

Breakfast Delivery Menu

(Delivery Fee £2.00 per order)

Cold Breakfast Options

Bircher Muesli £3.25

Protein Pots £3.25

Chia Pot £3.25

Fruit Salad £3.25

Vegan Yogurt with Compote and Seeds £2.85

La Fermiere Yogurt Pots £3.25

Plain Croissant or Pan au Chocolat £1.75

Mini Pastry – pan au chocolat, plain croissant, pan a raisin £0.85

Filled croissant – cheese and ham or cheese and tomato (option to toast) £3.85

Hot Breakfast Options

Bacon sandwich £3.75

Sausage sandwich £3.75

Herby Omelette and Avocado £3.75

Porridge £3.25 – With 2 toppings (banana, honey, seeds, Nutella, compote, nut butter, Bon Maman jam, cacao nibs)

Sourdough Toast and Butter £2.25 – With 1 topping (banana, honey, seeds, Nutella, compote, nut butter, Bon maman jam) Extra cost add cheese and or ham £0.75

Toasties £3.95 – Cheese and ham, cheese and tomato (V), cheese and onion, Italian tuna melt

Cold Lunch

Protein Egg Pot £3.25

Protein Prawn Pot £3.75

Protein Chicken Pot £3.75

Humous and Crudit  Pot £3.00

Side Salads –(Check daily menu)

£4.95

Cauliflower Salad

Butternut Squash and Feta Salad

Greek Salad

Rainbow Noodle Salad

Big Salads – (Check daily menu)

£6.95

Ham, Egg and Baby Potato Salad

Chargrilled Pear and Brie Salad

Chargrilled Mediterranean Vegetable Salad with Mozzarella, Tomato and Basil

Falafel and Humous Salad

Quiche of the day with Salad

Sandwiches and Baguettes – Check on the day

£4.95

Cheese and Ham

Sausage and Caramelised Onion

BLT

Ham, cheese & tomato (with mustard)

Hot Lunch

Toasties

£3.95

Cheese and ham

Cheese and tomato (V)

Cheese and onion

Italian tuna melt

All Day Snacks

Brownie £2.50

Daily cake Selection £2.75

Kind Bar £1.50

Deliciously Ella Energy Ball £3.00

Deliciously Ella Oat Bar £2.50

Michel et Augustin cookies £1.50

Mallow and Marsh Raspberry Bar £2.50

Willies Mini Cacao Bar £1.25

Emily Crisps – Crunchy Sweet Potato Carrot and Beetroot £2.20

Emily Crisps – Crunchy French Beans, Sugar Snap Peas and Black Edamame £2.20

Emily Crisps – Crunchy Red Apple £2.20

Proper Corn £2.00 – Sun-Dried Tomato and Chilli, Chocolate, Sour Cream and Black Pepper

Eat Real – Quinoa Puffs White Cheddar Flavour

Eat Real £1.75 – Quinoa Chips Sun-Dried Tomato and Roasted Garlic Flavour

Eat Real £1.75 - Humous Chips Sea Salt Flavour

Cold Drinks

Fresh Orange Juice £3.00

Fresh Apple Juice £3.00

Fresh Juice of the Day £3.00

Ginger Shot £1.50

Belvoir Raspberry Lemonade £2.20

Belvoir Elderflower Presse £2.20

Can O Water Still £1.20

Can O Water Sparkling £1.20

Fentimans Ginger Beer £2.20

Fentimans Cola £2.20

Rebel Kitchen Coconut Water £2.85

Smoothies

£4.50

Pash 'N' Shoot – Mango, passionfruit and pineapple

Strawberry Split – Strawberry and banana

Berry Go Round – Raspberry, strawberry and blackberry

Big Five – Strawberry, kiwi, mango and pineapple

Blueberry Thrill – Blueberry, banana, raspberry and flaxseed

Coco Loco – Coconut, pineapple, mango and mint

Hot Drinks

*Choose dairy free milk for £0.25 – Oat, Coconut, Almond*

All our coffee is CRU KAFE Organic Merchants Blend

Single/Double Espresso or Macchiato £1.85/£2.00

Flat White £2.40

Americano £2.20

Latte £2.50

Cappuccino £2.50

Mocha £2.95

Hot Chocolate £2.75

Iced Coffee £2.20

Hot Chocolate £2.75

Joe's Tea Organic Range £2.00 – English Breakfast, Earl Grey,

Joe's Tea Organic Range £2.20 - English Decaf, Choco-Roo Brew, Proper Peppermint, Queen of Green, Sweet Chamomile, Feisty Turmeric Guru