties

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| Vegetarian | £10.00 |
| Ciabatta Bread, Vine Tomatoes, Mozzarella Cheese and Fresh Basil. | |
| Ham | £11.00 |
| Sourdough Bread, Cooked Ham, Fresh Spinach and Cheddar Cheese. | |
| Greek-Style Cheese | £11.00 |
| Feta-Stuffed Apricots, Herbs, Halloumi, Black Olives, Pickled Red Onion and Tzatziki Dipping Sauce. | |
| Grilled Chicken Breast | £11.50 |
| 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) | £11.50 |
| 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

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| 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 | £9.00 |
| Add Poach Egg | £9.50 |
| 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 | £11.50 |
| 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 | £11.50 |

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Kids' Menu

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| Toast with Homemade Butter and Jam | £4.50 |
| Cheese or Homemade Beans on Toast | £5.50 |
| Two Free Range Eggs (Scrambled) | £6.00 |
| Avocado on Toast | £6.50 |
| Avocado on Toast with Free Range Egg | £7.00 |
| Cooked Pasta with Pesto Sauce (Nuts) | £7.00 |
| Ham and Cheese Toastie | £7.00 |

All served with baby tomatoes and cucumber.

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

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