



MENU

served mon to fri 8:30-2



BREAKFAST (served all day)

BUTTERED SOURDOUGH TOAST
(+ jam /marmite/marmalade)

GRANOLA + MILK + CHOICE OF
BREAKFAST TOPPINGS

ORGANIC NATURAL YOGHURT +
CHOICE OF BREAKFAST TOPPINGS

CROISSANT + JAM + BUTTER

FRUITED TEACAKE

FRESH PASTRIES
(see counter for today's selection)

ORANGE /APPLE JUICE

BREAKFAST TOPPINGS

GRANOLA | BERRIES | RAISINS | HONEY | CINNAMON |
SEEDS | CHOPPED NUTS

LIGHT BITES

SALAMI, TOMATO + CHEESE CALZINI

PULLED PORK CALZINI

ORGANIC CHEDDAR ON TOAST

MASHED AVOCADO ON TOAST +
GROUND PEPPER + CHILLI FLAKES

HOUMOUS, BREAD + OLIVES

PORTION OF OLIVES

LUNCH

SANDWICHES (served with salad + crisps)

PARMA HAM, BRIE + SUNDRIED TOMATO

ORGANIC CHEDDAR + CHUNKY MED VEG

HOUMOUS + AVOCADO + BABY SPINACH

SALAD (served on our house salad base)

PARMA HAM + STILTON

QUINOA, RICE, BULGUR WHEAT + EDAMAME BEANS

HOUMOUS + OLIVES

NIBBLY BOARDS LIGHT LUNCH FOR TWO

CHEESE TRIO

CURED MEATS &
CHEESE TRIO

served with olives, chutney,
salad + bread

SEE OUR SPECIALS BOARD FOR EXTRA OPTIONS.

We use homemade, organic and/or locally sourced ingredients wherever possible.

Gluten-free/dairy-free alternatives available.