



BREAKFAST

7:30am – 11:30am

Pastries

Croissant	2.5
Almond croissant	3
Pain au chocolate	2.5
Chocolate twist	2.5
Cinnamon roll	2

Homemade cakes

Bakewell tart	2.5
Chocolate cake	3
Honey & pecan banana cake	3
Lemon & poppy seed cake	2.5

Morning delight

Hedone sourdough & British preserves	3
Homemade granola, Greek yoghurt & fresh berries	4
Rolled-oat porridge, banana, cinnamon and pecan nut	4
Crushed avocado, smoked salmon on sourdough	4.5
Chia seed pot, blackberry compote & pistachios	4

Free Range Eggs *from St. Ewe, Cornwall*

Spinach, mature Cheddar & flatbread	4
Avocado, mature Cheddar & flatbread	4.5
Crushed avocado & sourdough	4
English muffin, chorizo, Cheddar and chive	5

Please inform our staff if you have any dietary or allergen requirements.

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Freshly squeezed juices		5
Orange		
Carrot, apple & ginger		
Spinach, kale, pear & mint		
Golden beetroot, orange & pear		
Smoothies		5
Kale, blueberry, spirulina, almond milk		
Almond milk, banana, chocolate, cinnamon		
Banana, peanut, honey, soy milk		
Homemade iced tea		2.7
Classic iced tea / green iced tea		
Still / sparkling water		1.6
Jax Coco Coconut water		2.75
Coffee <i>by Reads Coffee</i>	<i>Regular</i>	<i>Large</i>
Espresso	2.3	2.6
Americano	2.3	2.6
Cappuccino / Latte	3.2	3.6
<i>Oat, soy, almond or coconut milk 30p</i>		
Morning proof		5
Coconut oil, grass-fed butter & coffee		
Tea <i>by Canton Tea</i>		2.2
English breakfast / earl grey / green		
Jasmine / peppermint / camomile / chai		
Hot chocolate <i>by Rococo</i>	<i>Regular</i>	<i>Large</i>
Plain organic	3.2	3.6
<i>Oat, soy, almond or coconut milk 30p</i>		

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LUNCH

Midday – 17:00

Daily soup, sourdough toast	4.5
Tarragon sausage roll	3.5
Vegetarian quiche	3.5

Salads

Regular / Large

Superfood	5 / 6.5
Roots & grains	5 / 6.5
Garden market	5 / 6.5

add Corn-fed chicken 3.5

add Feta cheese 2.5

add Scottish salmon 3.5

Sandwiches & wraps

Chicken, avocado & tomato ciabatta	5.8
Roast beef, horseradish & lettuce on sourdough	6.5
Smoked salmon, cucumber & crème fraîche on sourdough	5
Avocado, spinach & tomato wrap	4.5
Grilled aubergine & courgette, mint & feta wrap	4.5

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Luscombe Sicilian Lemonade / Wild Elderflower	2
San Pellegrino Aranciata / Limonata	2
House Wines <i>by the glass</i>	
White - Vermentino, Château Fontainebleau, Provence	5
Rosé - 2016 Cinsault, Château Fontainebleau, Provence	7
Red - 2016 Grenache - Cab., "Cascade", Fontainebleau, Provence	5
Bottled Beer	4
360° Brewing, Pilsner	
Peroni, "Piccola", Lager	
Crate, Pale Ale	
The Kernel, "Table Beer", Pale Ale	
Crate, Cider	

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