

BREAKFAST

Porridge (VG) £1.95
made with oat alternative milk

Add...

Dark chocolate, honey, banana (V) £0.95

Forest fruits compote (VG) £0.95

Chai latte infused with banana and honey (V) £0.95

Bloomer toast & butter (V) £1.50
2 slices of white or malted wheat toast

Gluten free brioche style bun (VG) £1.50

Jam portion (VG) £0.50

Bagels

Tofu, smashed avocado, chilli sauce (VG) £4.10

This isn't bacon, rocket, avocado, chilli (VG) £4.10

Kimchi, spinach, mushroom, fried egg, crispy chilli £4.10

Pan fried halloumi, houmous, rocket and tzatziki £4.10

Bacon, rocket, avocado and chilli sauce £4.30

Breakfast pot £5.45
any 4 items from list

Posh butty £5.45
any 3 items from list in bloomer bread

Create your own or add

Tofu (VG) £1.40

Spinach (VG) £1.40

Mushrooms (VG) £1.40

Avocado (VG) £1.40

Poached egg (V) £1.40

Saucy beans (VG) £1.40

Quorn Cumberland sausage (VG) £1.40

Hash brown (VG) £1.40

This isn't bacon (VG) £1.40

Elston Farm pork sausage £1.50

Smoked bacon £1.50



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BURGERS & WRAPS

Choose any option below as a burger or wrap

Tortilla wrap.....£5.75

Brioche bun.....£6.00

Crispy Korean buttermilk style fillet (VG)

kimchi, gochujang mayo, lettuce, topped with crispy onions

Cajun smokey spiced tofu (VG)

slaw, chipotle mayo, romaine, cucumber and tomato

Roasted halloumi meshawi (V)

olives, houmous, tomato and leaf salad

Extras
available
from 99p



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BURGERS & WRAPS

Extras
available
from 99p

Choose any option below as a burger or wrap

Tortilla wrap.....£6.25

Brioche bun.....£6.50

Crispy cod goujons

caper berry mayo, pickled cucumber salad

Peri peri chicken

fire roasted peppers, slaw, gem lettuce wrap

Crispy Korean chicken

kimchi, lettuce and gochujang mayo, topped with crispy onions

BBQ pulled pork

pickled cucumber, gem lettuce, slaw, topped with crispy onions



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SIDES & SAUCES

Sides

Lattice fries (VG)	£2.75
Gluten free fries (VG)	£2.75
Pitta bread with houmous (VG)	£1.95
House slaw (VG)	£1.50
Garden salad (VG)	£1.50

Sauces

Ketchup (VG)	£0.30
Vegan mayo (VG)	£0.30
Sweet chilli sauce (VG)	£0.30
BBQ sauce (VG)	£0.30
Chipotle mayo (VG)	£0.30
Garlic mayo (VG)	£0.30



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HOT BOXES

Extras
available
from 99p

Chickpea & spinach dhaba curry (vg)

pilau brown rice, mango chutney, naan bread,
toasted coconut.....

£6.90

Katsu Quorn curry (vg)

pilau brown rice, pickled red cabbage,
spring onion, toasted seeds

£6.90

Return of the mac (v)

classic mac and cheese

£6.90

Smoked chipotle mixed beans (v)

pilau brown rice, homemade nachos,
soured cream, guacamole... ..

£6.90



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HOT BOXES

Extras
available
from 99p

Peri peri chargrilled chicken

pilau brown rice, cucumber salad

£7.20

Katsu chargrilled chicken

braised rice, spring onion, toasted seeds

£7.20

Mexican chicken tinga

mixed beans, homemade nachos, soured cream,
smashed avocado, rice.....

£7.20



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SALADS & PIZZA

SALADS

Freshly made using locally sourced ingredients

Nourish bowl (VG)

quinoa & brown rice, pickled cabbage,
tenderstem broccoli, edamame beans, kimchi, pickles, rocket **£6.50**

Greek Salad (V)

feta cheese, olives, hummous, toasted pitta, garlic tzatziki **£6.50**

Chargrilled chicken Caesar

..... **£6.95**



SALADS & PIZZA

PIZZA

Fresh dough base with tomato passata and mozzarella cheese

Margherita vegan (VG)£6.95

Vegan feast (VG)£6.95
artichokes, peppers, courgettes

Margherita (V)£6.95

Vegetable feast (V)£6.95
artichokes, peppers, courgettes

Four cheese pizza (V)£6.95
mozzarella, cheddar, feta, parmesan

Salami£7.35
olive, caper, oregano

BBQ chicken£7.35
bacon, sweetcorn

Pepperoni£7.35



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