HUMAN MENU

Served daily until 4:30pm

BREAKFAST (ALL DAY)

Toast, Butter & Jam 4.5
Homemade jam on fresh sourdough (Ve & Gf options available)

Eggs on Toast 8.6
Two eggs any way on sourdough with one of the following (Gf option available)
Grilled Tomatoes | Sauteed Spinach | Roasted Peppers

Scrambled Tofu on Sourdough (Ve) 8.9
Choose from one of the following to compliment your meal (Gf option available)
Grilled Tomatoes | Sauteed Spinach | Roasted Peppers

Smashed Avo on Sourdough (Ve) 10.5
Topped with homemade cashew & coriander cream, cherry tomatoes and nigella seeds (Gf option available)

Baked Eggs in Chipotle Bean Stew 11
Deliciously warming, lightly spiced bean stew with eggs cooked inside. Served with brown rice or sourdough (Gf option available)

Beans on Toast 8.6
Lightly spiced baked beans in a homemade tomato sauce sprinkled with feta (Ve & Gf options available)

Banana Yoghurt with Caramelised Oats (Ve/Gf) 8.7
Served with orange slices & maple syrup

French Toast (Ve) 12.9
Banana fried sourdough, served with grilled figs and vegan ice cream, drizzled with a homemade caramel sauce

LUNCH (ALL DAY)

Grilled Cheese 8.9
Mature cheddar and Gloucester cheese in fried sourdough, with homemade sweet chilli jam (Ve & Gf option available)

Vegan Mac n' Cheese (Ve) 11.5
A delicious cashew cream and vegan cheese sauce sprinkled with toasted breadcrumbs (Gf option available.)

Vegan Sausage Sarnie (Ve) 8.7
Served with fried onions in a grilled sourdough sandwich.
Melted cheese +1. Vegan melted cheese +1 (Gf option available)

Salad of the Day 9.5
Delicious salad with homemade dressings. See board for today's options.

Sandwich of the Day (Half | Full) 5.5 | 8.5
Fresh ingredients in a sourdough sandwich. See board for today's options.

Vegan Sandwich of the Day (Half | Full) 5.5 | 8.5
Fresh vegan ingredients in a sourdough sandwich.
See board for today's options.

Bowl of the Day 9.5
A wholesome grain salad.
See board for today's options.

Soup of the Day 7.5
Served with a small cheese toastie or sourdough (Gf option available)
See board for today's options.

TINY HUMANS

French Toast (Ve) 7
Banana fried sourdough & berries drizzled with homemade caramel sauce.

Cheese Toastie 4.5
Mature cheddar melted in sourdough (Gf option available)

Toast & Jam 3
Homemade jam on sourdough (Gf option available)

Hash Browns 2.7
With ketchup

WEEKEND SPECIALS

The Dandie Fry Up 12.2
1 vegan sausage, 1 egg, roasted cherry tomatoes, homemade baked beans, sauteed spinach, homemade hash browns, miso mushrooms and toasted sourdough (Gf option available)

The Vegan Dandie Fry Up (Ve) 12.2
1 vegan sausage, scrambled tofu, roasted cherry tomatoes, home-made baked beans, sauteed spinach, harissa roasted potatoes, miso mushrooms and toasted sourdough (Gf option available)

SHARING PLATTERS

Small 11 (Choose 4 items) Large 14 (Choose 6 items)

Smashed Avocado | Homemade Hummus | Homemade Baked Beans | Pickled Carrots | Harissa Roasted Potatoes | Roasted Peppers | Hash Browns | Grilled Halloumi | Sweet & Sticky Tofu | Roasted Pumpkin Pate

SIDES

Harissa Roasted Potatoes (Ve/Gf) 4.5
Lightly spiced.

Hash Browns 4.7
Fried potato with homemade sweet chilli jam

Sweet & Sticky Tofu (Ve/Gf) 4.6
Sprinkled with sesame and the perfect compliment to your meal.

Side Salad (Ve/Gf) 4
Mixed salad with lemon, basil, bay & juniper vinegar

EXTRAS

Regular 1.1
Grilled tomatoes | Sauteed spinach | Roasted Pepper | Egg

Premium 1.9
Scrambled tofu | Halloumi | Avocado | Roasted pumpkin pate | vegan sausage

FOOD ALLERGIES

If you have a food allergy or intolerance, please inform us before placing your order | Food and beverages may contain traces of allergens. | Gluten Free sourdough available | Ve: Vegan Gf: Gluten Free

DRINKS MENU

Served all day

COFFEES & SPECIALTY DRINKS

Espresso 2.6

Americano 2.8

Macchiato 2.8

Cortado 2.9

Flat White 3

Latte 3.1

Cappuccino 3.1

Mocha 3.2

Iced Americano 3.3

Iced Latte 3.7

Iced Matcha 3.9

Iced Chai Latte 3.9

Iced Tea 3

Frappuccino 3.9

Mocha Frappuccino 3.9

Matcha Latte 3.2

Chai Latte 3.2

Turmeric Latte 3.2
With a bit of a kick!

Tea 2.4
English Breakfast | Earl Grey | Lady Rose | Hot Ginger Green | Jasmine Green
Royal Mint Green | Mint | Chamomile | Rooibus

Hot Chocolate 3
Add whipped cream & vegan marshmallows +0.8

EXTRAS

Extra Espresso Shot 0.5

Alternative Milk 0.5
Oat | Soya | Coconut | Almond

Syrup 0.5
Pumpkin Spice | Caramel | Vanilla | Cinnamon | Gingerbread | Hazelnut

SOFT DRINKS & SMOOTHIES

Sodas 2.7
Cherryade | Rhubarb | Elderflower |
Ginger Beer | Lemonade | Karma Cola

Dash Water 2.7
Cucumber | Raspberry | Lemon | Blackcurrant | Peach

Juice 2.8
Ask a team member about our juices. Slushed juice available +0.8

Jarr Kombucha 3.2
Original | Raspberry | Ginger | Passionfruit

Water 1.6
Still | Sparkling

Berry Smoothie 5.2
Mixed Berries, banana, orange & coconut milk

Exotic Smoothie 5.2
Tropical fruits, banana, orange, lemon & coconut milk

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