

MADE FRESH TO ORDER

ULTIMATE BREAKFAST BUN £7.50

SAUSAGE PATTY, HASH BROWN, BRIOCHE BUN, MAPLE BACK BACON, FRIED EGG, SWISS CHEESE, CHILLI JAM (G) (E) (M) (S)

BREAKFAST WRAP £7.50

SAUSAGE, BACK BACON, HASH BROWN, SCRAMBLED EGG, BEANS, RED/BROWN (G)(E)(SU)

BRIOCHE BREAKFAST BUN

1 FILLING £4 | 2 FILLINGS £5 | 3 FILLINGS £6 (G)(E)(M)

ENGLISH BREAKFAST £12.00

SAUSAGE OR SAUSAGE PATTY, BACK BACON, HASH BROWN, BLACK PUDDING, BEANS, FLAT MUSHROOM, GRILLED TOMATO, FRIED EGG, SOURDOUGH TOAST (G)(E)(SU)

LEAN ENGLISH BREAKFAST £12.00

CHICKEN SAUSAGE, TURKEY BACON, SCRAMBLED EGG, BEANS, MUSHROOM, TOMATO, AVOCADO, SOURDOUGH (G)(E)

VEGAN BREAKFAST £12.00

VEGAN SAUSAGES, VEGAN BACON, BEANS, MUSHROOM, HASH BROWN, ROASTED TOMATO & SOURDOUGH | +ADD EGG 50P (G)(S)(E)

PREP-D OMELETTE £8.00

3 EGGS, CHERRY TOMATOES, SPINACH, LIGHT CHEDDAR, CHICKEN SAUSAGE, CRISPY ONIONS & SRIRACHA MAYO (E)(M)(G)(S)(MU)

BUILD YOUR OWN £8.00

CHOOSE THREE TOPPINGS

PROTEIN PANCAKES

BANANA, MELTED PEANUT BUTTER, PECAN NUTS, MAPLE SYRUP (G)(E)(M)(P)(N) £7.50

FRESH BERRIES, BERRY COMPOTE, FAT-FREE YOGHURT, HONEY (G)(E)(M). £7.50

MAPLE BACON, SAUSAGE PATTY, SCRAMBLED EGG, MAPLE SYRUP (G)(E)(M)(SU) £10.00

SERVED
WED - FRI 8AM - 2PM

ALL SERVED WITH SWEET POTATO FRIES, HOUSE SLAW & ROCKET SALAD

BBQ BRISKET BRIOCHE £12.00
(G)(S) (E)(M)

CHICKEN CAESAR SALAD £12.00
(E)(M)(F)(MU)

CRISPY CHILLI SEITAN SALAD (G)(S) £12.00

CHICKEN & HOT HONEY HALLOUMI WRAP (G)(M) £12.00

HOT CHICKEN BURGER £12.00
(E)(M)

DRINKS

ESPRESSO £2.00

FLAT WHITE £3.80

LATTE £3.80

CAPPUCCHINO £3.80

PROTEIN HOT CHOCOLATE (M) £3.80

TEAS £3.00

ENERGY DRINKS £2.00

NEUTONIC £2.50

CANS £1.50

WATER £1.50

JUICE £2.00

SMOOTHIES (SU) £4.00

MIXED BERRY

TROPICAL

SUPER GREENS

PROTEIN SHAKES (M)(S) £3.50

VANILLA

CHOCOLATE

STRAWBERRY

SALTED CARAMEL

WHITE CHOCOLATE & HAZELNUT (N)

+ADD OATS | BANANA 50P

PRO-TREATS £3.50

ALLERGEN KEY:

(G)GLUTEN | (E) EGGS | (N) NUTS | (M) MILK | (S) SOY | (MU) MUSTARD | (SU) SULPHITES

BREAKFAST BOWLS

OVERNIGHTS OATS	£4.50
SKYR BOWL	£5.00

BURRITOS

CHICKEN SAUSAGE BREAKFAST ((G)(M)(MU))	£6.00
BEEF CHILLI CHEESE ((G)(M)(MU))	£6.50
CREAMY FAJITA CHICKEN ((G)(M)(MU))	£6.00

PREP-D MEALS

BEEF	£6.50
PORK	£6.50
CHICKEN	£6.00

SERVED MON & TUE 8AM - 2PM

ESPRESSO	£2.00
FLAT WHITE	£3.80
LATTE	£3.80
CAPPUCCHINO	£3.80
PROTEIN HOT CHOCOLATE (M)	£3.80
TEAS	£3.00
ENERGY DRINKS	£2.00
NEUTONIC	£2.50
CANS	£1.50
WATER	£1.50
JUICE	£2.00
SMOOTHIES (SU)	£4.00
MIXED BERRY	
TROPICAL	
SUPER GREENS	
PROTEIN SHAKES (M)(S)	£3.50
VANILLA	
CHOCOLATE	
STRAWBERRY	
SALTED CARAMEL	
WHITE CHOCOLATE & HAZELNUT (N)	
+ADD OATS BANANA	50P
PRO-TREATS	£3.50

LUNCH TIME MEAL DEAL

PREP-D MEAL

+ WATER

+ PRO-TREAT

£10.00

ALLERGEN KEY:

(G) GLUTEN | (E) EGGS | (N) NUTS | (M) MILK | (S) SOY | (MU) MUSTARD | (SU) SULPHITES