

Food (11am - 3pm)

Eggs on toast (scrambled, poached or fried) (v)	8
Mushrooms on toast (spinach or creamy garlic) (v/vgn)	10
Bacon sandwich	9
Sourdough toast & butter & jam	5

Bowls

Autumn brown rice bowl, roasted seasonal vegetables, sesame spinach, pickled beetroot, boiled egg (gf)	15
+ choose your topping	
Cajun chicken / sweet potato / halloumi	

Toasties (gf bread available)

Tuna melt with spring onions	12
Herbed mushroom and leek (vgn)	11
Cheddar & mozzarella (v)	11
Brie, bacon, caramelised onion toastie	13

Quiche / Frittata of the day (v)	8
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Soup of the day (vgn, gf) / add fresh sourdough +1	8
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Vegan roll harissa sweet potato, chick pea (vgn)	6
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Sausage roll pork, sage, chilli	6
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Pineapple, banana, spinach, mint, coconut milk smoothie (vgn,gf)	6
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Blueberry, banana, almond butter, oat milk smoothie (vgn)	6
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See our specials board for daily specials