



IN VIA  
LACTEA

MENU

# DRINKS

## ESPRESSO

### BAR

Hand crafted barista drinks

Espresso	£3.15
Cortado	£3.40
Americano	£3.40
Latte	£3.80
Cappuccino	£3.80
Mocha	£4.25
Flat White	£3.80
Hot Chocolate	£4.00
Chai Latte	£4.20
Dirrty Chai	£4.50

Affogato £3.90

Iced Latte	£4.25
Iced Americano	£4.25
Iced Mocha	£4.50
Iced Chai	£4.50
Iced Dirrty Chai	£4.75
Frappe Latte	£4.25
Frappe Mocha	£4.50

#### Teas:

English Breakfast	£3.00
Earl Grey	£3.15
Peppermint	£3.15
Green	£3.15
Decaf	£3.15
Rooibos	£3.15

#### Extras:

Whipped Cream	£0.65
Vegan Cream	£0.65
Marshmallows	£0.65
Vegan MalloWS	£0.65
Flavoured Syrups	£0.65

#### Non-Dairy Options:

At no additional charge

Soya Milk	Oat Milk
Almond Milk	Coconut Milk

## ICED TEAS £4.25

Home-made Iced Tea served with a variety of flavours:

Plain  
Peach  
Raspberry  
Lime & Mint  
Ginger  
Blackcurrant  
Passion Fruit

## JUICED

### BAR

Freshly juiced fruit & vegetable drinks,  
all made to order **£5.25**

#### Star Power

Orange & Lime

#### Toxin Cleanse

Orange, Lemon, Apple & Parsley

#### Immunity Guard

Apple & Ginger

#### Celestial Body

Orange & Grapefruit

#### I Feel Green

Apple, Pineapple, Melon & Cucumber

#### Light Speed

Apple, Pineapple, Lemon & Spinach

#### Make Me Younger

Orange, Pineapple & Mango

#### Vitamin Kings

Apple, Mango & Kiwi

#### Five-A-Day

Carrot, Orange, Apple, Lemon & Lime

#### Perfect Pair

Pear, Apple & Cinnamon

#### Roots 'n' Fruits

Ginger, Tumeric, Kiwi, Melon & Pear

#### Betelgeuse

Celery, Carrot, Ginger, Apple

#### Astro Boost

Grapefruit, Cucumber, Celery, Melon & Apple

#### Orange / Apple Juice

Freshly squeezed orange / apple juice,  
made from whole fruit

## BLENDED

### BAR

## Milkshakes

**£5.25**

Thick milkshakes, made with real ice-cream and your choice of flavour.

(Vegan ice-cream option available)

Vanilla

Banana

Chocolate

Strawberry

Oreo Cookie

Coffee

Peanut Butter

Raspberry

Peach

Mint

Caramel

#### Extras:

Additional Flavour £0.65

Malt £0.65

Whipped Cream £0.65

Marshmallows £0.65

Vegan Cream £0.65

Vegan Marshmallows £0.65

## Fro-Yo Drinks

Freshly blended frozen fruit & yoghurt  
drinks **£5.25**

(Vegan yoghurt option available)

Peach, Pineapple & Mango

Strawberry & Banana

Peach

Cherry

Blueberry

Summer Fruits

Black Forest Fruits

A full range of chilled bottled drinks are available on display in the fridge.

## FRESH

### LEMONADE £4.50

Home-made Lemonade served  
with a variety of flavours:

Plain  
Peach  
Raspberry  
Lime & Mint  
Ginger  
Strawberry  
Passion Fruit  
Cherry

## POWER

### SMOOTHIES £5.80

Blended whole fruit and vegetable drinks, for an extra  
healthy punch. Vegan yoghurt option available.

