



Morning Menu

Tuesday - Friday from 10am - 11.45pm

Toasted

TOASTED MUFFIN, butter & jam	£2.25
TOAST, butter & jam	£2.00

Hot Dishes

MID WEEK BREAKFAST sausages, bacon, tomato, egg, baked beans, toast & house tea or Americano (GF*)	£6.95
BREAKFAST PLATE mini natural yoghurt & fresh fruit pot, small glass of fresh orange juice & poached egg on muffin with spinach. (GF*)	£7.25
HOT VEGAN BREAKFAST Hash brown, vegan sausage, tomato, mushrooms, beans, spinach & vegan roll	£8.95
SCRAMBLED EGGS on brown toast, white toast or sour dough (GF*) with local smoked salmon	£4.95 £8.95
SAUSAGE OR BACON BAP (GF*) with poached egg	£4.00 £4.95
'THE BIG BAP' (GF*) Sausage, Bacon, Egg & Tomato Relish	£6.25
MALTED WAFFLE with crispy bacon & maple syrup or fresh fruit & maple syrup	£7.25
VEGAN SAUSAGE BAP tomato relish with poached egg	£4.00 £4.95
GRILLED SOURDOUGH (GF*) cherry tomatoes, portobello mushroom, spiced oat crumble add a poached egg	£7.25 £8.25

Pastries

HOMEMADE SCONE	£1.75
PORTUGUESE CUSTARD TART	£2.75
HANDMADE LEMON SILVANA (Filipino frozen cookie)	£3.00
WARM PEAR & ALMOND TART with whipped cream	£4.95
CARAMELISED APPLE TART with vanilla ice- cream (please allow 15 min.)	£4.95
CHOCOLATE & COCONUT TART with raspberries (V.A.) (GF)	£4.95

Juices

FRESH ORANGE JUICE	£2.95
MIMOSA - fresh orange juice & fizz	£7.95
PINEAPPLE, TOMATO OR GRAPEFRUIT JUICE	£2.65

Coffees

AMERICANO	£2.45
FLAT WHITE	£3.10
DOUBLE ESPRESSO, CORTADO, MACCHIATO	£2.50
CAPPUCCINO	£3.10
LATTÉ	£3.10
Add a syrup shot (caramel, vanilla, hazelnut) (Gm free soya or oat milk available)	£0.30

Teas

HOUSE TEA	£2.10
EARL GREY, CHAMOMILE, PEPPERMINT	£2.60

Food allergies & intolerances

Please speak to our staff about the ingredients in your meal, when making your order. Thank you.

GF - made from non gluten products GF* - can be made with non gluten products
(however please note there are gluten products throughout the kitchen & although we can make products with gluten free materials we cannot guarantee they are free from gluten).

V - made from vegan products V.A. - can be made with vegan products