

BREAKFAST

(please order at the till and please let the staff know if you have any allergies or dietary requirements)

PORRIDGE: (ga, ve, n): KIDS PORRIDGE IS FREE

Simple porridge (oats, sunflower seeds, date and water) with banana and natural syrup/honey - Sit in: £3.50 Take away: £2.50

Simple nut porridge - (above) with added peanut or almond butter:
Sit in: £4.00 Take away: £3.00

Nut Free Superfood porridge: Sit in: £4.50 Take away: £3.50
(oats, coconut, dates, sunflower and chia seeds, fruit compote, banana, natural syrup, organic dairy free or local yoghurt)

Superfood porridge: (n, ga, ve) Sit in: £5.50 Take away: £4.50
(oats, coconut, sunflower and chia seeds, dates, topped with cocoa nibs, nut butter, banana, organic dairy free or local yoghurt, natural syrup)

TOAST: (ga, ve, n)

Sweet: Simple in house made sourdough toast with butter and jam: £3

Special nut butter toast with in house made sourdough toast with peanut or almond butter, banana, vegan or natural yoghurt, cocoa nibs, toasted almonds and natural syrup: (n, ga, ve) £6.00

Savoury: Classic savoury sourdough toast with local huntley herb chutney. (tomato pesto salad and one topping) £6.50

Avocado savoury sourdough toast with a whole avocado and toasted seeds and one topping £6.50 (on its own - £5, add on more toppings +£1.50)
Toppings: avocado, goats cheese, portobello mushroom, baked beans or vegan scramble

VEGAN FRY: (ga, ve)

Vegan/veggie fry with sourdough toast - homemade baked beans, tofu scramble, roasted tomato, portobello mushroom, avocado, toasted seeds £7.50
add on goats cheese £1.50

GRANOLA and PANCAKES: (gf, ve, n)

Superfood or nut free granola: (n, gf, ve) Sit in: 5.50 Take away: 4.50
(superfood granola, fruit compote, banana, organic dairy free or local yoghurt, toasted coconut and natural syrup)

Superfood or nut free granola pancakes: (n, gf, ve) Sit in: 7.50 Take away: 6.50
(pancakes with our superfood granola, fruit compote, banana, organic dairy free or local yoghurt, toasted coconut and natural syrup)

Simple pancakes: (ve, gf) (2 simple pancakes) with 2 toppings £4.00 (add extra toppings - £1.00)
Toppings: nut butter (peanut or almond), vegan olive spread, cocoa nibs, local jam, agave, maple syrup

Special vegan nut butter (peanut/almond) pancakes:
(ve, gf, n) Sit in: £6.00 Take away: £5.00
(pancakes with nut butter, vegan or natural yoghurt, cocoa nibs, toasted almonds, banana and natural syrup)

n - (may) or does contain nuts
gf - gluten free
ga - gluten free available
ve - vegan