#### The Kale One

Kale  
Yoghurt  
Banana  
Pineapple  
Honey  
Peanut Butter  
Almond Milk

#### The Spinach One

Spinach  
Avocado  
Yoghurt  
Honey  
Cucumber  
Coconut Milk

#### The Oaty One

Apple  
Cinnamon  
Banana  
Yoghurt  
Maple Syrup  
Oats  
Oat Milk

# BREAKFAST

## CLASSICS

<b>English Breakfast</b> 2 Sausage, 2 Bacon, 2 Eggs, Mushrooms, Tomato, Baked Beans & Toast	£11.50
<b>Vegetarian Breakfast</b> <b>V</b> 3 vegetable sausage, Avocado, 2 Eggs, Mushrooms, Tomato, Baked Beans & Toast	£11.50
<b>The Full Monty</b> Black Pudding, 2 Hash Brown, 2 Sausage, 2 Bacon, 2 Eggs, Mushrooms, Tomato, Baked Beans & Toast. Served with a choice of Tea or Coffee.	£16.00
<b>The Big Breakfast Wrap</b> Sausages, Bacon, Eggs & Baked Beans in grilled Tortilla Choice of ketchup or brown sauce or BBQ sauce	£9.50
<b>The Veggie Breakfast Wrap</b> <b>V</b> Vegetable Sausages, Avocado, Eggs & Baked Beans in grilled Tortilla Choice of ketchup or brown sauce or BBQ sauce	£9.50
<b>Classic Breakfast Sarnie.</b> Basic breakfast sandwich, choose from: Bacon, Sausage, Vegetable Sausage <b>V</b> or Egg <b>V</b> Choice of white/brown bread or bagel, ketchup/brown sauce. Gluten Free sliced bread option available.	£5.10
<b>Breakfast Muffin</b> Sausage, Bacon & Egg, choice of sauce, served in toasted English Muffin.	£7.50
<b>Veggie Breakfast Muffin</b> <b>V</b> Veggie Sausage, Avocado & Egg, choice of sauce, served in toasted English Muffin.	£7.50



## EXTRAS

Sausage £2.00, Bacon £2.00, Vegetable Sausage £2.00, Egg £1.00, Avocado £1.00, Cheese £1.00, Salmon £2.00, Hash Brown £1.00, Black Pudding £2.00, Baked Beans £1.00, Mushrooms £1.00

## LIGHT BITES

Toast <b>V</b> (Honey/Jam/Marmalade/Marmite/Nutella + 50p each)	£2.40
Pastry <b>V</b> Pain au Chocolate or Plain Croissant	£2.75
Toasted Croissant Ham & Cheese, Cheese & Tomato <b>V</b> , or Plain Cheese <b>V</b>	£4.20
Fresh Fruit Granola Bowl <b>V</b> Granola, yoghurt and fresh fruit Make it <b>VEGAN</b> with Dairy-Free yoghurt option	£4.25
Porridge <b>V</b> Dairy or Vegan option (One topping included, choose from Honey/Jam/Marmalade/Seeds Mix . Additional toppings + 50p each)	£4.25
Baked Beans on Toast <b>V</b>	£5.10

## EGGS & FISH

Scrambled Eggs on Toast <b>V</b>	£5.10
Scrambled Eggs with Smoked Salmon Served on toasted muffin	£9.50
Smashed Avocado & Poached Eggs on Toast <b>V</b>	£7.50
Soft Cheese & Smoked Salmon Bagel	£7.50
Eggs Benedict Poached eggs, bacon & creamy Hollandaise Sauce, served on toasted muffin	£9.50
Eggs Florentine <b>V</b> Poached eggs, wilted spinach & creamy Hollandaise Sauce, served on toasted muffin	£9.50
Eggs Royale Poached eggs, smoked salmon & creamy Hollandaise Sauce, served on toasted muffin	£10.50

## COMBO DEALS

Classic Breakfast Sarnie & Coffee Combo Choice of Classic Breakfast Sarnie & standard hot drink	£8.00
Pastry & Coffee Combo Choice of regular pastry & standard hot drink	£6.00

**Breakfast Combo offers valid until 11:00 only**

## EXTRAS

Sausage £2.00, Bacon £2.00, Vegetable Sausage £2.00, Egg £1.00, Avocado £1.00, Cheese £1.00, Salmon £2.00, Hash Brown £1.00, Black Pudding £2.00, Baked Beans £1.00, Mushrooms £1.00

Our pork Sausages and Vegetable Sausages are **GLUTEN FREE**, so you can make many of our breakfast range items Gluten Free by simply swapping out the bread - Gluten Free sliced bread & Gluten Free Panini are available upon request. Please note, Gluten Free alternative may vary slightly in size and shape to original menu items.

