

ALLERGIES OR INTOLERANCES

Please let us know if you have any allergies or intolerances when ordering. We do handle nuts, seeds and foods containing gluten within our kitchen environment so please talk to us if you are concerned



(V) = VEGETARIAN
(VG) = VEGAN
(GF) = GLUTEN FREE
(N) = CONTAINS NUTS INCLUDING SESAME

(GFO) = GLUTEN FREE OPTIONS:
WE HAVE GF SLICED BREAD AND BAGELS

BREAKFAST

Served until 12PM

EGGS ON SOURDOUGH (V, GFO) Poached or Scrambled	5.95	GRILLED BACON, AVO & EGG (GFO) Poached or Scrambled Eggs on Sourdough	10.95
THE SMALL ENGLISH (GFO) Bacon, Sausage, Tomato, Eggs, Baked Beans, Roasted Garlic & Thyme Mushrooms & a slice of Granary Toast	11.95	THE BIG ENGLISH (GFO) 2 Sausages, 2 Bacon, Tomato, Eggs, Roasted Garlic & Thyme Mushrooms, Baked Beans & 2 slices of Granary Toast	13.95
THE VEGAN (V, VG) 2 Veggie Sausages, Tomato, Asparagus, Roasted Garlic & Thyme Mushrooms, Potato Hash, Baked Beans & Granary Toast	12.95	TOASTED SOURDOUGH / GRANARY BAGEL OR CROISSANT (+0.50) With Choice of Smooth Peanut Butter, Strawberry Jam, Marmalade or Marmite.	3.50

VEGGIE? ADD EGGS 2

We also have dairy free, vegan spread! (V, VG, GFO)

HAVE YOU SEEN OUR BAKERY ITEMS?
CHECK OUT THE COUNTER FOR TODAY'S OFFERINGS!

BRUNCH

Served All Day

ALMOND BERRY CROISSANT (V, N) Mascarpone, Sliced Banana, Mixed Berries, Toasted Flaked Almonds, Honey Drizzle	10.95	BANANA & CHOCOLATE LOAF (VG) 2 Slices of Vegan Banana & Chocolate Loaf served warm with Butter. Vegan? Please ask for dairy free spread	5.75
SMOKED SALMON & EGG BAGEL (GFO) Your choice of Poached or Scrambled Eggs with a Balsamic glaze	10.95	SAUSAGE, HASH & EGG BAGEL Homemade Chilli Sausage, Potato Hash & Poached Eggs in a Bagel	12.95
SMASHED AVO & ASPARAGUS (V, GFO) Poached Eggs with Smashed Avocado, Spicy Asparagus & Spinach on Sourdough	11.95	HALLOUMI & SHROOMS (GFO, N) Grilled Halloumi & Garlic & Thyme Mushrooms on Sourdough with a Pesto Dressing	10.95
CHORIZO & SWEET POTATO HASH (GFO) Sweet Potato Hash, Chorizo, Roasted Red Peppers & Poached Eggs on Sourdough with Chimichurri and a Fermented Hot Sauce	12.95	SAUSAGE & BACON SANDWICH (GFO) With Balsamic Onions, Rocket & English Mustard Why not add an egg?	7.95

EXTRAS

HEINZ BEANS 1.5 | POACHED EGGS 2 | SMASHED / SLICED AVO 3 | GRILLED HALLOUMI 3.5
BACON 2.5 | CUMBERLAND SAUSAGE 2.5 | VEGGIE SAUSAGES 2.5 | GRILLED TOMATO 1.5
GARLIC & THYME MUSHROOMS 1.5 | SMOKED SALMON 3 | POTATO HASH 3

A discretionary 10% service charge will be added to all tables ordering food

LUNCH

Served from 12PM onwards

SOUP (ONLY IN WINTER MONTHS)

PLEASE TALK TO A MEMBER OF STAFF 5.95
ABOUT OUR SOUP OF THE DAY! (V, VG)

Served with Granary Bread & Butter

ADD SEEDS, CHEESE OR CROUTONS 0.35 EACH

LUNCH

SIGNATURE WRAP & SIDE SALAD 8.95

Please talk to a member of staff about our toasted wrap specials.

