

bagel	plain or sesame / gluten free (+50p)	2.50
	with butter + jam, cream cheese, peanut butter, chilli jam or marmite	
scones	with butter and jam	2.50
	with jam and cream	3.00
muffins	fruit & gluten free	2.50
	toasted with butter, cream, maple syrup or choc sauce	3.00
granary/ white/ gluten free or raisin toast		1.95
	with butter + jam, marmalade, peanut butter, cinnamon butter	
toasted banana loaf		2.00
breakfast bowl		4.00
	fruit granola yoghurt +mango coulis	
porridge	- plain	3.00
	- with mixed berries + honey	3.50
	- with banana + cinnamon	
	- with blueberries + pumpkin seeds	
jumbo sausage rolls		3.00
	- with beans or coleslaw	4.00
breakfast squashies/ bagels/ toasties		4.00
No.1	- grilled bacon, cheese + sunblush tomatoes	
No.2	- grilled bacon, cream cheese + egg	
No.3	- cheese, sunblush tomatoes + chilli jam	
No.4	- bacon + cream cheese	
No.5	- smoked salmon + cream cheese	
scrambled eggs	- with white, granary, wheaten or sourdough	3.50
	- add bacon	+£1
	- add smoked salmon	+£1
	- add beans or avocado	+£1
french toast with maple syrup		3.50
	- add bacon	+£1
	- add berries	+£1
	- add banana	+£1
omelettes	- three fillings	4.50
	- with toast or salad	

drinks

latte	2.50	fair trade t decaf t	2.00
cappuccino	2.80	fruit t earl grey t peppermint t	
flat white	2.80	green t jasmin t camomile t	2.50
espresso	1.50	fair trade hot choc	2.80
double espresso	1.80	with cream or marshmallows	3.10
mocha	2.80	special hot chocs	3.30
macchiato cortado	1.80	with cream or marshmallows	3.60
americano	2.50	chai latte	2.50
filter	2.00	with espresso shot	2.80
flavour or espresso shot	0.50	steamers.....	2.20
bounty gingerbread toffee nut latte	3.75	hazelnut, vanilla, caramel, white choc, marshmallow, cinnamon, coconut, mint, sugarfree syrups	
decaf coffee / dairy free milk / go large	0.50		

cold stuff

sparkling / still water	1.90
orange, apple , cranberry juice	1.90
pink/ traditional lemonade, sanpellegrino, diet coke, coke zero	2.00

fresh juices small 3.00 large 4.00

energisers

1. carrot, apple + ginger
2. beetroot, apple + pear

detoxers

1. watermelon + strawberry
2. watermelon, apple + berries

fighters

1. apple, lemon + ginger
2. pink grapefruit, berries + honey

hangovers

1. orange + strawberry
2. orange, grapefruit + mango

yoghurt smoothies small 3.00 large 4.00

banana | strawberry | mango | berry

fruit smoothies small 3.00 large 4.00

strawberry, mango + orange | apple, mango + banana | strawberry,
banana + orange | banana, berries, spinach + beetroot | kiwi, kale + apple

breakfast smoothie 5.00

berries, oats, banana, cranberry juice, mango, yoghurt, honey + ginger

dairy free smoothies (see board) 3.50/4.50

wheatgrass shot with lemon 1.50