

BRUNCH





SCRAMBLED EGGS ON TOAST

£5.45

Creamy scrambled eggs x 3, on white or seeded bloomer

3-EGG OMELETTE

£7.45

Omelette with 2 toppings of your choice: cheese, spinach, tomato, mushroom, ham, spring onions, (additional toppings $\pounds 1.50$ each)

MASALA OMELETTE

£8 45

Masala Omelette - with onions, tomato, chillies, coriander & cumin powder & siracha ketchup, (additional toppings - £1 each).

KASHMIRI OMELETTE

£9.45

Our Masala Omelette above, wrapped in a flaky parantha. Add Masala Beans - £2.55

CILBIR - TURKISH EGGS

£9.95

2 poached eggs, served over a garlic yogurt, and finished with a warm pepper flake butter, pomegranate & mint. Served with slices of toasted sourdough.

EGG BHURJI

£99

Three eggs scrambled with fried onions, ginger, garlic, tomato, green peppers, potato, chillies, cumin, turmeric & coriander. Served on white or seeded bloomer. Swap for Parantha - £1.45

Small Plates & Extras

YOGURT & GRANOLA BOWL

£.4.4

Fat-free greek yogurt, topped with nutty berry granola & seasonal fruits, with a drizzle of honey.

PORRIDGE BOWL

£4.95

Warm Porridge, topped with sliced bananas, blueberries, chia seeds & honey

BEANS ON TOAST (2PCS)

MASALA BEANS ON TOAST

£4.45 £5.45

TOASTED CRUMPET OR TOAST

£2.75

With butter and your choice of the following: Jam, Marmalade, Marmite, Hazlenut Spread.

EXTRA EGG

£1.30

GRILLED HALLOUMI (2 PCS)

£2.75

BACON / VEGAN BACON (EACH)

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AVOCADO / AVO SMASH

£1.50

AVOCADO / AVO SIVIASITI

£2.95

BEANS / MASALA BEANS

£1.75 / £2.75

BOWL OF CHIPS

£2.75

SAUSAGE (EACH)

£1.95

Breakfast & Brunch

BREAKFAST PLATE

£9.95

Two sausages, 2 bacon, 2 poached eggs, baked beans, mushrooms & sourdough slice.

BACON OR SAUSAGE SANDWICH

£4.95

Smoked bacon, or sausages on white or seeded bloomer.

SMASHED AVOCADO ON TOAST

£6.95

Smashed Avocado with lime & red pepper chunks, served on sourdough toast. Add the following:

- Bacon / Vegan Bacon £1.50 each
- Poached Egg £1.30 each
- Grilled Halloumi £2.75 (2 pcs)
- Smoked Salmon £2.95

EGGS ROYALE

£9.45

Two toasted English muffins, topped with smoked salmon, poached eggs, and hollondaise sauce. Served with a garnish of baby spinach.

EGGS BENEDICT

£8.95

Two toasted English muffins, topped with thick cut ham, poached eggs, and hollondaise sauce. Add sliced/smashed avocado - ± 2.95

SALMON BAGEL

£7.95

Smoked Salmon & herby cream cheese on an open toasted bagel, with lime. Topped with a sesame & chilli seasoning. Add a Poached Egg - £1.30 each.

CALI BREAKFAST

£9 95

Smoked Salmon, Avocado, 2 Scrambled Eggs & Sourdough, seasoned with lime & chilli, served with rocket, feta & tomato salad.

SCRAMBLED TOFU ON SOURDOUGH

£7.95

Tofu scrambled with cumin, coriander & chilli, with 2 toppings of your choice: spinach, tomato, mushroom, ham, spring onions, (additional toppings £1 each). Served with a salad garnish.

Smoothies - £6,00

DETOX

A multi-vit smoothie with pineapple, apple, spinach, kale, ginger, lemon zest, spirulina, chlorella, wheatgrass & barleygrass.

ENERGY

A natural energy boost containing banana, strawberries, blueberries, raspberries, blackcurrent, spinach, maca, chia seeds, cacao, quarana & apple juice.

DEFENCE

Designed to give your immune system a natural boost, with pineapple, mango, banana, papaya, ginger,flax seed, goji berries, baobab, sunflower seed, pumpkin seeds & apple juice.

