

breakfast

PASTRIES - 1.50 - 2.00

Selection of croissants, pain au raisin or pain au chocolate (N)

MARAHAU MUESLI - 3.00

Raw buckwheat, mixed nuts, dried fruit & ginger combined with maple syrup and served with yogurt & fresh berries (N)

OATS - 3.50

Oats with a choice of toppings. See counter.

TOAST * - 2.00

Toasted malted bread served with butter or vegan alternative

CRUMPETS * - 2.20

Toasted malted bread served with butter or vegan alternative

+ CONDIMENTS 50p

London Borough of Jam (Jam of the Week) (V)
Local Honey Man Raw Honey (V)
Manilife Peanut Butter (N)

Our condiments are available for sale in store

EGGS ON TOAST* - 4.75

Two free range eggs served poached on a bed of rocket & sour dough / charcoal toast (V)

AVOCADO ON TOAST* - 4.50

Smashed avocado with a hint of Chilli and Lime served on sour dough (VE) (N)

EGG SANDWICH - 3.75

A free range fried egg in a Charcoal Sesame Brioche Bun with Rocket & Shakshuka Sauce

We have gluten free bread and vegan cheese & spread, so please let us know if you would like to tweak any of our dishes to suite your needs

grilled sandwiches

Sandwiches served with side salad

GRILLED CHEESE * - 4.50

A mix of Cheddar & Mozzarella in a sour dough toasted sandwich. (V)
Try with Encona Hot Pepper Sauce!

HALLOUMI WRAP - 4.50

Pan fried Halloumi with tomato, cucumber & onion salsa and aioli wrapped in a flour tortilla (V)

MOZZARELLA & SUN DRIED TOMATOES* - 4.75

Mozzarella & sun-dried tomatoes, with homemade pesto in a toasted sour dough sandwich. (V) (N)

(not available on weekends)

HAM & CHEESE* - 4.75

Ham roasted in-house with smoked cheese & Dijon mustard on sour dough

MEXICAN BLACK BEAN WRAP - 5.75

Black beans cooked in a mild spicy sauce, sweetcorn salsa, avocado, cheddar cheese and a spicy chipolte sauce wrapped in a flour tortilla. (V)
Vegan cheese available (VE)

salads

HUMMUS SALAD - 5.25

Homemade hummus with a salad of mixed leaves, cucumber, baby tomatoes in fresh pomegranate vinaigrette served with olives, parsley and warm toasted pita bread (VE)

HALLOUMI SALAD - 5.75

Pan-fried Halloumi with a salad of mixed leaves, baby tomatoes and avocado, drizzled with chilli oil served with parmesan croutons. (V)

BLACK BEAN BOWL - 5.75

Mexican black beans, avocado, sweetcorn salsa, tomatoes, corn tortilla chips and smoky chipolte sauce. (VE)

on the counter... weekdays only

From 11:30am.
When they're gone they're gone.

SANDWICHES - 3.00 - 4.50

A selection of fresh sandwiches on soft seeded brioche buns

SALAD OF THE DAY - 4.50

Freshly made salad, changes daily.

SOUP OF THE DAY - 4.50

Freshly made salad, changes daily.

+ DRINK & SNACK - 2.25

Crisps/ Fruit & Drink

+ ORGANIC ROLL & BUTTER - .75

for little ones

TOAST AND* ... 1.75

Jam, honey or peanut butter (N)

SOLDIERS & HUMMUS * - 2.75

Homemade hummus with toast (VE)

BEANS ON TOAST * - 2.75

Heinz reduced salt & sugar beans on toast (V)

GRILLED SANDWICHES * - 2.75

Little toasted sandwich filled with...
Ham roasted in house & cheddar cheese
or
Cheddar cheese & mozzarella (V)

+ A JUICE & POM BEARS

TO ANY KIDS MEAL - 1.50

brunch ... weekends only

HOMEMADE BEANS ON TOAST* 4.75

Haricot beans cooked in a sweet & smoky Chipotle and tomato sauce. (V) Ask for VE butter.
Add Bacon Lardons to the beans

CHEESY TORTILLAS & BEANS - 6.25

Tortillas filled with cheese, grilled & served with sweet and smoky homemade beans. (V)
Vegan cheese avail + 50p (VE)

BREAD - LESS BREAKFAST - 6.75

Sweet and smoky homemade beans, served with a free range poached egg, smashed avocado & plantain (VE) (GF)

extras

FREE RANGE POACHED EGG - 1.50

HOMEMADE BEANS - 2

BACON LARDONS IN THE BEANS - 1

HALLOUMI - 1.50

AVOCADO - 1.50

CHEESY TORTILLA 3

sides

HOUSE HUMMUS - 3.50

Homemade hummus served with warm toasted pita bread.
We make a range of flavours so please ask what type is available.

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