



# Take out MOORTOWN

## BREAKFAST

WHOLE MILK PORRIDGE <sup>V</sup> .....	3.50
TOASTED BAGEL <sup>V</sup> .....	2.50
HOT BREAKFAST CIABATTA.....	4.25
HOMEMADE GRANOLA <sup>V GF</sup> .....	4.50
OVERNIGHT OATS <sup>VE DF GF</sup> .....	2.99
BACK TO BASICS BAGEL.....	4.25
PEANUT BUTTER + BANANA BAGEL <sup>VE DF</sup> .....	2.95

## HOT

SOUP OF THE DAY <sup>VE DF</sup> .....	3.50
TAGINE OF THE DAY <sup>GF</sup> .....	5.95
BACON, TOMATO + PESTO CIABATTA.....	4.25
SMOKED CHEESE + TOMATO CIABATTA <sup>V</sup> .....	4.25
PIRI PIRI CHICKEN WRAP <sup>GF</sup> .....	4.25
VEGAN BURRITO <sup>VE DF GF</sup> .....	4.25
CELERIAC + SWEET POTATO WRAP <sup>V GF</sup> .....	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, SPINACH + GUACAMOLE	

## WRAPS

THAI HUMMUS + FALAFEL <sup>VE DF</sup> .....	4.25
CHICKEN CAESAR <sup>DF</sup> .....	4.25
CELERIAC + SWEET POTATO <sup>V</sup> .....	4.25
ZATAR CHICKEN <sup>DF</sup> .....	4.25

## SALADS CHECK TODAYS SELECTION

5.99

## HOT DRINKS

AMERICANO.....	2.50	SINGLE ESPRESSO.....	1.90
LATTE.....	2.90	DOUBLE ESPRESSO.....	2.10
FLAT WHITE.....	2.90	MATCHA LATTE.....	3.00
CAPPUCCINO.....	2.90	TURMERIC LATTE.....	3.00
MOCHA.....	3.00	CHARCOAL LATTE.....	3.00
MACCHIATO.....	2.60		
LONG BLACK.....	2.50	MILK ALTERNATIVES AVAILABLE	
HOT CHOCOLATE.....	2.90	SOYA   OAT   COCONUT   ALMOND	
VEGAN HOT CHOCOLATE.....	2.90		

## TEA SELECTION

ENGLISH BREAKFAST.....	2.50	PEPPERMINT.....	2.50
JASMINE.....	2.50	SENCHA GREEN.....	2.50
CHAMOMILE.....	2.50	ROOIBOS.....	2.50

## JUICES ENHANCE YOUR JUICE WITH A BOOSTER

UNION TONIC <sup>VE GF DF</sup> .....	4.50	JOLUXE <sup>VE GF DF</sup> .....	4.50
PINEAPPLE, LEMON, ORANGE, APPLE + STRAWBERRY		ORANGE, CARROT + GINGER	
ZEN <sup>VE GF DF</sup> .....	4.50	GOODNESS GREENS <sup>VE GF DF</sup> .....	4.50
APPLE, PINEAPPLE, BROCCOLI, SPINACH, CUCUMBER + GINGER		APPLE, SPINACH, CUCUMBER, BROCCOLI, LEMON + GINGER	

## SMOOTHIES ENHANCE YOUR SMOOTHIE WITH A BOOSTER

BREAKFAST SMOOTHIE <sup>V GF</sup> .....	4.50	RAW CHOCO <sup>VE GF DF</sup> .....	4.50
BANANA, NATURAL YOGHURT, GRANOLA, SKIMMED MILK + OATS		ALMOND MILK, CACAO, CASHEW NUTS, BANANA + AGAVE SYRUP	
BERRY BREEZE <sup>VE GF DF</sup> .....	4.50		
STRAWBERRIES, BLUEBERRIES, APPLE, MINT + COCONUT WATER			

GF-GLUTEN FREE | DF-DAIRY FREE | V-VEGETARIAN | VE-VEGAN

PLEASE LET OUR STAFF KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS

MOORTOWN: 01132 687 805

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