



Our entire menu is primal-inspired, **grain-free, gluten-free, dairy-free** and as natural as possible. We avoid processed sugars, additives and preservatives everything we make. Half portions available on most meals.

TO START YOUR DAY:

Fresh Fruit Salad £3.50

*Grain-free Granola** with 1 topping:* *Natural CoYo Yogurt***
£5.90

(Extra topping £1.00)

Fruit Compote
Fresh fruit salad

Omelettes with 4 Fillings

Choose one Deli Fillings: smoked ham, chorizo, salmon
and 3-Vegetable Fillings: mushroom, onion, red pepper, sweet potato, tomato, spinach,
spring onion

2-Egg Omelette served with a dressed green salad garnish
£5.00

3-Egg Omelette served with a dressed green salad garnish
£6.50

Waffles with 1 topping of choice: Maple Syrup, CoYo yoghurt, fruit compote
£6.50

(Extra topping £1.00)

2 Poached Egg on grain-free bread with rocket salad
£4.50

Smoked Salmon and Smashed Avocado with dill
£7.20

Served with 1 poached egg and rocket and tomato salad garnish

Sweet Potato and Chorizo Breakfast
£8.50

Served with 2 Poached Eggs, sprinkled with pumpkin seed, balsamic glaze



Add an extra egg

£0.75

Add grain-free bread (2slices)

£0.75

BAKED GOODIES:

Check out our counter display of delectable grain/dairy-free baked goodies.

<i>Cookies</i>	£ 2.00
<i>Muffins</i>	
£ 2.00	
<i>Loaf Cake</i>	£ 3.20
<i>Cupcakes</i>	£ 3.30
<i>Bundt Cake</i>	£ 3.50
<i>Slice of Cake</i>	£ 3.80

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HOT DISHES:

*Soup of the Day** * served with grain-free bread

£ 4.90

Soup & Salad – side salad of your choice

£ 7.50

Stew of the Day

£ 8.50

Stew & Salad – side salad of your choice

£10.10

WRAPS:

Egg Mayo Wrap with mayo, rocket, red onion, gherkin, served with a dressed

£4.90

green salad

Tuna Wrap with red onion, gherkin, iceberg lettuce and cucumber,

£ 5.90

served with a dressed green salad

Herb & Garlic Chicken Wrap with onion and lettuce

£ 6.50



served with a dressed green salad

Smoked Gammon Wrap with Dijon mustard mayo, red onion, lettuce

£6.50

and gherkin, served with lime coleslaw

Prawn Marie-Rose Wrap with a homemade Russian dressing, iceberg

£ 7.50

lettuce, a dusting of paprika, served with dressed green salad

BBQ Chicken Fajitas Wrap with sautéed onion and pepper, served with lime coleslaw

£ 8.50

SALADS:

Choose from one or a combination of our fresh green salad, chopped salad or specialty salad, and add a topping of your choice:

Gardener's Delight

£ 6.90

Garlic & Herb Chicken Salad

£10.90

Smoked Salmon Salad– topped with hot-kiln smoked salmon

£10.90

***See our drinks fridge for selection of cold drinks
and hot drinks available at bar.***

**** Denotes Vegan**