

MENU

FOOD SERVED FROM 10am - 3pm

Smoothie Bowls

- **The Green One** - Banana, mango, spinach, matcha, granola, blueberries, seeds, almond milk (V) - £6.5
- **The Pink One** - Avocado, raspberry, strawberry, granola, blueberries, seeds, coconut milk (V) - £6.5

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, ham, avocado, halloumi, poacher cheese, soft cheese, poached egg, hummus, cucumber, tomatoes
- **Add a sauce:**
Homemade ketchup £.8, balsamic glaze £.8, mayo £.8, pesto £.8

Waffles

- **Maple Bacon Waffle** - Waffle topped with crispy bacon, two poached eggs and rocket served with a maple butter £9.5
- **Plant-Based Waffle** - Waffle topped with rocket, roasted chickpeas, roasted tomatoes and garlic mushrooms (VG) £9
- **Summer Berry Waffle** - Waffle topped with a mixed summer berry compote, dairy free cream and a flurry of icing sugar (VG) £8.5

On Sourdough - GF sourdough available

- **The Poacher's Eggs** - Sourdough topped with ham, poached egg and a poacher cheese bechamel sauce £9
- **Honey Dough** - Sourdough topped with avocado, honey, chilli flakes, fried prosciutto and figs £8.5
- **Avo & Eggs** - Sourdough topped with smashed avocado and two poached eggs (V) £8.5

Wraps (Served with side salad and Pipers crisps)

- **BBQ Chicken** - BBQ chicken, chunky coleslaw and leaves £8
- **Chilli Halloumi** - Halloumi, sweet chilli jam, red onion and leaves (V) £7
- **Cauliflower** - Roasted cauliflower, hummus, sweet chilli jam, black beans and spinach (VG) £7

Buddha Bowls (Served on a bed of rocket and wholegrain rice)

- **The Good Karma Bowl** - Red onion, edamame beans, grated carrot, roasted cauliflower, chicken or falafel, served with a honey and soy sauce dressing - £9.5
- **The Garden Bowl** - Tomato, crispy kale, roasted sweet potato, roasted chickpea and avocado, topped with pomegranate seeds and served with a garlic and chilli oil dressing (VG),(GF) £9

Extras

Bacon rashers £1.2, smoked salmon £2, avocado £1.2, halloumi £1.2, homemade ketchup £.8, ham £1.2

(V) vegetarian, (VG) vegan, (GF) gluten free

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Children's Portions (sandwiches can be toasted)

- Cheese sandwich, side of cucumber, tomatoes and crisps (V)-£4.5
- Ham sandwich, side of cucumber, tomatoes and Pipers crisps-£4.5
- Cream cheese and cucumber wrap, side of tomatoes and Pipers crisps (V)-£4.5
- Waffles served with mixed berry compote and dairy free cream (VG)-£4.5

DRINKS

Speciality Coffee

- Espresso-£2.5
- Espresso Macchiato-£3
- Cortado-£3
- Long Black-£3
- Americano-£3
- Flat white-£3.2
- Cappuccino-£3.2
- Latte-£3.2
- Mocha-£3.5
- Tasting tray-£6
- V60 drip filter-£4

Iced Coffee

- Iced Latte-£3.3
- Iced Americano-£3

Superfood Lattes from Blendsmiths (Hot or Cold)

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

From the Fridge

- Frobishers Cloudy Apple or Fresh Orange-£2.7
- Cawston Sparkling Press -Rhubarb / Orange / Apple / Elderflower / Ginger-£2.3
- Gingerella Ginger Beer-£2.4
- Karma Cola-£2.4
- Canned still or sparkling Water-£1.5

Smoothies-£3.8

- **Coco Loco** - Mango, pineapple, coconut, lime and pineapple juice
- **Big 5** - Strawberry, mango, kiwi, pineapple and orange juice
- **Pash "n" Shoot** - Mango, pineapple, passionfruit and orange juice
- **Blueberry Flax** - Raspberry, blueberry, banana, flaxseed and orange juice

SWEET TREATS

All of our sweet treats are baked fresh here on site by us, please be advised nuts and gluten are used on site! Have a look at the counter for today's offers.