**(breakfast is served 7.30 - 11am weekdays & all day on saturday)**

**MENU**

**BREAKFAST:**

Take away / Eat In

CHIA SEED BIRCHER 2.75/3.00

Chia and sunflower seed bircher with compote or honey

SUPERFOOD BREAKFAST BAR 2.20

ENERGY FUELED PORRIDGE 2.50/3.00

Porridge with honey, maple or compote

Additional toppings (i.e.frozen berries, banana or a nut butter) 0.50 each

SWEET POTATO HASH 5.60 /6.15

Sweet potato hash, bacon, roast onions, spinach & poached egg

BREAKFAST BURRITO 5.25/5.60

Bacon, scrambled egg, pico de gallo salsa

EGGS PRIMAL 6.15/6.45

Grilled bacon, egg & mashed avocado on rye bread

BREAKFAST BOWL 4.00/4.50

Berries, Greek yoghurt and granola

VEGGIE BREAKFAST 5.95/6.15

Scrambled egg on rye, baked tomato, spinach and mushroom

**LUNCH:**

BUDDHA BOWLS - MEAT: 6.75/7.25, VEG 6.15/6.75

Buddha Bowls - A bowl full of flavour & goodness: steamed rice topped with either our slow cooked meat or veg with spinach, tomato & chilli relish

FRITATTA OF THE DAY 5.65/6.15

Frittata with a choice of salad, ask at counter for details

SOUP OF THE MOMENT 3.00/3.50

with a salad 5.65 / 6.00

WRAP OF THE DAY 4.50/4.75

with soup 6.45/6.75

CHICKEN & COUS COUS 6.15/6.45

Chicken and spelt cous cous, ras el hanout, sultanas and almonds

SMOKED MACKEREL & NOODLES 6.75/7.00

Smoked mackerel, courgette noodles, radish & soy ginger

BULGAR WHEAT CHICKEN 6.15/6.45

Smoked chicken, bulgar wheat, beetroot, orange and balsamic

**VEGAN MENU**

**BREAKFAST:**

Take Away / Eat In

CHIA SEED BIRCHER 2.75/3.00

Chia and sunflower seed bircher with compote or maple

SUPERFOOD BREAKFAST BAR 2.20

ENERGY FUELED PORRIDGE

Porridge with maple or compote

Additional toppings (i.e frozen berries, banana or a nut butter) 0.50 each

VEGAN BREAKAST 5.95/6.15

Mashed avocado on rye, baked tomato, spinach and mushroom

SWEET POTATO HASH 5.50/5.95

Sweet potato hash, roast onions, spinach & avocado

**LUNCH:**

BUDDHA BOWL - 6.15/6.75

Buddha Bowl - A bowl full of flavour & goodness: steamed rice topped withslow cooked veg with spinach, tomato & chilli relish

SOUP OF THE MOMENT 3.00/3.50

with a salad 5.65/6.00

WRAP OF THE DAY 4.50/4.75

with soup 6.45/6.75

COURGETTE NOODLES 6.00/6.15

Courgette noodles, radish & soy ginger & avocado

SPELT COUS COUS & RAS EL HANOUT 6.00/6.15

Spelt cous cous, ras el hanout, sultanas and almonds & avocado

BULGAR WHEAT & BEETROOT 6.00/6.15

Bulgar wheat, beetroot, orange and balsamic & avocado