

SOUP OF THE DAY 7.5

SERVED WITH TOASTED SUPER SEED MIX AND CIABATTA BREAD (G)

LUNCH MENU

SOURDOUGH TOASTIES

VEGAN CHEDDAR, YEOTOWN KIMCHI AND JALAPENO (G) 8.50

MELTED VEGAN CHEDDAR SERVED WITH OUR YOTOWN KIMCHI, SPRING ONION, CORIANDER AND JALAPENO TOASTIE.

ALMOND BUTTER BLUEBERRY & CHIA JAM (G, N) 8.50

A CREAMY ALMOND BUTTER, HOMEMADE BLUEBERRY CHIA JAM AND BANANA TOASTIE.

CIABATTA ROLLS

BEETROOT HUMMUS, SPINACH & HERB ROASTED VEGETABLES. (G, S) 7.45

HOMEMADE BEETROOT HUMMUS, FRESH SPINACH, HERB ROASTED VEGETABLES & MICRO CRESS

SMOKED SALMON, AVOCADO & WATERCRESS (G, F) 7.45

SMOKED SALMON, CRUSHED AVOCADO WITH LIME, CUCUMBER RIBBONS, MICRO WATERCRESS TOASTED SUPER SEED MIX

SALADS

SPINACH AND KALE CEASAR SALAD SMALL (G, M, N, GFO) 8.00

SEASONAL MIX OF KALE & SPINACH, VEGAN CEASAR DRESSING, ASPARAGUS, GARDEN PEAS, HERB SOURDOUGH CROUTONS, WALNUT PARMESAN

SPINACH AND KALE CEASAR SALAD LARGE (G, M, N, GFO) 15.00

SNACKS

HUMMUS AND SPICED BAKED PITTA CHIPS (S, G) 4.75
OR VEGETABLE CRUDITÉS (S, GFO)

ROOT VEGETABLE CRISPS 3.5

KALE CRISPS 3.0

ALLERGEN GUIDE: CELERY (C), GLUTEN (G), MUSTARD (M), NUTS (N), PEANUTS (PN), SESAME (S), SULPHATES (SU), SOYA (SY), FISH (F), EGGS (CE) GLUTEN FREE (GF), GLUTEN FREE OPTION (GFO), NUT FREE OPTION (NFO)