Please let us know if you have any allergies or require any information on ingredients used in our dishes. Please note that our extensive menu is prepared using many ingredients including allergens. Whilst every care is taken to do so, we cannot completely eliminate the risk of allergen transfer.



Lunch



Salad Bowls

£4.95 SALAD BOWL Mixed salad leaves, baby tomatoes, cucumber, red pepper, croutons & parmesan.

ADD THE FOLLOWING:

Quorn Chicken	£3.75
Tuna Crunch	£3.75
Chicken Tikka	£3.75
Smoked Salmon	£3.45
Avocado	£2.95
Grilled Halloumi	£3.75

Toasties

On your choice of white or brown bloomer, served with tortilla chips & a salad garnish.

• Add chips for £2

£5.95 **BOMBAY POTATO**

Spiced crushed potatoes, coriander chutney, tomatoes & red onions.

• Add Cheese - £1.00

CAPRESE	£5.95
Mozzarella, tomato, green pesto & rocket	
HAM & CHEDDAR Ham, mature cheddar cheese & dijon mustard.	£4.95
CHEESE & TOMATO Mixed cheese, vine tomatoes & rocket.	£4.95
CHICKEN TIKKA	£5.95

• Add Cheese - £1.00

spinach.

£5.95 CHILLI CHEESE Cheddar cheese, tomatoes, onions, chillies, with coriander chutney.

Sliced chicken tikka, coriander chutney, tomato &

TUNA CRUNCH £5.95 Tuna mayo with red peppers, onions, cucumber, with mozarella cheese.

OUORN CHICKEN £5.95 Quorn, coriander chutney, tomato & spinach.

• Add Cheese - £1.00

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SALMON Smoked Salmon, Cucumber, Cream Cheese & Dill.	£5.95
BLT Smoked Bacon, Lettuce, Tomato & Mayo.	£5.95
FISH FINGER Chunky cod fish fingers, salad & tartare sauce.	£6.45
CHEESE, TOMATO & ONION Cheese, Tomato, Red Onion, Mayo & Oregano.	£4.45

BAKED JACKET POTATO Served with butter & small salad.	
PLAIN WITH BUTTER	£4.25
CHEDDAR & BAKED BEANS	£5.25
TUNA CRUNCH • Add Cheese - £1.25	£6.25
MASALA BEANS & CHEDDAR	£6.25

GARLIC MUSHROOMS ON **SOURDOUGH** Creamy mushrooms & wilted spinach, fried with

£7.95

garlic, served on toasted sourdough and topped with parmesan cheese.

SOUP OF THE DAY £4.95 Served with a warm roll & butter. See board, or ask your server for daily specials.

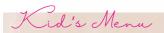
CURRY OF THE DAY £9.95 Served with basmati rice & salad garnish See board, or ask your server for daily specials.

Sides & Small Hates	
BOWL OF CHIPS	£2.75
CHILLI CHEESE CHIPS A bowl of chips, topped with cheese, sired sauce, chilli flakes & onions.	£3.75 caha
TRUFFLE & PARMESAN CHIPS A bowl of chips, tossed in Truffle oil & sa with parmesan.	£3.95 It, topped
SWEET POTATO FRIES	£3.75
GARLIC CIABATTA STICKS (2)	£2.75
onion rings (8)	£3.25
BRUSCHETTA Garlic ciabatta, topped with chopped tom red onions, olive oil and basil.	£3.95 natoes,
GRILLED HALLOUMI Served with sweet chilli sauce, (4 pcs)	£3.95
MAC & CHEESE CROQUETTES Served with sweet chilli sauce, (4 pcs)	£3.95
PANEER SPRING ROLLS (3) Served with tamarind sauce.	£4.45
VEGTABLE SAMOSAS (4) Served with tamarind sauce.	£4.45
LAMB SAMOSAS (4)	£4.95

served with Sweet Chilli Sauce

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SCRAMBLED EGGS ON TOAST £3.95

Creamy scrambled eggs x 2, on a slice of white or seeded bloomer. Add baked beans for £1.

BEANS ON TOAST £3.25

On a toasted slice of white or seeded bloomer.

