

breakfast

takeaway sit in

porridge

(porridge can be vegan if requested)

house: (muscovado sugar, cinnamon, raisin)	2.50	3.50
superfood: (chia seeds, coconut, walnut and muscovado sugar)	3.00	3.50
extra special porridge:		
add: fruit compote and flaked almonds:		1.50
add: a foodstory superfood granola and fruit compote:		2.00

granola

foodstory granola: nuts and oats baked in coconut oil and agave syrup served with greek yoghurt/low fat yoghurt and fruit compote: 3.50 4.50

superfood granola: roasted coconut , dates, goji berries, chia seeds, nuts, pumpkin seeds served with 100% coconut yoghurt/soya and a foodstory fruit compote: 3.50 4.50

museli

foodstory museli: foodstory granola with oats, pin head oats, wheat germ and raisins served with milk (organic whole, soya, almond): 4.50 5.50

toast

organic toast: 1.00 2.50

rye/wholemeal organic toast with homemade pesto, organic tomato, chili and basil with avocado/smoked back bacon or hot smoked salmon: 4.50 5.50

artisan roll

local smoked bacon roll served on a wholemeal roll: 3.50 4.00