

Our menu is veggie and plant based.

breakfast

	takeaway	sit-in
Special porridge (pba) Creamy porridge with cacao nibs, local dairy or organic dairy free yoghurt, syrup, peanut butter, caramelised banana, toasted coconut.	£4.50	£5.50
Granola pancakes (gf,pba) With our fruity granola (add gf nut granola for £1.50), berry compote, local dairy or organic dairy free yoghurt and syrup.	£7.85	£8.85
No pancakes - granola bowl	£5.85	£6.85
Caramelised banana, peanut butter pancakes (gf,pba) with berry compote, local dairy or organic plant based yoghurt.	£7.85	£8.85
Local poached eggs on our in house made Sourdough	£4.50	£5.50
Sourdough French toast (pb) with caramelised banana, candied pecans, oat cream and berry compote.	£7.85	£8.85
Sourdough Focaccia breakfast bun: (pb) <i>Smoked "bac'n" BLT breakfast bun</i> OR <i>2 items from below (everything toast) plus tomato sauce, dairy free mayo and hot sauce.</i>	£5.75	£6.50
Everything toast (gfa,pba) Two local eggs, peacado, garlic mushrooms, 2 hash browns, kimchi, baked beans, roasted cherry tomatoes and sourdough toast.	N/A	£12.00

Plant based

Above with smoked "bac'n" instead of eggs.

Add on breakfast item: £2.50 (see everything toast for add ons)

Served: 9am-12pm (Not served Sundays)

allergens

pb - plant based / gf- gluten free / gfa - gluten free available / pba - plant based available

Please inform a staff member of any allergies or dietary requirements before you order.

foodstory

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lunch

takeaway

sit-in

Salad Bowl (gf,pba)

Medium (2 salads, dip)

£6.00

£7.00

Large (3 salads, dip)

£8.00

£9.00

A choice of:

- Mediterranean penne pasta pesto salad or Thai carrot salad
- Green kale broccoli tahini salad
- Sweet potato, peanut satay salad
- Aubergine, feta and sun dried tomato cumin salad
- 2 seasonal salads
- Houmous and toasted seeds

Plant based/Veggie/Special rolls

£6.00

£6.85

Pastry roll and salad.

Sourdough Focaccia Sandwiches and Toasties

£5.85

£6.50

Add on salad or soup: £3/£3.35

A choice of:

- BLT: *smoked "bac'n", lettuce, tomato & mayo (pb)*
- Spicy BLT: *smoked "bac'n", lettuce, tomato, kimchi & mayo (pb)*
- Mexican: *refried beans, roasted red pepper, cheddar, nacho cheese, jalapeños and crispy tortilla chips*
- Gherkin: *smoked "bac'n", mayo, red kraut, gherkins and nacho cheese (pb)*
- Kimchi: *smoked "bac'n", crispy onion, nacho cheese and lettuce (pb)*
- Houmous: *houmous, roasted red pepper, chilli jam and rocket (pb)*
- Pesto: *green/red pesto, nacho/cheddar cheese, spinach and tomato (pba)*
- Chutney: *caramelised onion chutney or chilli jam, cheddar, spinach and tomato*

Seasonal Soup*

£4.00

£5.00

Served with sourdough bread

(gf served with oatcakes)

*on the menu on cold days

Served: 11am until sold out

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dinner

takeaway

sit-in

Light Bite (gfa,pb) Sourdough focaccia, nachos, special dip of the day.	£4.50	£5.50
Mexican Buddha Bowl (gf,pb) Chilli, brown rice, peacado, dairy free tzatziki, nacho cheese, refried beans, nachos, hot sauce and salad.	£11.00	£12.00
Salad Bowl (gfa,pba) 3 salads, dip, sourdough focaccia.	£9.00	£10.00
Simple Chilli Bowl (gf,pb) Chilli brown rice and nacho cheese.	£7.50	£8.50
Shared Nachos Plate (gf,pb) Nachos, chilli, dairy free tzatziki, nacho cheese, refried beans and hot sauce.	£9.00	£10.00
Loaded Wedges/Loaded Mac 'N' Cheese (pb)	£9.00	£10.00
Sourdough focaccia Pizza slice (pba) With rich tomato sauce, mozzarella, basil, cherry tomatoes:	£6.50	£7.50

Served: Tuesday to Saturday, 5pm-7.30pm
(8pm if takeaway) or until sold out

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coffee & hot drinks

Cappuccino	£3.00	Hot Chocolate	£3.30
Latte	£3.20	Deluxe Hot Chocolate +£1.00	
Flat White	£2.85	Chai Latte	£3.50
Macchiato	£2.85	Turmeric latte	£3.50
Mocha	£3.50	Matcha latte	£4.00
Dirty Chai	£3.50	Hot toddy	£2.75
Long Black	£2.85	Tea	£2.65
Espresso	£2.65	Special Teas	£3.00
Batch Brew	£2.85	with honey/agave	
1 free refill			

milk options

whole/ semi-skimmed
oat / pea / coconut

cakes (plant based)

Cinnamon buns & Sourdough pastries	£3.00
Brownies, lemon almond cake (gf)	£3.00
Chocolate cake, peanut butter crunch, carrot cake, twix bar (all gf)	£3.30
Raw energy balls (gf)	£2.25

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