

# CADENCE

## POWER PORRIDGE POTS

Banana, pecan, granola & maple syrup  
Blueberry compote, toasted almond & cinnamon

## TWO SLICES OF SOURDOUGH TOAST

Marmite  
Marmalade

## GRILLED SOURDOUGH SANDWICHES

The "Sir Chris Hoy"  
Vintage cheddar & thick cut ham  
(Little Hoy for children)

The "Wiggo"  
Kale pesto, cheddar & caramelised onion (V)

The "Bethany" **NEW**  
Vegan cheese, pea & mint falafel, harrisa & red onion (Vegan)

The "Naughty Armstrong"  
Pastrami, Swiss cheese, sauerkraut, dill pickle & French's mustard

## HOT PASTRIES

The "Sussex porky"  
The "Kerelan curried pasty" (Vegan)

## SOUP OF THE DAY **NEW**

Cup of soup with slice of buttered sourdough toast

## DAILY SELECTION OF:

Cakes  
Brownies  
Flapjacks

## HEALTHY OPTIONS: **NEW**

Fruit bowl  
Cadence trail mix

## DRINKS

Espresso  
Flat White  
Cappuccino  
Latte  
Spiced Chai Latte  
Zuma Fairtrade  
Hot Chocolate  
Mocha  
Ferrerro Mocha  
Selection of Teappig Teas  
Cawston Presse Can  
Local Apple Juice

\* We do not charge extra for plant milk  
\*\* Please make staff aware of any food allergies you have

Our coffee is roasted by Liquid Spirit Coffee Roasters.



@cadencecycleclub



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