

DRINKS

JUICES / FIZZY POP

Homemade Elderflower 3.00
Homemade Lemonade 3.00
still or sparkling, served w/ mint

Homemade pink lemonade (tart)
lemons + raspberries & grapefruit

Juices 2.40
Apple, Pear juice or Fresh Orange

Fizzy 2.40
Fentiman's Cola or Ginger Beer.
Coca cola, Orangina

BLENDED

Verry Berry Crush (v) 4.00
Frozen berries and apple juice
blended into a refreshing blast.

Breakfast smoothie (V) 4.00
Banana, coconut & oat milks and
frozen strawberries & blueberries.

Milkshake 4.00
Made with homemade ice cream
Vanilla or Chocolate or Banana or
Strawberry or
Espresso +0.50

Toasted Coconut Frappe (v) 4.00
Toasted coconut 'milk' with a shot of
espresso and chocolate. Blended
with ice and dates.

ICED COFFEE

Iced latte 2.70
Iced filter 2.50

BEER

Time and Tide are a great local
brewery
Spratwaffler Pale Ale, (3.7%)
3.50
All in Jim APA, (5.4%) 3.90
Peroni lager (4.7%) 3.50

WINE (125 ml glass) 3.80

Santa Julia 2015, Mendoza, Argentina.
Organic | Malbec | 13%
Medium bodied and well rounded

Ciello Bianco 2015 Sicily, Italy
Organic | Cataratto | unfiltered | 13.5%
Dry with citrus notes

BREAKFAST (served till 12)

Sourdough toast served with butter 1.50
jam / marmalade / nutella / marmite / honey +0.50

Bacon sandwich (*black pig butchers*) 5.00
Bacon and fried egg sandwich 5.50
Bacon and avocado sandwich 6.90

Scrambled eggs on toast 5.00

Bacon, sriracha, avocado and scrambled eggs on toast 7.90

Smoked salmon, avocado and scrambled eggs on toast 11.00

Chorizo, harissa, avocado, dukka and scrambled eggs on toast 8.50

Veggie brunch 9.50
Fried halloumi, roasted squash with coriander, avocado, dukka harissa and
scrambled eggs on toast

Vegan brunch 9.50
Avocado, dukka, hummus, garlic mushrooms, harissa, dressed rocket, roasted
squash w/ coriander on sourdough toast

Big breakfast 12.50
Scrambled eggs, avocado, chorizo, bacon, dukka, halloumi, roasted squash, harissa,
and sourdough toast

Dukka is a hazelnut based seasoning of aromatic spices. (contains sesame)
Sriarchas is a chilli and garlic sauce.
Labneh is natural yoghurt that has been strained of moisture.

Please order at the counter
Ask about any dietary requirements / allergens.



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ON TOAST

Avocado on toast with sriracha and dukka	5.00
Smoked salmon & avo /toast	8.00
Roasted squash on toast with labneh (strained yoghurt) & harissa, served with a lentil salad	8.00
Moroccan baked eggs (Shakshuka) Tomato,garlic, cumin and red pepper sauce with two baked eggs, topped with labneh dukka on sourdough toast	8.50
Add feta	2.00
Add chorizo	3.00

SALADS

Salad bowl Roasted squash w/ coriander, harissa, crunchy slaw, lentil and aubergine salad, avocado, labne, hummus dukkah, sourdough bread	8.50
Add parma ham	2.00
Add smoked salmon	3.00
Ploughman's salad Mature cheddar, spicy carrot chutney, roasted squash, harissa, crunchy slaw, rocket, seeds and sourdough	8.00
Add parma ham	2.00
Add goats cheese	3.00

GRILLED SANDWICHES

The Colonel: Melted mature cheddar	4.50
Add a gherkin	60p
Add spiced carrot chutney	60p
The Governor: Cheddar & smoked ham	6.00
The President: Cheddar, parma ham, rocket, harissa & gherkin	7.90
The Admiral: Goats cheese, red pepper, rocket & pesto	6.90

SANDWICHES

The Pharaoh Hummus, red pepper , rocket & gherkin	5.50
The Major Cheese and slaw	5.00

*Dukka = a hazelnut based, spice mix.
Sriracha = a chilli and garlic sauce
Labneh = strained yoghurt*

QUICHE

Vegetable quiche lunch A wheat free, almond and herb crust, quiche filled with: <i>Med veg: roasted pepper, courgette and feta</i> served with slaw, chutney & lentil salad	8.00
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KIDS

We hope to accommodate all ages, if you'd like a smaller portion or to adapt a menu item please talk to us.

Cheese or jam sandwich	3.00
Kids plate Avocado, cheddar, ham,bread	4.50

SIDES

Slaw Coleslaw with beetroot, cabbage and carrot with a lime and sherry vinegar dressing. (no dairy)	2.00
Lentil side salad Puy lentils, roasted aubergine, carrot and tomato with a sesame oil dressing. Includes sesame oil.	3.00

COFFEE

Espresso		2.10	
All drinks use a 'double' espresso.			
Espresso & hot water			
Americano		2.20	
Espresso & steamed milk			
Latte	(most milky)	2.70	8oz
Flat White		2.60	6oz
Cappuccino		2.60	6oz
Piccolo		2.40	4oz
Macchiato	(strongest)	2.30	2oz
Decaf		+30p	
Non-dairy (soy / oat / coconut)		+30p	

Filter

We make batches of filter coffee throughout the day so there's always a fresh brew that's ready to serve. This is our preference for a black coffee and highlights the brighter and more aromatic flavours. Please ask for a free sample.

Small / Large 2.00 / 2.50

COCOA

Hot chocolate	2.60
Mocha (espresso & chocolate with steamed milk)	3.00

TEA

Mug of breakfast tea	1.80
Pot for 1	2.40
Pot for 2	3.40

We have a range of loose leaf tea & tisanes, including: English Breakfast, Assam, Darjeeling, Keemun, Sencha Green, Jasmine Silver Needle, Earl Grey, Chai spice, Lapsang, Decaf Breakfast, Mint, Rooibos, Camomile, Orange & Passion Fruit.

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