

# SAMPLE MENU



## BREAKFAST

### BREAKFAST POTS

Sunshine fruit salad  
Seasonal fruit  
Yoghurt, seasonal fruits and granola  
Probiotic Greek yoghurt, mango, seeds, oats  
Bircher muesli, apple, raisin and cinnamon  
Chia seed, acai, yoghurt and blueberries

from £2.95

### BREAKFAST BAKERY COUNTER

Pain au chocolate  
Pain au raisin  
Apricot Danish pastry  
Croissant  
Cinnamon bun

from £2.95

### HOT BREAKFAST

Eggs Benedict, crispy streaky bacon  
Shakshuka, crumbled feta  
Smoky beans, ham hock, poached eggs  
Smashed avocado, grilled halloumi,  
roasted cherry tomato  
breakfast muffin  
Grilled bacon/sausage or egg bap  
Scotch oat porridge served, brown sugar,  
honey or jam

from £2.95

### SAVOURY POTS

Hummus, fresh carrot and seeds  
Falafel and tzatziki  
Egg, spinach and mustard cress  
Quinoa, Asian soy, chilli and ginger  
Bulgur wheat and kale tabbouleh grain

from £3.95

## LUNCH

from £7.95

Grilled Harissa chicken breast, middle eastern house grain mix  
Braised beef, creamy potato, roasted carrots, parsley  
Vegan Seitan Keema, brown rice, raita  
Sweet potato falafel, mixed grains, naked slaw  
Meze salad, tzatziki, falafel, bulgar wheat, red quinoa &  
seaweed, lemon dressing  
Kale Caesar salad, grilled salmon, lemon dressed freekeh,  
roasted sweet potato salad

### DELI SANDWICHES

from £6.95

Tomato, mozzarella, avocado and basil focaccia  
Parma ham, mozzarella, balsamic onions, rocket and vine  
tomato ciabatta  
Caesar sourdough bloomer, crispy bacon, grilled chicken,  
baby gem and shaven Parmesan  
Hot smoked salmon seeded bagel, ribbon cucumber,  
lemon balm cream cheese

### SUSHI

from £3.95

### SELECTION OF SANDWICHES & SALADS

from £3.95

### GENERAL BAKERY

from £2.50

Vegan banana loaf  
Raspberry flapjack  
Triple chocolate cookie  
Raspberry & almond Bakewell  
Orange & polenta loaf  
Honey & pecan bar  
Gluten free chocolate & marshmallow traybake

### HOT DRINKS

from £2.60

Flat white  
Latte Regular  
Cappuccino  
Americano Regular  
Espresso single/double  
Macchiato  
A range of traditional and flavoured teas  
Hot Chocolate



## DRINKS

### BEER & CIDER

Asahi Super Dry	330ml	5.2%abv	£5.00
London Pale Ale	330ml	4.3%abv	£5.50
Anytime IPA	330ml	4.7%abv	£5.50
Cornish Orchard Gold	330ml	5%abv	£5.50

### WINE & SPARKLING

A Day at the Vineyard Chenin Blanc	187ml	12% abv	£6.00
A Day at the Vineyard Pinotage	187ml	13% abv	£6.00
A Day at the Vineyard Pinotage Rosé	187ml	12% abv	£6.00
Vitelli Prosecco NV	200ml	10.5% abv	£8.50

### SOFT DRINKS

Life Water Still	330ml	-	£2.25
Life Water Sparkling	330ml	-	£2.25
Orange Juice	330ml	-	£3.00
Apple Juice	330ml	-	£3.00

### SPARKLING DRINKS

Coke	330ml	-	£2.15
Diet Coke	330ml	-	£2.10
San Pellegrino Aranciata	330ml	-	£2.10
San Pellegrino Limonata	330ml	-	£2.10