

# 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 toast (VG) ..... £1.50

Jam portion (VG) ..... £0.50

## Bagels

Crispy smoked tofu, smashed avocado, rocket,  
sriracha sauce (VG) ..... £4.10

This isn't bacon, rocket, smashed avocado,  
sweet chilli sauce (VG) ..... £4.10

Kimchi, spinach, mushroom, fried egg, crispy chilli (V) ..... £4.10

Pan fried halloumi, houmous, rocket and tzatziki (V) ..... £4.10

Bacon, rocket, smashed avocado and sweet 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



# BURGERS & WRAPS

Choose any option below as a burger or wrap

**Tortilla wrap.....£5.75**

**Brioche bun.....£6.00**

**Crispy Korean plant based Quorn (VG)**

kimchi, gochujang mayo, lettuce, crispy onions

**Cajun smokey spiced tofu (VG)**

slaw, chipotle mayo, gem lettuce, cucumber salad

**Mediterranean grilled halloumi (v)**

olives, houmous, tomato and rocket

**Tortilla wrap.....£6.25**

**Brioche bun.....£6.50**

**Crispy MSC cod goujons**

caper berry mayo, pickled cucumber, gem lettuce, sliced tomato

**Peri peri chicken**

fire roasted peppers, slaw, gem lettuce

**Crispy Korean chicken**

kimchi, gem lettuce and gochujang mayo, crispy onions

**BBQ pulled pork**

pickled cucumber, gem lettuce, slaw, crispy onions

Extras  
available  
from 99p



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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





# HOT BOXES

## Chickpea & spinach dhaba curry (vg)

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

**£6.90**

## Katsu plant based Quorn curry (vg)

braised brown rice, pickles, spring onion, toasted seeds.....

**£6.90**

## Return of the mac (v)

classic mac and cheese with paprika, garlic and herb crumb...

**£6.90**

## Smoked chipotle mixed beans (v)

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

**£6.90**

## Peri peri chargrilled chicken

braised brown rice, cucumber salad, coleslaw.....

**£7.20**

## Katsu chicken

braised brown rice, pickles, spring onion, toasted seeds .....

**£7.20**

## Mexican chicken tinga

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

**£7.20**

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from 99p



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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, toasted seeds, tahini and garlic dressing

£6.50

### Greek Salad (V)

feta cheese, halloumi, olives, hummous, toasted pitta, garlic tzatziki .....

£6.50

### Chicken Caesar Salad

chargrilled chicken, gem lettuce, croutons, parmesan, caesar dressing.....

£6.95

## PIZZA

Fresh dough base with tomato passata and mozzarella cheese

**Margherita vegan (VG)**.....£6.95

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

**Margherita (V)**.....£6.95

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

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

**Salami**  
olive, caper, oregano .....£7.35

**BBQ chicken**  
bacon, sweetcorn .....£7.35

**Pepperoni** .....£7.35