

(FOODSTORY)

LUNCH MENU

SALADS

House Salads

Please see our salad fridge for today's options

Large Salad Bowl £14.25

A choice of 3 house salads, served with hummus, toasted tamari seeds and sourdough bread or gf oatcakes

Regular Salad Bowl £10.00

A choice of 2 house salads, served with hummus and toasted tamari seeds

One Salad Bowl £5.00

A small portion of one house salad, served with hummus and toasted seeds

SANDWICHES

All served in our homemade sourdough bread. Please see our salad fridge for today's options

Focaccia Sandwiches £9.25

BLT focaccia £8.80

Toasties £8.80

Gluten free toasties available

Wrap £6.00

Can be grilled upon request

HOT

Homemade Soup £6.95

Served with homemade sourdough bread or gluten free bread

ADD ONS

Make a meal by adding a side salad or soup

Add on 1 salad £5.00

Add on 2 salads £9.50

Add on soup £6.85

Coffee, Tea and Cake Menu Available Upon Request

Did you know Foodstory's University Cafe has been running since October 2018 as a zero packaging cafe. We have committed to using no disposable containers. Instead we rely on generous donations of crockery, cups and mugs from our customers.

(FOODSTORY)

BRUNCH MENU

SERVED MONDAY-FRIDAY 8AM-1.30PM (SAT-SUN DIFFERENT BRUNCH MENU)

SWEET

Maple Granola £8.50

vegan and gluten free

maple cashew granola, berry compote, coconut yoghurt, banana and agave syrup

French Toast £12.50

vegan

plant based french sourdough toast, berry compote, vegan cream, banana, candied walnuts and cinnamon sugar

Choose from Special £8.50

Porridge OR GF Banana Bread (ve)

gluten free option available

coconut milk porridge or gf banana bread: topped with berry compote, peanut butter, banana, toasted coconut, candied walnuts, vegan cream and agave syrup

Simple Porridge (ve) £4.50

gluten free option available

coconut milk porridge and agave syrup

Simple Pancake £5.50

vegan and gluten free

one banana pancake with your choice of agave syrup, coconut yoghurt, jam, vegan butter, or banana

Peanut Butter Pancakes £12.95

vegan and gluten free

two homemade banana pancakes, peanut butter, vegan cream, banana, candied walnuts and agave syrup

VE- VEGAN

SAVOURY

Poached Eggs on Toast £8.50

vegan option available - tofu scramble.
gluten free option available

homemade sourdough toast, with two local poached eggs and herb drizzle

Breakfast Burrito £12.50

vegan option available

a wheat tortilla filled with refried beans, hot sauce, vegan mayo, tofu scramble, smoked aubergine bac'n and cheddar cheese. (vegan cheese available)

Everything Toast £15.00

gluten free and vegan option available

homemade sourdough toast, hot sauce, peacado, baked beans, garlic mushrooms, hash browns, roasted tomatoes, two poached eggs, or tofu scramble and herb drizzle.

Mushroom Toast £12.85

vegan and gluten free option available

homemade sourdough toast, hummus, massaged kale, garlic mushrooms, Crafty Pickle Co. Kimchi, hot sauce, herb drizzle and crispy onions
ADD ON : two poached eggs

£2

Breakfast Bun £11.00

vegan option available

homemade sourdough focaccia, hot sauce, vegan mayo, smoked aubergine bac'n, hash brown and a fried egg, or garlic mushrooms if vegan.

Peacado Toast £12.85

vegan and gluten free option available

homemade sourdough toast, peacado (pea guacamole), topped with red kraut, crumbled goats cheese or vegan feta

ADD ON: two poached eggs £2

ADD ON: £2

2 Poached Eggs
2 Hash Browns
Garlic Mushrooms
Kimchi
Peacado
Cheese
Red Kraut
Tofu Scramble
Coconut Yoghurt

Hummus
Baked Beans
Roasted Tomatoes
Hot Sauce
Peanut Butter
Compote
Banana

£1

NEW EVENING MENU

FOODSTORY

SERVED FROM 5-7.30PM TUESDAY-THURSDAY

CHEESE BOARD

SINGLE BOARD: 3 PLANT BASED NATURAL CHEESES, HOUMOUS, CHILLI JAM, SOURDOUGH FOCACCIA OR IN HOUSE MADE GF SEEDED CRACKERS - £12.50 (VEGAN, GFA)

SHARED BOARD: 4 PLANT BASED NATURAL CHEESES, HOUMOUS, CHILLI JAM, A SELECTION OF GF SALADS, SOURDOUGH FOCACCIA, OR IN HOUSE MADE GF SEEDED CRACKERS - £20.00 (VEGAN, GFA)

CHEESE TOASTIE

*CONTAINS MUSTARD SEEDS

A SOURDOUGH CHEESE AND CHUTNEY TOASTIE- £8

LOADED NACHOS

LOADED GF NACHOS WITH NACHO CHEESE, REFRIED BEANS, HOT SAUCE, JALEPENOS AND SLAW- £8.50 (GF, VE)

SALAD BOWL

A CHOICE OF 2 OR 3 SALADS WITH HOUMOUS AND TOASTED TAMARI SEEDS. £9.50 OR £12.50

EVENING DIP

A CHOICE OF HOUMOUS AND CHILLI JAM OR OLIVE OIL WITH BALSAMIC OR NACHO CHEESE SERVED SOURDOUGH FOCACCIA OR GF SEEDED CRACKERS! £5

OLIVES OR NACHOS £3

(FOODSTORY)

LUNCH MENU - GLUTEN FREE OPTIONS

SALADS

House Salads

Please see our salad fridge for today's options and ask for gluten free

Large Salad Bowl £12.85

A choice of 3 house salads, served with hummus, toasted tamari seeds and sourdough bread or gf oatcakes

