

# Breakfast:

**Special porridge (vegan option available): £5.50/£6.50**

+Creamy porridge with cacao nibs, local dairy or organic dairy free yoghurt, natural syrup, caramelised banana, peanut butter and toasted coconut.

**Cinnamon bun pancakes (gf, ve): £9/£10**

+Cinnamon bun pancakes with caramelised banana, berry compote, candied pecans and oat cream.

**Simple porridge (ve) or Pancakes (gf, ve): £4.50**

**Local poached eggs on our in house made sourdough (add on breakfast item- see below) (gfa): £6**

**Sourdough French Toast (ve) £10**

+With caramelised banana, candied pecans, oat cream and berry compote.

**Sourdough Mushroom Toast: (ve, gfa) £10**

+Houmous, garlic mushroom, kale, kimchi, crispy onion and hot sauce

**Sourdough Focaccia "BLT" (ve): <sup>£6.50/7.50</sup> ~~£5.85/£6.85~~ +smoked bac\*n, lettuce, mayo and tomato.**

**Sourdough Focaccia Breakfast Bun: (ve, gfa) £7/£8**

+Smoked bac\*n, hash brown, garlic mushrooms or an egg if not vegan, hot sauce and mayo.

**Everything Toast (gfa, ve) £12.85**

+Pecado, garlic mushrooms, 2 hash browns, roasted cherry tomatoes, baked beans, smoked bac\*n and sourdough toast. *+ Foodstory Hot Sauce*  
(To make veggie you can add 2 eggs instead of the bac\*n)

**Add on breakfast item- see list in Everything Toast menu: £2.50**

**BRUNCH DEAL: from 8.30-12pm. A BLT, BUN AND BREW for just £10 S/IN or T/A**



# Lunch Menu:

VE- VEGAN, V- VEGGIE, GF- GLUTEN FREE, GFA- GF AVAILABLE)

**Vegan/Veggie Rolls: £4/£4.5**  
**Add on soup or salad (gf, ve): £3.85/£4**

## **Seasonal Soup (ve, gf)**

Served with our in house made sourdough: £4.5/£5.5  
(Gf served with oatcakes)

## **House salads:**

Sweet potato satay salad (ve, gf)  
Pasta salad with a green basil pesto dressing. (ve)  
We also have 4 other vegan and gluten free salads to choose from.

Large Salad bowl: £10/£11  
Medium Salad bowl: £7.50/£8.50  
One portion or add on: £4

## **Sourdough focaccia sandwiches and toasties: (gf focaccia sandwiches available daily)**

£6.50/£7.50

**House Focaccia: £5.85/£6.85**

BLT- smoked bac\*n, lettuce, tomato and mayo (ve)

## **Special Focaccia : £7/£8**

Spicy BLT (ve) - the BLT with @crafty pickle kimchi,  
Mexican (ve) - refried beans, roasted red pepper, smoked apple  
wood cheese, nacho cheese, jalapeños, Foodstory hot sauce and  
crispy tortillas.

New York Deli (ve) - smoked bac\*n, mayo, red kraut, gherkins,  
mustard and nacho cheese.

£6.50/£7.50

**House Toasties: £5.85/£6.85**

Green pesto, Foodstory nacho cheese, sun-dried tomato and  
spinach (ve)

Cheddar, chutney and spinach (v)  
**Add on soup or salad (gf, ve): £3.85/4**

**BRUNCH DEAL: from 8.30-12pm. A BLT, BUN AND BREW for  
just £10 S/IN or T/A**



## Evening Menu

(Served Tuesday - Thursday - Special Menu on Friday and Saturday)

### SNACKS & SIDES

|   |      |
|---|------|
| Smoked Almond Nuts  | 3.5  |
| Mixed Olives  | 3.5  |
| Garlic Bread  | 4    |
| Sourdough Garlic Bread<br>with hummus and chilli jam<br>or nacho cheese and hot sauce | 5.85 |

### STARTER

|  |      |
|--|------|
| Nachos Bowl  | 5    |
| with Nacho Cheese & Hot Sauce (gf)   |      |
| Mini Loaded Chilli Nachos  | 6.5  |
| Side Salad   | 4    |
| Salad Bowl (2 Salads)  | 8.5  |
| Selection Board (coming soon)  | 12.5 |
| with vegan feta, smoked apple wood cheese, sweet potato nacho cheese, caramelised onion chutney, chilli jam, hummus, Scottish crackers, garlic sourdough bread. *DEAL: £20 with 2 glasses of House Red Wine. |      |

### MAIN

|   |    |
|---|----|
| Quesadillas   | 10 |
| black beans, nacho cheese, hot sauce, smoked apple wood cheese, jalapeños & peacado with a side of nachos.                                    |    |
| Battered Cauliflower & Mushroom Wings   | 10 |
| with a Selection of Dips- sweet chilli, peanut satay, garlic mayo.  |    |
| Mac & Cheese - served with Garlic Bread   | 12 |
| creamy sweet potato cheese, artichoke, spinach and sun-dried tomato topped with crispy onions and hot sauce.                                  |    |
| Loaded Chilli Nachos  | 12 |
| With a veggie chilli, peacado, dairy free tzatziki, sweet potato nacho cheese, hot sauce, black been dip & jalapeños.                         |    |
| Mexican Buddha Bowl   | 13 |
| served with brown rice, a bean chilli, peacado, dairy free tzatziki, sweet potato nacho cheese, hot sauce, black been dip, jalapeños & salad. |    |
| Salad Bowl- a selection of our 3 salads.  | 12 |
| with Hummus, Dips and Garlic bread  |    |



# **COFFEE, TEA AND CAKE**

**COFFEE from Obadiah and Dear Green, TEA from Eteaket**

**Milk Options – Oat, Coconut, Pea or Dairy. (No extra charge)**

**Black / Filter – 3 / Free Refill with filter**

**Espresso- 2.65**

**Cappuccino / Latte – 3.45**

**Flat White – 3.30**

**Mocha / Dirty Chai – 3.85**

**Matcha – 4.00**

**Pot of Tea – £3**

**Chai - 3.65**

**Hot Chocolate - 3.65**

## **SWEET- All Vegan, Dairy, Egg free**

**Croissant – 3**

**Pastries – 3.85/4.50**

**Cinnamon Bun – 3.30**

**GF Cinnamon Pecan Bun- 3.65**

**Special Bun – 3.85**

**Peanut Crunch – 3.65**

## **CAKE - All Vegan. Dairy, Egg, Gluten free**

**Lemon Almond 3.45**

**Chocolate Cake 3.45**

**Snickers bar 3.45**

**Brownie 3.3**

**Energy Balls 2.25**