

MENU

FROM 8:30AM
(9.00AM WEEKENDS)

**CRUMPETS / PANCAKES / TOAST**

crumpets, toast or pea flour pancakes (gf) with any of the following toppings

BUTTER (V) / SPREAD	£2.00
JAM/HONEY (V)/MARMITE	£2.50
FRUIT, COMPOTE & SYRUP	£4.00
CHEESE & CHUTNEY (V)	£4.00

BREAKFAST BOWLS

with cow's (v) oat or hemp milk

ORGANIC CORNFLAKES	£2.00
MUESLI / GRANOLA	£3.00
PLAIN PORRIDGE	£2.50
MIXED GRAIN PORRIDGE	£4.00
fruit compote, soaked fruit syrup & oat crumb	
<i>Add yoghurt & honey (v)</i>	+ 50p

DAILY SPECIALS

SANDWICHES	£4.50
a daily selection of freshly made sandwiches	
SEASONAL SOUP	£3.50
served with fresh bread	
SAVOURY TART (V)	£4.00
served with various salads	
SALAD PLATE & HUMMUS	£5.00
mixed salad plate with hummus & pickles	

All dishes vegan unless stated | Meat(m), Fish(f), Veg(v). Allergies Please ask.

POACHED EGGS & HERBS (V)	£4.50
TOMATOES & GARLIC	£5.00
MUSHROOMS & THYME	£5.00
BRAISED ORGANIC BEANS	£5.00

add greens / egg (v) + £1.00

add bacon (m) + £2.00

BREAKFAST SANDWICHES

served on ciabatta rolls

FRITTER SANDWICH	£4.00
greens & brown sauce	
BACON SANDWICH (M)	£4.50
butter & brown sauce	
<i>Add egg (v) + £1.00</i>	

WEEKLY SPECIALS

VEG OF THE WEEK	£ -
vegan special using seasonal vegetables from the farm	
EGGS OF THE WEEK (V)	£ -
fresh organic egg special via The Organic Pantry	
FISH OF THE WEEK (F)	£ -
sustainable North Sea fish via Staals Smokehouse	
MEAT OF THE WEEK (M)	£ -
organic meat special via Cross Lanes Organic Farm	