



CURRY

selection

£7.95 Dhaal Lentil
Choice of Protein from our Ingredients Bar
Served with Basmati Rice, Chilli, Coriander, Lime

£7.95 Penang Thai
Choice of Protein from our Ingredients Bar
Served with Basmati Rice, Chilli, Garnish, Coconut Flakes, Lime

£7.95 Katsu
Choice of Protein from our Ingredients Bar
Served with Basmati Rice, Chilli, Garnish, Onion Flakes, Sesame Seeds,

You Can Add £0.75p Veg | £1.00 Protein per Ingredients

ALLERGIES / INTOLERANCES

Please speak to us about your allergies or intolerances before placing your order. Food prepared here may contain cross contaminants

NOT ALL INGREDIENTS ARE LISTED

RAMEN £7.95

Chicken | Beef | Vege | Plant | Make it your way



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EARLYBIRD (Drink Included Before 12pm)

- £4.95 Avocado Breakfast Bun + Hot Drink or Juice**
WholeMeal Bun, Smashed Avocado, Halloumi, Chilli Flakes, Poached Egg
- £4.95 Bacon and Egg Bun + Hot Drink or Juice**
WholeMeal Bun, Hash, Turkey Bacon, Poached Egg | Cheese + 50p
- £4.95 Baked Egg + Hot Drink or Juice**
Poached Egg, Grilled Asparagus, Halloumi, Parmesan
- £4.95 Traditional with a Twist + Hot Drink or Juice**
Choice of Egg, Hash, Turkey Bacon, Vegan Sausage, Toasted Sour Dough

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NOT ALL INGREDIENTS ARE LISTED

BUILD YOUR OWN SALAD £8.95



Leaf



Base



Protein



Veg



Flavour



Sauce



STARTERS

- £3.95 Hummus**
Hummus, Olives, Grilled Pitta
- £4.95 Burrata Pomodoro**
Sliced Tomato, Burrata Balls, Basil, Dressing
- £4.95 Smashed Avocado Bruschetta**
Smashed Avocado, Sour Dough Slice, Drizzle of Molases
- £5.95 Grilled Asparagus**
Grilled Asparagus, Melted Parmesan, Truffle Oil, Sour Dough
- £7.95 Prawn Cocktail**
Prawns, Our Seasoned Sauce, Sliced Avocado, Lemon Slice

SALADS MADE FOR YOU

- £7.95 C & B Salad**
Choice of Chicken, Turkey Bacon, Lettuce, Cucumber, Cherry Tomatoes, Black Olives, Blue Cheese Dressing
- £7.95 Caesar Salad**
Grilled Chicken, Lettuce, Anchovies, Croutons, Caesar Dressing, Parmesan
- £6.95 Greek Salad**
Feta, Cherry Tomatoes, Cucumber, Red Onion, Olives, Dried Oregano, House Dressing
- £6.95 Nicoise Salad**
Tuna, Lettuce, Cucumber, Red Onion, Olives, Croutons, Parmesan, Poached Egg, House Dressing
- £7.95 High Protein Salad**
Choice of Chicken, Lentils, ChickPeas, Cucumber, Red Onion, Olives, Spinach, Quinoa, Parmesan, House Dressing
- £7.95 Keto Low Carb Salad**
Choice of Chicken, Romain Lettuce, Cucumber, Feta, Avocado Grape, Cherry Tomatoes, Chopped Parsely, House Dressing.
Add £0.75p Veg | £1.00 Protein per Ingredients