Add Bacon for £1

BREADED CHICKEN BITES £5.75

Six breaded chicken bites served with chips.

Add baked beans for £1.

QUORN NUGGETS & CHIPS £5.75

Six Quorn 'chicken' nuggets, served with chips.

Add baked beans for £1.

VEGGIE FINGERS & CHIPS £5.95

£4.95

Four vegetable fingers, served with chips. Add baked beans for £1.

BUTTERMILK PANCAKES

Three buttermilk pancakes, topped with sliced bananas, blueberries & maple syrup.

Kid's Menu

CHEESE TOASTIE

£3.95

Cheddar cheese on a white or seeded bloomer, served with a garnish of tortilla chips.

HAM TOASTIE

£3.95

Cooked ham, on a white or brown bloomer. Served with a garnish of tortilla chips.

MARGHARITA PIZZA

£8.00

Handstretched 9" sourdough pizza with herby tomato sauce & mozarella cheese.

Additional toppings: £1.50 each:

- Ham
- Tomatoes
- Mushrooms
- Sweetcorn
- Red onions
- Tuna
- Roast chicken
- Pepperoni

Sides & Extras

BOWL OF CHIPS	£2.75
GARLIC CIABATTA BREAD	£2.00
GARDEN PEAS	£1.50
GRILLED HALLOUMI (2 PCS)	£2.00
EXTRA EGG	£1.00
BACON (EACH)	£1.00
BAKED BEANS	£1.00

Milkshakes - £6.00

TOP BANANA

Luxuriously thick & creamy, it's the pick of the bunch. 290 cals

LIVIN LA VIDA COCOA

Lusciously indulgent belgian chocolate equals pure heaven. 338 cals

VA VA VANILLA

An absolute classic... rich and velvety natural vanilla milkshake. 306 cals

STRAWBERRY GLORY

All hail the summer taste of juicy strawberries in a creamy milkshake. 259 cals.



DRINKS (2)



Soft Prinks

COKE	£2.20
COKE ZERO	£2.20
DIET COKE	£2.20
SPRITE ZERO SUGAR	£2.20
FANTA	£2.20
SANPELLEGRINO Orange Lemon	£2.25
APPLETISER	£3.00
J2O • Apple & Mango • Orange & Passion	£3.00
TONIC WATER / SLIMLINE	£2.20
ORANGE JUICE	£2.00
APPLE JUICE	£2.00
RED BULL	£2.50
RED BULL SUGAR FREE	£2.50
SODA WATER	£2.20
SPARKLING WATER	£2.00

Spirits	25ml	50ml
BACARDI	£4	£7
KRAKEN	£5	£8
GORDON'S PINK GIN	£4	£7
BOMBAY SAPPHIRE	£4	£7
TANQUERAY	£4	£7
TEQUILA	£4	£7
FAMOUS GROUSE	£4	£7
SMIRNOFF VODKA	£4	£7
ABSOLUT VODKA	£5	£8
GREY GOOSE VODKA	£6	£9
JACK DANIELS	£4	£7
BLACK LABEL	£5	£8
ARCHERS	£4	£7
BRANDY	£5	£8
TEQUILA ROSE	£4	£7
JAGERMEISTER	£4	£7

Beer & Cider

DRAUGHT BEERS

Birra Moretti	£5.00
Old Speckled Hen	£5.00
Guiness	£5.00
BOTTLED BEERS	
Peroni	£4.00
Corona	£4.00
Stella Artois 0%	£4.00
MAGNERS	£5.00

Cocktails - £8.00

PASSIONFRUIT MARTINI

ESPRESSO MARTINI

MARGHARITA

Wines & Prosecco

WHITE WINE	Sml / Lrg / Btl
Pinot Grigio	£5 / £6.50 / £18
Sauvingnon Blanc	£6 / £7.50 / £22
RED WINE	
Merlot	£6.50 / £8 / £22
Cabernet Sauvignon	£6.50 / £8 / £22
Malbec	£6.50 / £8 / £22
PINOT GRIGIO BLUSH	£5 / £6.50 / £18
ZINFANDEL	£5 / £6.50 / £18
PROSECCO - 20CL	£7.00
PROSECCO - 75CL	£29.00