# MEALS

## SAVOURY MEALS

<b>Jacket Potato</b> Choose your filling from: Cheese V, Baked Beans V, Baked Beans & Cheese V, Tuna Mayo, Prawn Mayo, Chicken & Bacon Mayo, Chicken Tikka, Coronation Chicken, BBQ Pulled Pork or Chilli con Carne. Served with a choice of Coleslaw or Side Salad	£8.25
<b>Loaded Potato Skins</b> Six potato shells, loaded with melted cheese and your choice of Bacon or Mushroom V. Served with spicy salsa, sour cream & guacamole dips.	£9.50
<b>Quesadilla</b> Pan-Fried tortilla, filled with cheese, onions, mixed peppers, courgette & fajita spices. Choose from: Chicken, Ham or Plain Cheese V. Served with spicy salsa, sour cream & guacamole dips.	£10.50
<b>Gammon &amp; Eggs</b> Cold Wiltshire Gammon, topped with fried eggs, served with potato wedges and choice of salad or coleslaw.	£11.50
<b>Lasagne</b> Generous slab of homemade beef lasagne served with salad and garlic bread.	£11.50
<b>Croque Monsieur</b> The ultimate toasted ham & cheese sandwich, done the French way! Thick toasted bread with Ham, Cheese, Bechemel Sauce, served with Salad & Coleslaw	£9.50
<b>Croque Madame</b> A Croque Monsieur, with the added extra twist of a fried egg on top! Thick toasted bread with Ham, Cheese, Bechemel Sauce, Egg, served with Salad & Coleslaw	£10.50
<b>Soup of the Day (seasonal availability)</b> fresh homemade soup, served with toasted ciabatta and optional croutons. Check the bar for today's offering.	£6.50
Bowl of Wedges V	£4.25
<b>OMELETTE</b> Served with toast and your choice of salad or coleslaw.	
Plain V	£8.75
Cheese V	£9.25
Vegetable (onions, peppers, courgette & cheese) V	£10.25
Feta & Sundried Tomato V	£10.25
Ham & Cheese	£10.75
Smoked Salmon & Cheese	£11.25



## NOT SO SAVOURY MEALS

<b>Pancakes</b>	
American style pancakes, with a choice of toppings, served with whipped cream and ice-cream.	
Bacon & Maple Syrup	£7.50
Banana Berry Nutella, Banana, Strawberry, Blueberry, Chocolate Sauce V	£7.50
Strawberry Strawberry sauce and fresh strawberry V	£6.50
Biscoff or Nutella or Maple Syrup V	£5.75

## SALADS

Chicken & Bacon Caesar Salad	Cos lettuce, chicken, bacon, tomatoes, cucumber, parmesan cheese & garlic croutons, served with garlic bread & Caesar dressing.	£11.00
Prawn & Avocado Salad	Mixed leaf salad, prawn mayo, avocado, onions, tomatoes & cucumber, served with garlic bread & prawn cocktail dressing.	£11.50
Chicken & Goats Cheese Salad	Mixed leaf salad, chicken, goats cheese, tomatoes, cucumber & black olives, served with garlic bread & honey mustard dressing.	£11.25
Classic Greek Salad V	Mixed leaf salad, cucumber, cherry tomatoes, black olives, feta cheese, sun dried tomatoes, red onion & home made vinaigrette, served on grilled tortilla.	£11.00
Avocado & Walnut Salad V	Rocket, avocado, goats cheese, walnuts & onions, served with garlic bread & honey mustard dressing.	£11.00
Smoked Salmon Salad	Mixed leaf salad, smoked salmon, boiled egg, cucumber, tomatoes, olives & avocado, served with garlic bread & balsamic vinegar.	£11.50
Small Side Salad V	Mixed leaf salad, tomato, onion, cucumber & balsamic glaze.	£4.15
Side Coleslaw V		£2.65

# SARNIES

## COLD SANDWICH

£6.40

All cold sandwiches are served with lettuce, tomato and cucumber as standard, and are made on a choice of bread: sliced white/brown bloomer, gluten free sliced, or bagel.

Ham	Tuna Mayo	Grilled Chicken
Ham & Cheese	Prawn Mayo	BBQ Pulled Pork
Cheese & Sandwich Pickle ✓	Chicken & Bacon Mayo	Avocado Salad ✓
Cheese & Onion ✓	Coronation Chicken	
Brie & Cranberry ✓	Chicken Tikka	

Extra meat fillings +£2.00  
Extra avocado +£1.00  
Extra cheese +£1.00  
Across all menu range

