

BREAKFAST SERVED TILL 12

The most important send of the day!

PORRIDGE POT (GFO/VGO) £2.95
Bio & Me porridge pot, please see deli fridge for flavour range.

TOAST (V)(VGO) £2.00
Two pieces of local sourdough toast served with butter or vegan spread.

BACON BUTTY (GFO) £5.00
Smoked back bacon in between two slices of toasted sourdough.

BEANS ON TOAST (V) (VGO) £4.75
Baked beans on sourdough toast.

TOASTIES & WRAPS

Indulge in our freshly made toasties on sourdough bread.

DEAL TOASTIE & SMOOTHIE £9

CLASSIC CHEESE TOASTIE (V) £5.50
Mozzarella & mature cheddar.

HAM & CHEESE TOASTIE £6.00
Sliced ham & mature cheddar cheese.

SPICY BOI TOASTIE £6.00
Chorizo, jalapeno, grated mozzarella & sriracha sauce.

PESTO TOASTIE (V) £5.75
Pesto, mozzarella & sundried tomato.

DEAL ADD CAWSTONS & CRISPS £3

SWEET CHILLI TOFU & SPRING ONION WRAP (VG) £4.25
Smoked tofu, sweet chilli sauce, spring onion & lettuce in a tortilla wrap.

SPICY CHORIZO WRAP £4.25
Chorizo, jalapeno, cheddar cheese, roasted pepper & lettuce in a tortilla wrap.

DELI FRIDGE

Our deli fridge is filled with a selection of cakes, pasties, sandwiches, and fresh seasonal salads that change regularly, so make sure to check today's offering.

BOWLS & SIDES

Always packed with fresh seasonal ingredients.

DEAL SOUP & CHEESE TOASTIE £8

DHAL (VG)(GFO) £6.50
Homemade Hangar Dhal served with toasted sourdough.

HEARTY HOMEMADE SOUP (V)(VGO) £5.00
Served with bread & butter. Please see specials for today's offering.

ALLERGENS - Please make our team aware if you have any allergies. Where possible, we will try to accommodate to any dietary requirements. While we take every precaution we can to prevent cross contamination, our menu is prepared in an environment where allergens are present. GFO - Gluten Free Option available, VG - Vegan, VGO Vegan Option available V - Vegetarian & N covers all nuts, including peanuts and tree nuts.

HOT DRINKS

Made using our exclusive blend 'Wake me up before you dyno' by Neighbourhood Coffee. Decaf alternative available.

DEAL PASTRY & COFFEE £4.50

DOUBLE ESPRESSO £2.45

MACCHIATO/CORTADO £2.60

AMERICANO £2.60

CAPPUCCINO £3.30

LATTE £3.30

MOCHA £3.50

FLAT WHITE £3.10

HOT CHOCOLATE £3.10

ADD SYRUP £1.00
Caramel, Vanilla, Hazelnut

TEA £1.70

DECAF TEA £1.70

HERBAL TEA £2.10
Please ask our team for today's flavour offerings

DEAL CAKE & COFFEE £6

SMOOTHIES & MILKSHAKES

All our smoothies are blended with apple juice, and our milkshakes are made to order, perfectly thick and creamy. Add unflavoured whey protein or vegan vanilla protein for £1.50.

BERRY GO ROUND SMOOTHIE £3.85
Whole blackberries, raspberries and strawberries.

BIG 5 SMOOTHIE £3.85
Pineapple, mango, kiwi, strawberries & apple juice.

BLUEBERRY THRILL SMOOTHIE £3.85
Blueberries, raspberries, banana and flaxseeds.

BREAKFAST SMOOTHIE £3.85
Gluten free rolled oats, flax seeds, blueberry, raspberry and banana.

LIVIN LA VIDA COCOA MILKSHAKE £4.25

TOP BANANA MILKSHAKE £4.25

STRAWBERRY GLORY MILKSHAKE £4.25

COLD DRINKS

Please check our drinks fridges for a range of bottled drinks, water and energy drinks.