

MENU

SERVED FROM 10am - 3pm

Build a Bagel (served with leaves and balsamic glaze)

- Pick 1 Item - £5.5
 - Pick 2 Items - £6
 - Pick 3 items - £6.5
- Bacon, smoked salmon, avocado, halloumi, poacher cheese, soft cheese, poached egg, hummus, cucumber, tomatoes
- Add a sauce:
Homemade ketchup £.8, balsamic glaze £.8, Mayo £.8, Pesto £.8

On Sourdough

- Smashed avocado, poached egg and chilli flakes (v) - £8.5
- Smashed avocado, mozzarella, roasted toms, balsamic (v) - £8.5
- Smashed avocado, beetroot, pomegranate, balsamic (ve) - £8

Paninis

- Spanish sliced chorizo & Cornish brie - £6.5
- Sliced ham & Poacher cheese - £6.5
- Roasted red onion, red pepper, courgette, tomato & garlic (ve) - £6.5

Wraps

- Pesto, halloumi, roasted toms, rocket, side of Mayo (v) - £6.7
- Hummus, falafel, leaves, roasted toms, balsamic (ve) - £6.7
- Salami, falafel, sun dried toms, halloumi, mayo, rocket - £7

Fresh Salad

- Leaves, feta, pickled peppers & tomatoes (v) - £6.7
- Leaves, mediterranean veg & feta (v) - £6.7

Extras

Bacon Rashers £1.2, Smoked Salmon £2, Avocado £1.2, Halloumi £1.2,
Homemade Ketchup £ 0.8

Children's Portions

- Cheese sandwich with a side of cucumber and crisps (v) - £4
- Ham sandwich with a side of cucumber and crisps - £4

(v) vegetarian, (ve) vegan, (gf) gluten free

MENU

DRINKS

Superfood Lattes from Blendsmiths

- Chai Latte - £3.3
- Beetroot Latte - £3.3
- Matcha Latte - £3.3
- Turmeric Latte - £3.30

Cans

- Cawston Press - Rhubarb - £2.2
- Cawston Press - Orange - £2.2
- Cawston Press - Elderflower - £2.2
- Cawston Press - Ginger - £2.2
- Lemony Lemonade - £2.2
- Gingerella Ginger Beer - £2.2
- Karma Cola - £2.2
- Kambucha - Raspberry - £2.5
- Kambucha - Ginger - £2.5
- Still Water - £1.5
- Sparkling Water - £1.5

Smoothies

- Sunrise - Mango, Raspberries, Orange, Pineapple - £3.5
- Jumpstart - Strawberry, Blueberry, Orange - £3.5
- The Boost - Spinach, cucumber, Ginger & Pineapple Juice - £3.5

Cold Coffee

- Iced latte - £3.3
- Iced Americano - £3

SWEET TREATS

All of our sweet treats are baked fresh here on site by us! Have a look at the counter for today's offer