Meat and vegan options available

CHICKEN & AVO (GF) 13.95

Lemon & Herb or Pesto Dressing (N)
Roasted Chicken Breast served with Broccoli, Sliced Avocado & Oven Baked Sweet Potato Wedges

LAMB KOFTE FLATBREAD 12.95

Minted Lamb Kofte, Coconut Tzatziki, Pickled Pink Onion & Spinach served on a Lebanese flatbread with a side Salad & Lemon wedge

CHICKEN SHAWARMA 13.95

Marinated Chopped Chicken Breast served on a Lebanese flatbread with Mixed Leaves, Spiced Yoghurt, Mixed Pickled Veg & Chillies

FISH FINGER SARNIE 7.95

Cod Fish Fingers with Mixed Leaves & Mayo served on Granary Bread

SALAD BOWLS

ADD CHICKEN 4 | HALLOUMI 3.5 | FETA 2

SQUEEZE SALAD (V, VG, GF) 10.95

Lettuce, Cucumber, Cherry Tomatoes, Red Onion, Broccoli, Asparagus, Baby Corn, Avocado, Pickled Baby Beetroot, Radishes, Pomegranate Pearls & Mixed Seeds with a Balsamic Dressing

SQUASH BOWL (V, VG, N) 12.95

Roasted Butternut Squash, Sweet Potato, Avocado, Cherry Tomatoes, Houmous, Pickled Baby Beetroot, Pomegranate Pearls & Radishes served with Giant Couscous

BURGERS

SQUEEZE BURGER 13.95

Homemade 8oz Prime Beef Burger topped with Cheddar, Bacon, Balsamic Onion Chutney, Lettuce & Tomato served with a Side Salad & Slaw

CHICKEN BURGER (N) 12.95

100% Chicken Breast, Mozzarella, Sundried Tomatoes, Rocket & Pesto served with a Side Salad & Slaw

FALAFEL BURGER (V, VG, N) 12.95

Homemade Spinach & Almond Falafel Burger topped with Coconut Tzatziki & Mango Chutney served with a Side Salad & Slaw

SIDES

POTATO WEDGES (SWEET / WHITE / MIXED)

Seasoned with either Rosemary OR Chilli Flakes
Served with Sweet Chilli Dip & Mayo

SIDE 3.95 / FULL 5.95

POTATO HASH 3

Potato hash mix with wholegrain mustard & onions

GRILLED HALLOUMI 3.5

A discretionary 10% service charge will be added to all tables ordering food

DRINKS

COFFEE

	SGL	DBL
ESPRESSO	2.10	2.50
LATTE / CAPPUCCINO	3.10	3.50
FLAT WHITE		3.20
AMERICANO		2.90
MOCHA	3.10	3.60
MACCHIATO / CORTADO		2.80

ALTERNATIVE MILK	0.50
Almond, Soya, Coconut, Oat	
SYRUP SHOT	0.50
Hazelnut, Vanilla, Caramel, Gingerbread, Biscoff	

SHAKES

REG 4.50 / LRG 5.50

CHOCOLATE & BANANA
Banana, Milk, Agave, Vegan Ice Cream & Chocolate

BANANA LONGBOAT
Banana, Strawberries, Agave, Milk & Vegan Ice Cream

MILKSHAKES
Chocolate, Banana or Strawberry

HOT DRINKS

TEAPOT FOR 1	2.60
Teapigs Everyday Brew or Earl Grey	
HERBAL TEA	2.85
Teapigs Mao Feng Green, Apple & Cinnamon, Super Fruit, Chamomile, Peppermint, Rhubarb & Ginger	
FRESH MINT / GINGER / LEMON	2.25
CHAI LATTE / MATCHA LATTE	3.60
HOT CHOCOLATE	3.50
HOT CACAO & COCONUT with Cinnamon	3.95
TURMERIC LATTE Homemade with your choice of milk	3.95
HOT APPLE & CINNAMON with Agave	2.95
WINTER WARMER Strawberries, Apple, Agave & Lemon	3.95

