

Food

Poké bowls

Sesame ginger tofu, brown rice, raddish, edamame, carrot, spring onion (vgn, gf)	£9
Haloumi, brown rice, raddish, mango, avocado, spring onion (v, gf)	£9
Cajun chicken, brown rice, raddish, mango, avocado, spring onion (gf)	£9
+ egg or + kimchi	£2

Sandwiches

Chicken bacon & avocado	£10.5
Falafel, hummus, cucumber & tomato (vgn)	£9

On toast

Avocado, tamari seeds (vgn)	£9
Mushrooms [spinach or creamy garlic] (vgno, v)	£9
Eggs [scrambled, poached or fried]	£7

Soup of the day [see specials board] (v) **£6**

Quiche of the day [see specials board] (v) **£5**

Frittata of the day [see specials board] (v) **£5**

Kids' pasta tomato & basil sauce (vgn) **£5**

Vegan roll harissa sweet potato, chick pea, lentil (vgn) **£5**

Sausage roll pork, black pudding **£5**

Pineapple, banana, spinach, mint, coconut milk **smoothie** (vgn, gf) **£5.5**

Blueberry, banana, almond butter, oat milk **smoothie** (vgn) **£5.5**