ALL DAY

- £4.95 4 Egg Omelette**
Create Your Own Omelette ! Choose Your Ingredients From Our Salad Bar
Add £0.75p Veg | £1.00 Protein
- £8.95 Eggs Royale**
Poached Eggs, English Muffin, Smoked Salmon, Hollandaise
- £7.95 Eggs Benedict**
Poached Eggs, English Muffins, Turkey Ham, Turkey Bacon, Hollandaise
- £7.95 Eggs Florentine**
Poached Eggs, English Muffin, Spinach, Hollandaise
- £8.95 Turkish Eggs**
Greek Yogurt, Poached Eggs, Mint, Chilli Oil, Pine Nuts, Wholemeal Pitta
- £8.95 Shakshuka**
Baked Eggs, Chickpeas, Corriander, Pepper, Feta, Red Sauce, Sliced Sour Dough
- £7.95 Avo Toast**
Scrambled Eggs, Sour Dough, Sliced Avocado, Smoked Salmon
- £7.95 CBLT**
Choice of Chicken, Turkey Bacon, Lettuce, Tomato, Mayonnaise, Sour Dough
- £7.95 French Toast Original**
Brioche, Sliced Banana, Chopped Hazelnuts, Maple Syrup, Blueberries
- £7.95 French Toast Tiramisu**
Brioche, Mascarpone Cream, Cocoa Powder, Maple Syrup, Strawberries
- £7.95 Pancake Stack**
Cream Cheese, Strawberry, Blueberries, Raspberry Coulis, Pistachio
- £7.95 Oat / Protein Pancakes**
Oats, Strawberry, Blueberries, Cocoa Butter + Protein Powder / Scoop £1.00

WRAPS | PANINIS

- £6.95 Warm Wrap | Panini**
Choice of Chicken, Charred Broccoli, Spinach, Pesto, Pine Nuts, Lemon, Green Yogurt
Add £1.00 Extra Chicken
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- £6.95 Warm Moroccan Wrap | Panini**
Choice of Chicken, Chickpeas, Roasted Peppers, Toasted Almonds, Tahini, Chillies
Add £1.00 Extra Chicken
- £7.95 Prawn Wrap**
Prawn, Avocado, Lettuce, Cherry Tomatoes, Marie Rose Sauce



POKE

why not try it

- £8.95 Hawaiian**
Grilled Salmon, Sushi Rice, Teriyaki Sauce, Edamame, Mango, Seaweed, Cucumber, Chilli, Sesame Seeds
- £8.95 Spicy Tuna**
Grilled Spiced Tuna, Sushi Rice, Teriyaki Sauce, Chickpeas, Strawberry, Seaweed, Cucumber, Shredded Carrot, Chilli, Sesame Seeds
- £7.95 Vegi**
Sushi Rice, Teriyaki Sauce, Chickpeas, Strawberry, Mango, Seaweed, Edamame, Cucumber, Carrot, Chilli, Sesame Seeds

BUILD YOUR OWN £8.95

Choose upto 6 Ingredients from our Salad Bar

BAO BUNS £7.95

Chicken | Beef | Vege | Plant | Make it your way



+ ANY 10 | FROM OVER 100 INGREDIENTS

*** VEGETARIAN, VEGAN AND GLUTEN FREE OPTIONS AVAILABLE**

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Lorem ipsum



Saladishy



COFFEES

- £2.50 Americano
- £2.95 Cappuccino
- £2.95 Latte
- £2.50 Espresso
- £2.95 Flat White
- £3.50 Mocha
- £2.95 Hot Chocolate
- £3.95 Iced Salted Caramel
- £3.95 Iced Macha Latte
- £0.50 Extra Shot
- £0.50 Sugar Free | Ginger Bread | HazelNut | Vanilla | Caramel

TEAS

- £2.50 English Breakfast Tea
- £2.50 Earl Grey Tea
- £2.50 Decaf Tea
- £2.50 Chamomile Tea
- £2.50 Peppermint Tea
- £2.50 Fruit Tea

DRINKS

- £1.80 Diet Coke | Zero | 7UP Free
- £2.45 San Pellegrino
Grapefruit | Lemon | Blood Orange | Orange
- £1.80 Harrogate Water
- £2.95 Firefly Drinks
Kiwi Lime Mint | Lemon Lime Ginger | Peach Green Tea | Pomegranite Elderflower
- £2.95 Fentimans
Curiosity Cola | Victorian Lemonade | Ginger Beer | Dandelion Burdock

