



Breakfast & All-Day

8am onwards.

Baked granola with natural yoghurt & apricot compote.

Vg option with oat milk.

6.30

Banana bread with natural yoghurt, berry compote, banana & crushed seeds.

Vg option: peanut butter, sliced apple, banana, berry compote, & crushed seeds.

7.65

Seedy toast a 'rye-style' toast full of sunflower, pumpkin seeds, & quinoa flakes (**vg**). 1 Slice - **1.65**, 2 Slices - **3.30**, 3 Slices - **4.95**

Toppings: honey, raspberry jam, banana, peanut butter, cheese, chutney, cucumber.

60p each

Cannellini beans in a rich tomato sauce served on toasted seedy bread or cheese scone (**vg option**).

7.80

With cheese.

8.40

Baked Spanish omelette with sliced potato, onion, & herbs.

On its own - **6.00**, with a rocket salad - **7.40**. Add a slice of toast - **1.65**

Seedy toast topped with sundried tomato puree & sliced egg.

7.90

Seedy toast topped with sundried tomato puree, capers, & chopped walnuts vg.

7.70

Warm cheese scone.

3.20

Add cheese &/or chutney.

60p each

Cinnamon swirl.

4.20

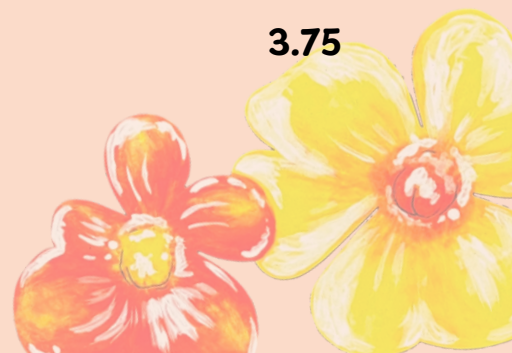
Croissant (plain/add jam) **vg option**.

4.20/4.80

Baked to order, approximately 15 minute wait.

Toasted fruit & nut loaf vg.

3.75





Lunch

12pm onwards

Homemade soup vg. 5.00
Add cheese scone/slice seedy toast **vg.** 6.60

Ploughman's served with a warm cheese scone, two types of cheese, 8.85
caramelised onion chutney, olives with a fig, walnut, & rocket salad.

Salad plate (small/big plate) **(vg).** 6.45/9.90

Grab a plate from the counter & help yourself to the array of colourful bowls full of veggies, grains, nuts & seeds.

Why not:

Add a scone, slice of toast **(vg)** or baked Spanish omelette to your plate.

Kids hummus, veg sticks & chocolate raisins. 5.15

Kids crackers, cheese & chocolate raisins. 5.15



About Us:

We are real foodies & coffee lovers. Nothing makes us happier than creating you a cup of speciality coffee & serving you good quality, wholesome, gluten free food. It is important to us that almost everything on the menu is made from scratch by us.

Please order at the counter, where you will find the drinks menu & cakes.

Sam & Stu.

