

BREAKFAST

Smashed Avocado <i>gluten & sulphites</i>	£6.95
Toasted sourdough with smashed avocado and a warm spicy tomato salsa	
American Style Pancakes <i>gluten</i> 3 Pancakes £4.25 5 Pancakes £5.95	
Served with maple syrup, blueberries, strawberries or banana.	
Add extra toppings for 50p each	
Sausage Sandwich <i>soya, gluten</i>	£4.95
Vegan sausage served on brown or white bread	

VEGAN BREAKFAST *gluten, soya & sulphites* £8.95

Sausages, hash browns, tomato, field mushrooms, spinach, baked beans and white or brown toast with vegan butter

LIGHT BITES

Wild mushrooms on sourdough <i>gluten</i>	£5.95
Wild mushrooms in a creamy sauce, served on toasted sourdough	
Nachos <i>sulphites</i>	£6.50
Tortilla chips topped with salsa, jalapenos and vegan cheese. Served with guacamole	
Cheese and Onion Sandwich <i>gluten</i>	£5.95
Vegan mozzarella, red onion & vegan mayonnaise on white or brown bread served with crisps & salad	
Spiced Chickpea Open Sandwich <i>gluten, soya</i>	£7.50
Served on toasted sourdough topped with vegan mayonnaise, rocket & sriracha sauce	

MAINS

Couscous Salad <i>gluten & sulphites</i>	£7.95
Mixed beans, tomato, red onion, cucumber, mint, mixed leaf and couscous, with a balsamic drizzle	
Wild Mushrooms Pasta <i>soya</i>	£9.50
Wild mushrooms in a creamy sauce with penne pasta	
Thai Green Curry <i>soya, sulphites & gluten</i>	£8.95
Vegetable Thai green curry served with coriander rice and flatbread	
Mushroom Burger <i>gluten & pine nuts</i>	£9.50
Field mushroom, mozzarella and pesto on a burger bun. Served with fries and salad	
Pesto Pasta <i>soya & pine nuts</i>	£8.95
Penne pasta with cherry tomatoes, spinach and pesto.	
Bang Bang Penne <i>soya</i>	£9.50
Spicy mixed peppers with penne and a sriracha cream sauce	

SIDES

House salad	£2.75	House Seasoned Fries	£2.75
Marinated olives <i>sulphites</i>	£2.95	Twister Fries <i>gluten</i>	£3.50
Chunky chips	£2.95		

DESSERTS

Chocolate fudge cake <i>gluten, soya</i>	£4.95
With hazelnut and rose ice cream	
American style pancakes <i>gluten</i>	£4.95
With strawberries and maple syrup	
3 scoops of ice cream	£4.25
Salted caramel, hazelnut and rose, strawberry and yuzu	

Please note some of our dishes contain allergens. If anyone has any food allergies or intolerances, please inform a member of staff.