



Wednesday to Saturday 9am-5pm
Sunday 10am-4pm
Food service until 3pm

All available for takeaway.
Our freshly prepared meals
can take up to 30 minutes to
be served at peak times.



Serving seasonal, organic, whole foods all of our dishes are freshly prepared in house.
Please take a look at our specials board for dishes of the day.

All day brunch.

Big Figaro	£13.95
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Sausage, scrambled tofu, baked tomato, mushrooms, baked beans, hash brown, toast

Shakshouka	£11.95
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Our take on the traditional Arabic dish. Baked tomatoes, peppers, spinach, tofu, toast

Avocado	£10.95
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Avocado, smashed butter beans, organic tomatoes, greens, toast

Mushrooms	£12.00
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Creamy wild mushrooms, garlic, white wine, thyme, greens, toast

Crumpets	£4.50
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Served with berry compote or marmite

Smoky beans	£7.50
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Homemade smoky beans, toast

Sausage sandwich	£8.95
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Sausage, tomato sauce

Pancakes & berries (gf)	£10.95
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Home made pancakes with berry compote, maple syrup

Berry granola	£8.95
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Granola, yogurt, berry compote, maple syrup

Chocolate bowl	£10.95
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Granola, peanut butter, chocolate milk, banana, dates

12pm onwards...

Mexicana burrito	£11.95
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Smoky black eye beans, spinach, jalapeños, feta

Roasted cauliflower sandwich	£11.95
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Seasonal greens, capers, pumpkin seeds, herb mayo

Mozzarella and tomato sandwich	£10.95
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Sundried tomato, balsamic

Seasonal soup	£7.95
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Served with homemade focaccia

Seasonal salad	£14.95
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Greens, grains and pulses, hummus, falafel and kimchi

Please inform staff of allergies. This is not a nut free environment. We bake our focaccia in house. GF bread & pizza bases available.



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Pizza

Margherita

Sundried tomato, mozzarella

£12.95

Mushroom

Mushrooms, sausage, red onion, walnut, rocket, balsamic

£15.95

Thai

Tofu, carrot, red pepper, peanut, chilli, sesame

£14.95

Greek

Feta, olives, sundried tomato, red onion

£14.95

Sides

Sweet potato wedges

With a herby dip

£5.25

Side salad

Seasonal greens with homemade dressing

£4.25

Patatas bravas

Traditional Spanish potatoes with tomato salsa and mayonnaise

£4.95

Kimchi & pickles

Homemade Asian slaw

£4.95

Bread and olives

Freshly baked focaccia and marinated olives

£5.75

Hummus & falafel

Served with Taralli crackers

£6.95

Dessert

Sticky toffee pudding

Vanilla ice cream

£7.50

Affogato

Vanilla ice cream, espresso, add syrup for 85p, liqueur for £4

£4.95

Dessert of the day

Please see our board for today's special

£7.50



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Speciality Coffee *syrups available for 85p, please ask.*

Cappuccino	£3.60	Latte	£3.70
Flat white	£3.50	Americano	£3.20
Espresso	£2.10	Mocha	£4.95

Lattes

Chai	try it iced. add chocolate or espresso for £1	£4.50
Matcha/Turmeric		£4.95
Hot chocolate	add whipped cream for £1, syrup for 85p	£4.50

Tea

- English Breakfast
- Sapphire Earl Grey
- Spiced Chai
- Decaffeinated Ceylon
- Dragonwell Green
- Spicy Rooibos
- Organic Jasmine
- White Pear & Ginger
- Egyptian Mint
- Citrus Chamomile
- Persian Pomegranate

Cup	£2.95
Pot	£4.50

Shakes

Sunrise £7.95
Banana, dates, espresso, walnuts

Energise £7.95
Spinach, cucumber, apple, ginger

Daydream £7.95
Seasonal berries, chia seeds, vanilla

Bliss £7.95
Chocolate, oats, dates, peanut butter

Our drinks are made with your choice
of oat, soya or coconut *milk*

Vanilla, hazelnut, salted caramel, cinnamon, gingerbread, toffee crunch,
cherry, pumpkin spice - **add a syrup to your drink for 85p**



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Beer & cider

Ichnusa <i>Sardinian lager</i>	£4.95	Brewdog Punk IPA <i>Gluten-free pale ale</i>	£4.95
Peroni <i>Also available alcohol-free (£3.75)</i>	£4.50	Urban Orchard <i>Apple cider</i>	£4.50
Baladin Birra Nazionale <i>Italian craft ale</i>	£7.00	Draught beer <i>Ask what's on tap!</i>	

Wine

Red	Bottle	Glass
Incanta Pinot Noir <i>Romanian Pinot Noir, full of black cherry, raspberry and cinnamon</i>	£25	-
Behind Closed Doors <i>Portuguese red, big and bold, plum and vanilla</i>	£29	-
Herdade de Gambia <i>Portuguese red, cherry and subtle spice</i>	£29	-
LB7 <i>Portuguese red with bramble and spice</i>	-	£5/7/9
Rose		
Floracao Rose <i>Portuguese rose, wild strawberry, raspberry and red currant, dry and crisp</i>	£28	£5/7/9
White		
La Belle Angele <i>French sauvignon blanc, citrus, apple, gooseberry</i>	£27	£5/7/9
Ammazza Pinot Grigio <i>Italian pinot, zesty citrus, peach, white blossom</i>	£26	-
Prosecco		
Prosecco <i>Fizz with delicate aromas of apple and pear</i>	£9	£28