Regular Salad Bowl £9.50

A choice of 2 house salads, served with hummus and toasted tamari seeds

One Salad Bowl £5.00

A small portion of one house salad, served with hummus and toasted seeds

SANDWICHES

Served until 1.30pm (during Brunch service)

Focaccia Sandwiches

BLT focaccia £8.00

Focaccia Toasties £8.00

***OUR GLUTEN FREE FOOD IS MADE IN AN ENVIRONMENT WHERE WE HANDLE WHEAT FLOUR**

HOT

Homemade Soup £6.50

Served with GF oatcakes or gf focaccia

Hot Pot £11.50

Served with gf nachos, kale salad and dips

ADD ONS

Make a meal by adding a side salad or soup

Add on 1 salad £4.00

Add on 2 salads £7.00

Add on soup £4.50

Coffee, Tea and Cake Menu Available Upon Request

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BRUNCH MENU - GLUTEN FREE OPTIONS

SERVED MONDAY-SUNDAY: 8AM-1.30PM

SWEET

Maple Granola £8.50

vegan and gluten free

maple cashew granola, berry compote, coconut yoghurt, banana and agave syrup

Choose from Special £8.50

Porridge OR GF Banana

Bread (ve)

gluten free option available

*coconut milk porridge or gf banana bread:
topped with berry compote, peanut butter, banana, toasted coconut, candied walnuts, vegan cream and agave syrup*

Simple Porridge (ve) £4.50

gluten free option available

coconut milk porridge and agave syrup

Simple Pancake £5.50

vegan and gluten free

one banana pancake with your choice of agave syrup, coconut yoghurt, jam, vegan butter, or banana

Peanut Butter Pancakes £12.95

vegan and gluten free

two homemade banana pancakes, peanut butter, vegan cream, banana, candied walnuts and agave syrup

VE- VEGAN

ADD ON:

2 Poached Eggs £2

2 Hash Browns

Garlic Mushrooms

Kimchi

Peacado

Cheese

Red Kraut

Tofu Scramble

Coconut Yoghurt

Hummus

Baked Beans

Roasted Tomatoes

Hot Sauce

Peanut Butter

Compote

Banana

£1

SAVOURY

Poached Eggs on Toast £8.50

vegan option available - tofu scramble.

gluten free option available

homemade sourdough toast, with two local poached eggs and herb drizzle

Vegan BLT £8.80

vegan and gluten free option available

*in house sourdough focaccia with gf smoked aubergine bac*n. lettuce. tomato and mayo*

Everything Toast £15.00

gluten free and vegan option available

homemade sourdough toast, hot sauce, peacado, baked beans, garlic mushrooms, hash browns, roasted tomatoes, two poached eggs, or tofu scramble and herb drizzle.

Mushroom Toast £12.85

vegan and gluten free option available

homemade sourdough toast, hummus, massaged kale, garlic mushrooms, Crafty Pickle Co. Kimchi, hot sauce, herb drizzle and crispy onions
ADD ON : two poached eggs

£2

OPEN Breakfast Bun £11.00

vegan and gluten free option available

homemade sourdough focaccia, hot sauce, vegan mayo, smoked aubergine bac'n, hash brown and a fried egg, or garlic mushrooms if vegan.

LUNCH OPTIONS :

*SEE LUNCH MENU FOR MORE DETAILS

SOUP WITH GF FOCACCIA

A GF SALAD BOWL

A GF BLT

A HOUMOUS, VEGAN FETA AND FOODSTORY HOT SAUCE GF FOCACCIA TOASTIE

*OUR GLUTEN FREE FOOD IS
MADE IN AN ENVIROMENT WHERE
WE HANDLE WHEAT FLOUR

(FOODSTORY)

BRUNCH MENU: WEEKEND

8AM - 1.30PM

SWEET

Maple Granola £8.50

vegan and gluten free

maple cashew granola, berry compote, coconut yoghurt, banana and agave syrup

Special Porridge or GF £8.50

Banana bread (ve)

gluten free option available

coconut milk porridge or gf banana bread topped with, berry compote, peanut butter, banana, toasted coconut, candied walnuts, vegan cream and agave syrup

Simple Porridge (ve) £4.50

gluten free option available

coconut milk porridge and agave syrup

Simple Pancake £5.50

vegan and gluten free

one banana pancake with your choice of agave syrup, coconut yoghurt, jam, vegan butter, or banana

Peanut Butter Pancakes £12.95

vegan and gluten free

two homemade banana pancakes, peanut butter, vegan cream, banana, candied walnuts and agave syrup

SAVOURY

Poached Eggs on Toast £8.50

vegan option available - tofu scramble.
gluten free option available

Everything Toast £15.00

gluten free option and vegan option available

homemade sourdough toast, hot sauce, peacado, baked beans, garlic mushrooms, hash browns, roasted tomatoes, two poached eggs, or tofu scramble and herb drizzle.

Mushroom Toast £12.85

vegan and gluten free option available

homemade sourdough toast, hummus, massaged kale, garlic mushrooms, Crafty Pickle Co. Kimchi, hot sauce, herb drizzle and crispy onions
ADD ON : two poached eggs

£2

Breakfast Bun £11.00

vegan option available

homemade sourdough focaccia, hot sauce, vegan mayo, smoked aubergine bac'n, hash brown and a fried egg, or garlic mushrooms if vegan.

ADD ON:

2 Poached Eggs £2

2 Hash Browns

Garlic Mushrooms

Kimchi

Peacado

Cheese

Red Kraut

Tofu Scramble

Coconut Yoghurt

Hummus £1

Baked Beans

Roasted Tomatoes

Hot Sauce

Peanut Butter

Compote

Banana

VE - VEGAN