

## BREAKFAST from 7am-Noon

### BAKERY

SOURDOUGH TOAST & PRESERVES	£1.50
PASTRIES	£1.50
All other baked treats sold as priced.....	

### BOWLS

HOUSE GRANOLA WITH YOGHURT	£4.50*
GREEK YOGHURT	£5.00*
No 30 MUESLI WITH YOGHURT	£4.50*

Add your **toppings** \*FREE OF CHARGE:

GOJI BERRIES, BANANA, PUMPKIN & SUNFLOWER SEEDS,  
FRESH BERRIES, HONEY, MAPLE SYRUP, HAZELNUTS.

### FROM THE STOVE

No. 30 FULL ENGLISH	£9.00
Sausages, bacon, fried eggs, tomato, mushroom, beans, sourdough toast	
VEGETARIAN BREAKFAST (V)	£8.00
Vegan fritter, avocado, tomato, mushroom, beans, Fried eggs, sourdough toast	
SMOKED STREAKY BACON SARNIE	£4.50
RADMORE FARM SAUSAGE SARNIE	£4.50

## BRUNCH 7am-3pm

SMASHED AVOCADO ON TOAST, SEEDS, CUMIN SALT, LEMON JUICE & OLIVE OIL (VV)	£5.50	AMERICAN PANCAKES, HONEY, BLUEBERRIES HAZELNUTS & BANANA (V/N)	£6.00
EGGS BENEDICT	£8.00	EGGS FLORENTINE (V)	£7.00
EGGS ROYAL	£8.50		

## LUNCH Noon-4pm

### SANDWICHES

£4.50

- CURED MEAT & PICKLES
- SMOKED SALMON, CRAYFISH, LEMON MAYO
- AVOCADO, ROASTED PEPPER & CHILLI (VV)
- ROASTED VEG, PESTO, FETA (V)
- BLT (50p supplement)

Add Chips £1.50

### SALADS

£7.50

CAESAR SALAD; Cos lettuce, smoked bacon, sourdough croutons, aged parmesan, Caesar dressing.

POWERHOUSE SALAD; quinoa, diced beetroot, pine kernels, edamame beans, samphire, black bean, spinach (VV)

BUDDHA BOWL; quinoa, sticky tofu, sweet potato, avocado, pak choi & greens, with ginger & mirin dressing (VV, GIF) (50p supplement)

### HOT FOOD

VEGAN TART; roasted butternut squash, sun blushed tomato & vegan cheese filo tart, mixed leaf & sunflower seed salad	£6.00
BAKED CHICKEN WINGS; sriracha hot sauce, buttermilk aioli (GIF)	£5.50
SWEET POTATO FRIES	£4.00
SOUP OF THE DAY; served with sourdough bread	£4.00

### COLD FOOD

Smashed avocado, beetroot, tomato and pumpkin seeds on toasted corn bread (VV,GIF)	£6.00
--	-------

V = Vegetarian VV = Vegan G.I.F. = Gluten Ingredient Free.  
Full allergen information available upon request. We cannot guarantee that our products do not contain traces of nuts &/or seeds.  
All fish dishes may contain bones. Where possible, our fish is sustainably sourced & our ingredients are seasonal & local.

# No 30

## HOT DRINKS to drink in or takeaway

### COFFEE

Our Toscana blend has been chosen for its rich caramel & orange flavours for a great coffee any time of day.

AMERICANO	£2.50
CAPPUCCINO	£2.75
FLAT WHITE	£2.50
LATTE	£3.00
MACCHIATO	£2.25
SINGLE/DOUBLE ESPRESSO	£2/£2.5

Add Hazelnut, Vanilla or Caramel Syrup for 50p

### TEA

Novus are award winning tea blender known for their flavourful brews in silky pouches.

ENGLISH BREAKFAST TEA	£2.00
EARL GREY, CITRUS CAMOMILE, SPICED CHAI, PERSIAN POMEGRANATE, WILD ENCOUNTER, SPICY ROOIBOS, GREEN TEA OR EGYPTIAN MINT	£2.50

HOT CHOCOLATE £3.50  
with marshmallows 50p with squirty cream 50p

## SOFT DRINKS

### EAGER JUICES

200ml £2.50

100% pressed juices

PINEAPPLE CRANBERRY GRAPEFRUIT

ORANGE TOMATO APPLE

### BELVOIR PRESSE

275ml £2.85

handmade soft drinks

CUCUMBER & MINT GINGER BEER ELDERFLOWER

ORGANIC LEMONADE RASPBERRY LEMONADE

### SQUARE ROOTS SODA

275ml £3.25

Hackney's finest soft drink

BERGAMOT ROOT BEER

CUCUMBER SODA APPLE

### COKE COLA

330ml £2.75

### COKE ZERO

330ml £2.50

### APPLETISER

275ml £2.75

### STRATHMORE WATER

330ml £2.50

Sparkling or Still Mineral Water

750ml £3.50

## Hire Café No.30

The Café can be hired from 6pm any day of the week. We can provide buffets, cocktails & supper menu's. Just talk to us about your idea!

Whether you're looking for an intimate venue for a birthday party, you want to throw a baby shower or you have a book group that need a space to meet, we have the perfect place for you!