

Food

Winter Salad Bowl

Curried chickpea, spinach, butternut squash, sweet potato, crispy pickled beetroot and tamari seeds with balsamic glaze (gf)

Choose your topping:

Marinated tofu balls (vgn)

Lemon, garlic chicken

Halloumi

£11

Sandwiches

Chicken, bacon, avocado

£10.5

Tofu balls, spicy tomato salsa, spinach (vgn)

£9

On Toast

Avocado, tamari seeds (vgn)

£9

Mushrooms [spinach or creamy garlic] (vgno, v)

£9

Eggs [scrambled, poached, fried]

£7

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

£6

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

£5

Vegan roll mushroom, chestnut (vgn)

£5

Sausage roll pork, onion, sage, chilli

£5

Pineapple, banana, spinach, mint, coconut milk **smoothie** (vgn,

£5.5

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

£5.5