

MENU

Served 9.30am -12:00pm

Full English breakfast – Two Lincolnshire sausages, two rashers of back bacon, two poached eggs, large mushroom, vine tomatoes, baked beans, two hash browns served with two slices of sourdough – **£11.0**

Vegan breakfast – Two vegan Lincolnshire sausages, crispy kale, large mushroom, vine tomatoes, baked beans, avocado, two hash browns, served with two slices of sourdough – **£11.0 (VG) (V)**

Served 9.30am-4pm

Smoothie Bowls

- **The purple one**– Raspberry, blueberry, banana, flaxseed, granola(N), frozen raspberry garnish, seeds, coconut milk (V) – **£6.8**
- **The Pink one** – Strawberry, mango, kiwi, pineapple, granola, frozen raspberry garnish, seeds, coconut milk (V) – **£6.8**

Build a Bagel (Served with leaves and balsamic glaze)

- **Pick 1 Item** – **£6.0**
- **Pick 2 Items** – **£6.5**
- **Pick 3 Items** – **£7.0**
Bacon, smoked salmon(+£.5), poached egg, ham, avocado, halloumi, grated cheese, soft cheese, hummus, cucumber, tomatoes
- **Add a sauce:**
Homemade ketchup £.8, balsamic glaze £.8, mayo £.8, pesto £.8

Salads

- **Rainbow Salad** – Mixed leaves topped with couscous, chickpeas, sun dried tomatoes, pickled slaw, crispy onions and french dressing. Served with a side of sourdough (V) (VG) – **£7.5**
- **Chicken Caesar Salad** – Kos lettuce topped with chicken, croutons, parmesan, anchovies, crispy onions, lemon wedge and Caesar dressing – **£9.0**

On Sourdough – GF sourdough available

- **Honey dough** – Sourdough topped with smashed avocado, honey, chilli flakes, fried prosciutto and figs – **£9.0**
- **Avo & halloumi** – Sourdough topped with smashed avocado, grilled halloumi and pomegranate seeds(V) – **£9.0**
- **Avo & eggs** – Sourdough topped with smashed avocado,, poached eggs and chilli flakes – **£9.0 (add salmon £2)**

Paninis – served with rocket, tomatoes, balsamic and pipers crisps

- **Pesto, mozzarella and tomato**(V) – **£7.0**
- **Ham & cheddar cheese** – **£7.5**
- **Chicken, mozzarella, red onion and chilli jam** – **£8.5**

Children's Portions (sandwiches can be toasted)

- **Cheese sandwich**, side of cucumber, tomatoes and crisps (V) – **£4.8**
- **Ham sandwich**, side of cucumber, tomatoes and Pipers crisps – **£4.8**
- **Full english** – Sausage, Bacon, beans, hash brown, vine tomatoes, sourdough. – **£5.5**
- **Vegan full english** – vegan sausage, beans, hash brown, vine tomatoes, mushroom, avocado and sourdough (VG) – **£5.5**

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

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MENU

Speciality Coffee

- Espresso - £2.5
- Espresso Macchiato - £3
- Cortado - £3.3
- Long Black - £3
- Americano - £3
- Flat White - £3.3
- Cappuccino - £3.3
- Latte - £3.4
- Mocha - £3.8

Tea By Storm - £2.7

- English Breakfast / Earl Grey / Chamomile / Ginger & Lemon / Green / Hibiscus & Rosehip / Peppermint / Rooibos / Decaf English Breakfast

Iced Coffee

- Iced Latte - £3.4
- Iced Americano - £3

Superfood Lattes (Hot or Cold) - £3.6

- Chai Latte
- Beetroot Latte
- Matcha Latte
- Turmeric Latte

KOKOA Hot Chocolate - £3.8

- White Ivory Coast
- Smooth Venezuela 58%
- Classic Ecuador 70%
- Dark Madagascar 82%
- Darkest West Africa 100%

From the Fridge

- Folkingtons Apple/Orange/Mango - £2.9
- Folkingtons sparkling elderflower / lemon & mint / rhubarb & apple / ginger beer - £2.4
- Fentimans Rose lemonade / cola - £2.5
- Karma Cola Can - £2.4
- Bottled still or sparkling Water - £1.5

Smoothies - £3.9

- **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 at our Welton bakery, please be advised nuts and gluten are used on site! Have a look at the counter for today's offers.