

YOGHURT BOWLS

Plain £4.50

Fuel Bowl £8.50

Yoghurt, protein powder, peanut butter, banana, chia seeds, almonds & dark chocolate chips

Berries Crunch £8.00

Berries, crunchy granola, flaxseeds & roasted pecans

The Essential £8.00

Yoghurt, seasonal fruits, granola & Greek honey
Add honey or maple syrup +£0.50

PORRIDGE

Plain £4.50

Apple Pie £7.00

Oats, stewed apples with cinnamon, brown sugar, pecans & maple syrup

Banana Nut £7.00

Oats, sliced bananas, walnuts, cinnamon & honey

Peanut Butter Cup £8.00

Oats, sliced bananas, peanut butter & chocolate chips
Add honey or maple syrup +£0.50

AVOCADO ON TOAST £7.00 (VG)

All dishes come with 2 slices of sourdough bread with mashed avocado & salad

Poached / scrambled eggs £3.00

Smoked salmon £3.00

Portobello mushrooms £3.00

Feta cheese £3.00

Halloumi cheese £3.00

Bacon £3.00

Cherry tomatoes £2.50

BREAKFASTS

Only 1 item can be swapped from the breakfasts

Full English Breakfast £16.50

Two free range eggs (fried/scrambled or poached), Cumberland sausages, crispy bacon, grilled tomato, portobello mushroom, hash brown, baked beans & toast with butter

Vegetarian Breakfast £15.50 (VG)

Two free range eggs (fried/scrambled or poached), grilled halloumi & tomato, portobello mushroom, hash brown, baked beans, avocado & toast with butter

Vegan Breakfast £15.50 (V)

Hash browns, homemade falafel, grilled tomato, portobello mushroom, baked beans, avocado, hummus & toast

Full Greek Breakfast £16.50

Two free range eggs (fried/scrambled or poached), village sausage, grilled tomato, Kalamata olives, feta cheese, cucumber, spicy feta dip & pita bread

All served with tea/black coffee or orange juice

(V) Vegan · (VG) Vegetarian
For any allergies or intolerance please ask the staff.

BURGERS

Chicken Burger £14.50

Crispy buttermilk chicken, tomato, lettuce, cucumber & honey-mustard sauce, served with fries

Smashed Beef Burger £16.00

Two smashed beef patties, Red Leicester cheese, tomato, lettuce, pickles, onion & burger sauce, served with fries

Vegetarian Burger £13.00 (VG)

Halloumi & oyster mushroom, rocket, kimchi, tomato & garlic mayo, served with fries

CLUB SANDWICHES

Classic Club £15.00

Honey roast ham, cheddar cheese, bacon, lettuce, tomato, cucumber & mayo in pita, served with fries

Spicy Chicken Club £16.50

Chicken fillet with spicy sauce, cheddar, lettuce, tomato & pickles in pita, served with fries

Veggie Club £15.50 (VG)

Falafel, roasted pepper, tomato, spinach & aioli in pita, served with fries.

Make it vegan with hummus

SALADS

Prawn Salad £12.60

Mixed leaves, prawns, avocado, tomatoes, cucumber, pumpkin seeds & garlic mayo

Caesar Salad £12.60

Romaine, chicken, croutons, parmesan, tomatoes & Caesar dressing

Greek Salad £12.00 (VG)

Tomatoes, cucumber, onion, olives, peppers, feta, oregano & olive oil balsamic vinaigrette, served with pita

Falafel Salad £12.00 (V)

Falafel, quinoa, roasted peppers, cucumber, onion & hummus

Sweet Potato & Kale Salad £12.00 (VG)

Roasted sweet potato, kale, avocado, tomatoes, feta, pumpkin seeds, coriander & vinaigrette

Add pita bread £2.00

SEASONAL SOUP £6.50

Ask the staff for more information

MAKE YOUR OWN TOASTIE

Ham & Cheese £6.50

Cheese & Tomato £6.50

Add-ons:

Fried / scrambled / poached eggs £2.50	Salmon £2.50
Feta cheese £2.00	Halloumi £2.00
Avocado £2.50	Bacon £2.00
Falafel £2.50	Olives £2.00
Mushrooms £2.00	Kimchi £2.50

CHIPS £4.50

EXTRAS

Hash browns £2.50	Avocado £2.50
Salmon £3.00	Eggs £3.00
Bacon £2.50	Halloumi £2.50
Feta £2.50	Oyster mushrooms £3.00

COFFEE MATTERS

HOT COFFEE

Espresso £2.20
Macchiato £2.70
Cortado £3.00
Long black £2.70
Americano 8oz £2.80 / 12oz £3.10
Batch Brew 8oz £2.80 / 12oz £3.10
Cappuccino 8oz £3.30 / 12oz £3.50
Latte 8oz £3.30 / 12oz £3.50
Flat White £3.20

HOT DRINKS

Dark or White Mocha 8oz £3.60 / 12oz £3.80
Dark or White Chocolate 8oz £3.40 / 12oz £3.60
Matcha Latte 8oz £3.50 / 12oz £3.80
Lavender Honey Matcha Latte 8oz £3.90 / 12oz £4.20
Strawberry Matcha Latte 8oz £3.90 / 12oz £4.20
Dirty Matcha Latte 8oz £3.90 / 12oz £4.20
Chai Latte 8oz £3.40 / 12oz £3.70
Dirty Chai Latte 8oz £3.80 / 12oz £4.10
Tea (English Breakfast, Earl Grey, Green Tea, Peppermint, Chamomile, Lemon & Ginger, Super Fruit, Decaf Black Tea) £3.00

ICED COFFEE

Iced Americano £3.20
Cold Brew £3.40
Iced Latte £3.70
Iced Flat White £3.40
Greek Frappe £3.70
Freddo Espresso £3.90
Freddo Cappuccino £4.20

ICED DRINKS

Dark or White Mocha £3.90
Dark or White Chocolate £3.70
Matcha Latte £3.90
Lavender & Honey Matcha £4.30
Strawberry Matcha £4.30
Matcha Tea £3.40
Dirty Matcha £4.30
Chai Latte £3.80
Dirty Chai Latte £4.20
Caramel/Vanilla/Mocha Frappe £4.30
Iced Tea £4.20 (Passionfruit & Lemon, Cucumber & Mint)

POUR OVER COFFEE

V60 £4.20

Chemex £5.10

Aeropress £4.10

EXTRAS

Soya-free Oat / Coconut / Almond £0.40	Honey-free
Extra shot £0.40	Decaf Free
Vanilla / Caramel / Hazelnut / Strawberry syrup £0.40	

COFFEE MATTERS

SMOOTHIES

Pinky Promise £4.60

Strawberries, Banana & Mango

Green Kick £4.60

Kiwi, Mango, Pineapple, Spinach, Kale

Island Dream £4.60

Pineapple, Mango, Lime, Mint, Coconut

Rise & Shine £4.60

Gluten free oats, flax seeds, blueberries, raspberries & banana

Avo Go-Go £4.60

Avocado, broccoli, spinach, mango, coconut, ginger, lime & coconut

Choco Loco £4.60

Oats, chocolate powder, peanut butter & banana

Turmeric Tango £4.60

Oats, turmeric, cinnamon & banana

Add: protein powder for £1.50

COOLERS

Mango & Passionfruit £4.50

Strawberry & Banana £4.50

Blueberries & Blackcurrant £4.50

FRESH SQUEEZED ORANGE JUICE £4.40