## HOT GRILLED WRAPS

£7.00

Hot Chilli Chicken Wrap	Chicken, Onion, Lettuce, Cheese & Hot Chilli Sauce.
BBQ Chicken Wrap	Chicken, Onion, Lettuce, Cheese & BBQ Sauce.
Piri Piri Chicken Wrap	Chicken, Onion, Lettuce, Cheese & Piri Piri Sauce.
Chicken Caesar Wrap	Chicken, Tomato, Lettuce, Cheddar, Parmesan & Caesar Dressing.
Chicken & Bacon Mayo Wrap	Chicken & Bacon Mayo, Tomato, Lettuce and Cheese.
Coronation Chicken Wrap	Coronation Chicken, Tomato, Lettuce & Cheese.
Chicken Tikka Wrap	Chicken Tikka, Onion, Lettuce & Cheese.
Honey Mustard Chicken Wrap	Chicken, Onion, Lettuce, Cheese & Honey Mustard Dressing
BBQ Pulled Pork Wrap	BBQ Pulled Pork, Red Onions, Coleslaw & Cheese.
Tuna Mayo Wrap	Tuna Mayo, Lettuce & Cheese. Choose from Onion and/or Sweetcorn.
Wicked Tuna Wrap	Tuna Mayo, Jalapeno, Onions, Lettuce, Cheese & Hot Chilli Sauce.
Vegan Veggie Wrap ✓	Mixed Veg, Vegan Mayo, Lettuce & Vegan Cheese.

## HOT TOASTED PANINI

£7.00

Ham & Cheese	Chicken & Bacon Mayo & Cheese	BBQ Pulled Pork & Cheese
Cheese & Onion ✓	Coronation Chicken & Cheese	
Mediterranean ✓	Tomato, Onion, Mozzarella & Basil	Pesto Panini ✓
Quattro Formaggi ✓	Cheddar, Mozzarella, Parmesan & Goats Cheese	Vegan Panini ✓
Bosco Panini ✓	Sauteed Mushrooms, Garlic Mayo, Red Onions, Rocket & Goats Cheese	Tuna Melt
Italian B.M.T.	Ham, Pepperoni, Salami & Mozzarella	Chorizo Panini
Mexican Panini	Chicken, Salsa, Jalapeno, Onion & Cheese	Somerset Panini
Sautéed Veg ✓	Pesto, sauteed courgetts, peppers & onions, with mozzarella	

## COMBO DEALS

### THE LUNCH MEAL DEAL

Choose:

A. Cold Sandwich, Hot Toasted Panini or Hot Grilled Wrap

B. Packet of Crisps

C. Bottle of soft drink

**Only £10.00**

Gluten free sliced bread & Panini available upon request.  
Please note, gluten free alternative may vary in size and shape to original menu items.

### Panini Of The Day

Daily Panini on offer at only £6.50. See Specials Board in store for details.

10% Discount applicable to full price products only, not applicable to already discounted items such as Combo Deals, & Panini of the Day



IN VIA LACTEA

In Via Lactea, Ground Floor, St Bartholomew's House, Lewins Mead, Bristol, BS12NH.

Tel: 01179291652 Email: [Bristol@invialactea.com](mailto:Bristol@invialactea.com) Website: [www.invialactea.com](http://www.invialactea.com)

Monday – Friday 07:00-17:30

Saturday 08:00-17:00

Sunday 09:00-1500

Venue available

for private hire.

Bespoke corporate  
catering provided.

Independent café set in Bristol Old Town, at the foot of the Christmas Steps on the grounds of the historic St Bartholomew's Hospital.

## House Rules of Etiquette

Please buy your food & drink here. It is rude to consume food brought in from elsewhere, whether a packed lunch or from a competitor.

Please reduce your footprint & occupy less space. If the café is busy, be aware of your surroundings and please make space available for other guests.

Please limit your visit to 2 hours. If you need more time, then you are welcome to stay longer, however we ask that you reboot your stay & make a further purchase.

We appreciate that customers may want to work or use laptops whilst enjoying their visit – we are happy to facilitate this and only ask that you understand this should be in conjunction to you purchasing food & drink, not instead of, and that you make your purchase with us a priority over settling into your work. Power points and Wi-Fi are available for your use – please make your purchases equal to your use of our facilities.

We depend on you to support us as a small, independent, local business so that we can continue to provide you with great coffee, great food, great people, and an amazing venue to enjoy them in.

*A range of cakes & sweet treats available,  
including homemade specials.  
Cookies & Pastries baked fresh in store daily.*



@in.via.lactea\_bristol



@InViaLactea



@InViaLactea



@in.via.lactea

10% Student/NHS/Blue Light discount available on food & drink when applicable I.D. presented.

Discount only applies to full price products, not applicable to Combo Deals, Daily Special Panini "Working Lunch Box" or "Lunch Meal Deal".