

ALL DAY EATS.

 toast {variety of toppings} £ 3

*JAM, PEANUT BUTTER, MARMITE, OR BISCOFF
SERVED ON WHITE OR GLUTEN FREE BREAD*

 hot porridge £ 3

WITH FRUIT & SEEDS MADE WITH COCONUT MILK

sourdough crumpets £ 3

SERVED WITH BUTTER & JAM, OR MARMITE

fluffy pancakes £ 5

TRIPLE STACK WITH BERRY COMPOTE & MAPLE SYRUP

 coronation chickpea sarnie £ 5

*SMASHED CHICKPEAS IN A CORONATION SAUCE,
WITH MANGO & SULTANAS.
(AVAILABLE ON GLUTEN FREE BREAD)*

 'cheese' & onion toastie £ 5

*MATURE 'CHEDDAR' & CARAMELISED ONION CHUTNEY.
(AVAILABLE ON GLUTEN FREE BREAD)*


benedict muffin £ 5

*SMOKED CARROT LOX, TOFU EGG IN A TOASTED ENGLISH MUFFIN
WITH VEGAN HOLLANDAISE SAUCE*

kids lunch box £ 5

*'HAM' SANDWICH, CUCUMBER & CARROT STICKS,
HUMMUS, GRAPES, HIPPEAS OR SEAWEED CRISPS
& A CHOC BROWNIE*

 gluten free available

if you have allergies please let
a member of staff know 

'sausage' bap

£ 5

LINCOLNSHIRE 'SAUSAGES' WITH CHILLI JAM
IN A SOFT BAP

breakfast burrito

£ 5.50

SCRAMBLED TOFU 'EGG', HASH BROWNS, MUSHROOMS & AVOCADO
IN A SPINACH TORTILLA

bhaji pitta

£ 5.50

ONION BHAJI, MANGO CHUTNEY, PICKLED RED CABBAGE, HUMMUS
& CUCUMBER IN A TOASTED FLATBREAD

kebab wrap

£ 5.50

VEGAN KEBAB WITH HOMEMADE SLAW IN A
BEETROOT & CHIA SEED WRAP

NY deli sandwich

£ 5.50

'PASTRAMI', RELISH, SMOKED CHEESE & PICKLES
IN SOURDOUGH BREAD

oyster MLT

£ 5.50

SMOKED OYSTER MUSHROOMS, SMASHED AVOCADO, LETTUCE,
TOMATO & GARLIC MAYO SANDWICH

bbq summer sarnie

£ 5.50

BBQ TEMPEH SLICES, SMASHED AVOCADO, MAYO & PICKLED
PINEAPPLE IN SOURDOUGH BREAD

falafel salad box

£ 5.50

MIXED SEASONAL SALAD WITH FALAFEL, SEEDS & HUMMUS



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seasonal soup

£ 5.50

- SWEET POTATO & COCONUT
- TOMATO & BASIL
- MEXICAN SPICY LENTIL & BEAN

SERVED WITH SOURDOUGH OR GLUTEN FREE BREAD

katsu chick'n flatbread

£ 5.50

CHICK'N PIECES IN A KATSU CURRY SAUCE SERVED ON A FLATBREAD

'meatball' marinara baguette

£ 5.50

'MEATBALLS' IN A MARINARA SAUCE SERVED IN A BAGUETTE WITH MOSSARISELLA

ciabattas

£ 5.50

COMES 3 WAYS SERVED WITH SALAD & CRISPS:

- PESTO, SUNDRIED TOMATO & MOSSARISELLA
- SMASHED AVOCADO, RED PEPPERS & SMOKED APPLEWOOD 'CHEESE'
- SWEET CHILLI, HUMMUS, 'CHORIZO' & 'HALLOUMI'

bao buns

£ 6

BBQ PULLED JACKFRUIT & KIMCHI SALAD
SERVED IN STEAMED BAO BUNS



breakfast platter

£ 7

MUSHROOMS, SCRAMBLED TOFU, AVOCADO, TOMATO, 'SAUSAGE',
& BAKED BEANS, WITH SOURDOUGH OR GLUTEN FREE TOAST

seasonal cakes & pastries available in
our cake fridge from £2.50



gluten free available

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