JUICES

- £2.95 Cranberry
- £2.95 Pineapple
- £2.95 Pure Apple
- £2.95 Pure Orange

SMOOTHIES

- £4.50 Strawberry Split Strawberries | Bananas | Orange Juice
- £4.50 Blueberry Thrill Raspberry | Blueberry | Banana | Flaxseed | Apple
- £4.50 Berry Go Round Strawberry | Blackberry | Raspberry | Apple
- £4.95 Avo Go-Go Mango | Spinach | Broccoli | Avocado | Coconut | Ginger | Lime
- £4.50 Kale Kick Mango | Spinach | Kale | Apple
- £4.50 Detox-Zing Banana | Blueberry | Carrot | Courgette | Ginger | Apple
- £4.95 Broccoli Beast Broccoli | Mango | Banana | Pineapple | Spinach | Cucumber
- £4.95 24 Carrot Gold Mandarin | Sweet Potato | Carrot | Turmeric

SHAKES

- £4.95 Strawberry Strawberries | Vegan Cream | Choice of Milk | Sugar Free Sauce
- £4.95 Banana Bananas | Vegan Cream | Choice of Milk | Sugar Free Sauce
- £4.95 Chocoholic Cocoa | Bananas | Vegan Cream | Choice of Milk | Sugar Free Sauce
+ Protein Power / Scoop £1.00

ZERO ALCOHOL COCKTAILS

- £4.50 Espresso Martini
Lyres 0% Coffee Spirit, Stryk 0% Not Vodka, Freshly Brewed Espresso, Natural Sweetener
- £4.50 Salted Caramel Espresso Martini
Lyres 0% Coffee Spirit, Stryk 0% Not Vodka, Espresso, Sugar Free Salted Caramel Syrup
- £4.50 Passion Fruit Martini
Stryk Not Vodka 0%, Passion Fruit Puree, Pineapple, Sugar Free Vanilla Syrup Shot of Belle & Co. 0% Prosecco
- £4.50 Mojito
Stryk 0% Not Rum, Freshly Squeezed Lime, Mint Leaves, Natural Sweetener, Soda Water
- £4.50 Passion Fruit Mojito
Stryk 0% Not Rum, Fresh Lime, Mint Leaves, Natural Sweetener, Passion Fruit Puree, Soda Water
- £4.50 White Peach Mojito
Stryk 0% Not Rum, Freshly Lime, Mint Leaves, Natural Sweetener, White Peach Puree, Soda Water
- £3.95 Sex on the Beach
Stryk 0% Not Vodka, White Peach Puree, Orange Juice, Cranberry Juice
- £3.95 Peach Bellini
Belle & Co. 0% Prosecco, White Peach Puree
- £4.50 Mimosa
Belle & Co. 0% Prosecco, Orange Juice, Grenadine
- £4.50 Electric Lemonade
Stryk 0% Not Vodka, Fresh Lemon Juice, Natural Sweetner, 7UP Free, Blue Curacao
- £4.50 Turquoise Daquiri
Stryk 0% Not Rum, Blue Curacao, Fresh Lime Juice, Pineapple Juice, Natural Sweetner
- £4.00 Purple Haze
Stryk 0% Not Vodka, Blue Curacao, Cranberry Juice

- £3.50 Prosecco Belle & Co. 0% 125 ml Glass
- £9.00 Prosecco Belle & Co. 0% 75 cL Bottle

- £3.50 Rose Prosecco Belle & Co. 0% 125 ml Glass
- £9.00 Rose Prosecco Belle & Co. 0% 75 cL Glass

A refreshing and finely balanced non-alcoholic drink combining sparkling fermented grape juice blended with premium green tea for body, presenting notes of apple and pear with a pleasing acidity.

Guilt-Free 0% Gins

- £1.95 Tanqueray Alcohol Free Gin
- £1.75 Gordons 0.0% Gin
- £1.95 Warners Pink Gin 0%

Mixers

- £1.80 Marlish English Tonic
- £1.80 Marlish Elderflower Tonic
- £1.80 Marlish Raspberry Tonic
- £1.80 Marlish Lemonade

PUNCH ask for availability

- £3.95 Pear and Rose Pear | Rose Water | Sugar Free Cream Soda | Vanilla Pods
- £3.95 Apple Elderflower Apple | Sugar Free Elder Flower Cordial | Mint | Sparkling Water
- £3.95 Tropical Fizz Fruit | Tropical Juice | Pineapple | Kiwi | Sparkling Water
- £3.95 Blue Mist Blueberries | Sugar Free Cream Soda | Suger Free Grenadine | Mint | Flavouring