

Take out FILMORE & UNION

WETHERBY DELI | HARROGATE DELI

BREAKFAST

WHOLE MILK PORRIDGE ^V	3. ⁵⁰
CACAO WAFFLES ^{VE DF GF}	4. ⁵⁰
TOASTED BAGEL ^V	2. ⁵⁰
HOT BREAKFAST CIABATTA	4. ²⁵
HOMEMADE GRANOLA ^{V GF}	4. ⁵⁰
OVERNIGHT OATS ^{VE DF GF}	2. ⁹⁹
BACK TO BASICS BAGEL	4. ²⁵
PEANUT BUTTER + BANANA BAGEL ^{VE DF}	2. ⁹⁵

HOT

SOUP OF THE DAY ^{VE DF}	3. ⁵⁰
TAGINE OF THE DAY ^{GF}	5. ⁹⁵
BACON, TOMATO + PESTO CIABATTA	4. ²⁵
SMOKED CHEESE + TOMATO CIABATTA ^V	4. ²⁵
PIRI PIRI CHICKEN WRAP ^{GF}	4. ²⁵
VEGAN BURRITO ^{VE GF DF}	4. ²⁵
CELERIAC + SWEET POTATO WRAP ^{V GF}	4. ²⁵

BAGELS PLAIN OR MULTI SEED

BACK TO BASICS	4. ²⁵
SMOKED SALMON, CREAM CHEESE, DILL, SPINACH + GHERKINS	
HOT JACKS	4. ²⁵
SMOKED CHICKEN WITH RED PEPPERS + GUACAMOLE	

WRAPS

THAI HUMMUS + FALAFEL ^{VE DF}	4. ²⁵
CHICKEN CAESAR ^{DF}	4. ²⁵
CELERIAC + SWEET POTATO ^V	4. ²⁵
ZATAR CHICKEN ^{DF}	4. ²⁵

SALADS CHECK TODAYS SELECTION

6.²⁵

HOT DRINKS

AMERICANO.....	2. ⁵⁰	HOT CHOCOLATE.....	2. ⁹⁰
LATTE.....	2. ⁹⁰	VEGAN HOT CHOCOLATE.....	2. ⁹⁰
FLAT WHITE.....	2. ⁹⁰	SINGLE ESPRESSO.....	1. ⁹⁰
CAPPUCCINO.....	2. ⁹⁰	DOUBLE ESPRESSO.....	2. ¹⁰
MOCHA.....	3. ⁰⁰	MATCHA LATTE.....	3. ⁰⁰
MACCHIATO.....	2. ⁶⁰	TURMERIC LATTE.....	3. ⁰⁰
LONG BLACK.....	2. ⁵⁰	CHARCOAL LATTE.....	3. ⁰⁰

TEA SELECTION ASK ABOUT OUR FRESH INFUSIONS

ENGLISH BREAKFAST.....	2. ⁵⁰	PEPPERMINT.....	2. ⁵⁰
EARL GREY.....	2. ⁵⁰	SENCHA GREEN TEA.....	2. ⁵⁰
CHAMOMILE.....	2. ⁵⁰	ROOIBOS.....	2. ⁵⁰

JUICES ENHANCE YOUR JUICE WITH A BOOSTER

UNION TONIC <small>VE GF DF</small>	4. ⁵⁰	JOLUXE <small>VE GF DF</small>	4. ⁵⁰
PINEAPPLE, LEMON, ORANGE, APPLE + STRAWBERRY		ORANGE, CARROT + GINGER	
ZEN <small>VE GF DF</small>	4. ⁵⁰	GOODNESS GREENS <small>VE GF DF</small>	4. ⁵⁰
APPLE, PINEAPPLE, BROCCOLI, SPINACH, CUCUMBER + GINGER		APPLE, SPINACH, CUCUMBER, BROCCOLI, LEMON + GINGER	

SMOOTHIES ENHANCE YOUR SMOOTHIE WITH A BOOSTER

BREAKFAST SMOOTHIE <small>V GF</small>	4. ⁵⁰	RAW CHOCO <small>VE GF DF</small>	4. ⁵⁰
BANANA, NATURAL YOGHURT, GRANOLA, SKIMMED MILK + OATS		ALMOND MILK, CACAO, CASHEW NUTS, BANANA + AGAVE SYRUP	
BERRY BREEZE <small>VE GF DF</small>	4. ⁵⁰	BENCH PRESS <small>V</small>	5. ⁵⁰
STRAWBERRIES, BLUEBERRIES, APPLE, MINT + COCONUT WATER		BANANA, VANILLA WHEY PROTEIN, FULL FAT MILK, CASHEW NUTS, OATS + PEANUT BUTTER	