SOFT DRINKS

ORANGE / APPLE JUICE	2.75
FENTIMANS BOTANICAL BREWED DRINKS	3.25
Ginger Beer - Rose Lemonade - Sparkling Elderflower	
COKE / DIET COKE / SPRITE	3.00
STILL / SPARKLING WATER	2.60

SMOOTHIES

REG 4.95 / LRG 5.95

ANY OLD IRON
Beetroot, Spinach, Lemon & Apple

BEEZ NEEZ
Strawberries, Banana, Bee Pollen, Pear & Orange

CARIBBEAN CRUSH
Banana, Pineapple, Lime, Coconut Cream & Apple

DR BANNER
Melon, Spinach, Agave, Mint, Wheatgrass & Apple

EASY MORNING
Apple, Orange, Pear & Banana & Apple

GODLY GOJI
Strawberries, Pineapple, Goji Berries & Orange

GREEN GLORY
Kale, Spinach, Banana, Grapes, Mango, Mint, Lime, Spirulina & Apple

HOLY KALE
Kale, Celery, Mango, Mint, Ginger, Lime & Apple

NUMBER 1
ACAI, Banana, Apple & Strawberries

PINK BERRY CRUSH
Strawberries, Orange & Mint

PURPLE POWER
Strawberries, Banana, Pineapple, Beetroot, Apple, Ginger & Agave

SPICED APPLE
Spinach, Banana, Cinnamon, Coconut Cream & Apple

TINGE OF GINGE
Apple, Orange, Carrot & Ginger

TROPICAL BLAST
Strawberries, Mango, Pineapple, Kiwi & Lime

YOUTH CLUB
Cucumber, Grapes, Kiwi, Lime, Rosemary & Apple

POWER SMOOTHIES

LRG 5.95

CLUB 100
Mixed Berries, Coconut Cream, Chia Seeds, Whey Protein & Apple

MUSCLE MAN
Banana, Peanut Butter, Whey Protein & Milk

CINNAMON ROLL
Banana, Vegan Ice Cream, Cinnamon, Coconut Milk & Whey Protein

WINE

WHITE

HOUSE WHITE - (SPAIN)

Ripe - Fruity - Clean

BTL

175ML

250ML

21.95

5.95

7.25

PINOT GRIGIO - (ITALY) V, VG

Fragrant - Citrus - Fresh

25.95

6.95

7.95

SAUVIGNON BLANC - (NEW ZEALAND)

28.95

7.95

8.95

RED

HOUSE RED - (SPAIN) V

Plum - Bramble - Cherry

BTL

175ML

250ML

21.95

5.95

7.25

PINOT NOIR - (ROMANIA) V, VG

Autumn Fruits - Smooth - Generous

25.95

6.95

7.95

MALBEC - (ARGENTINA)

Bramble - Damson - Smooth

28.95

7.95

8.95

ROSE

ZINFANDEL - (CALIFORNIA)

Strawberry - Ice Cream - Jam

BTL

175ML

250ML

25.95

6.95

7.95

GRIS DE GRIS - (FRANCE) V, VG

26.95

7.25

8.50

SPARKLING

PROSECCO MARTINOTTI (ITALY) V, VG

BTL

26.95

LE DOLCI COLLINE 20CL (ITALY) V, VG

Light - Fruity - Creamy

7.95

BEER & CIDER

FROM 4.50

PLEASE TALK TO A MEMBER OF STAFF ABOUT WHAT WE HAVE IN OUR BEER FRIDGE!
BREWDOG, MORETTI, OLD MOUT & ESTRELLA TO NAME A FEW