

**ORGANIC CAFE OPEN 9.00AM –
3.30PM**

Breakfast served 9.00am-10.30am

Granola with Greek yoghurt, berries & honey	£2.85
Beans on Toast (Vegan)	£3.45
Toast & butter	£2.50
Toast, butter & jam	£2.75
Scrambled eggs on toast	£4.25
Spinach, tomatoes & mushrooms On toast (Vegan)	£5.95

Lunch- Served 11.30am-2.15pm

Soup of the day -please see the soup board-

Served with fresh bread and butter. £4.10

Gluten free bread is available (contains egg, not organic)

Sandwiches

Prepared on wholemeal bread and served with a salad garnish, coleslaw & crisps.

Cream cheese & cucumber	£4.85
Cheddar cheese& red onion chutney	£5.50
Egg mayo & watercress	£4.75
Hummus & avocado (Vegan)	£4.75
Goats cheese, rocket & beetroot	£4.95
Vegan cheddar (not organic)	

ADD A CUP OF SOUP £2.00



Oven baked jacket potato

Served with a choice of filling and a side salad.

Mature cheddar cheese	£6.75
Cottage cheese	£6.75
Baked beans (Vegan)	£6.75
Vegan cheddar (not organic)	£6.75
Coleslaw (Vegan)	£5.60
Red pepper hummus (Vegan)	£5.60
Extra filling	£1.00

Build your own salad protein bowl

£9.75

1. Choose a base (1 item)

Brown rice, White basmati rice, Pasta, Quinoa, Couscous

2. Choose a protein (1 item)

Cheddar cheese, Feta cheese, Vegan cheddar (not organic), Fried smoked tofu, Chick peas, Mixed beans, Hummus, Tahini

3. Add some salad (up to 6 items)

Lettuce, Celery, Carrot, Red pepper, Beetroot, Avocado, Cucumber, Tomato, Red onion, Spinach leaves, Olives, Coleslaw, Orange, Apple

***EXTRA ITEMS ADD 50P**

With or without dressing

4. Top with seeds or Nuts (1 item)

Sunflower seeds, Pumpkin seeds, Linseeds, Chai seeds, Almonds, Cashews, Walnuts, Brazil nuts

ALLERGY ADVICE

Unfortunately, we cannot guarantee that any food item prepared in our kitchen is totally free from any of the allergens. Our chefs do not work in an allergy free environment, and there is always a risk of cross contamination! Please inform our staff of any allergies or food intolerances before you order.