

PORRIDGE

- WHOLE MILK PORRIDGE** V 3.50
 WITH FRESH FRUITS, HOMEMADE GRANOLA + MAPLE SYRUP
- HOMEMADE GRANOLA** V GF 4.50
 WITH FRESH BERRIES, YOGHURT + FRUIT COMPOTE
- CACAO WAFFLE** VE DF GF 4.50
 WITH FRESH BERRIES, BANANA + MAPLE SYRUP

BREAKFAST BAGELS CHOICE OF PLAIN OR MULTISEED GLUTEN FREE OPTIONS AVAILABLE

- PEANUT BUTTER + BANANA BAGEL** VE DF 3.50
- TOAST OR TOASTED BAGEL** V 2.50
 WITH FRUIT COMPOTE, HONEY OR BUTTER
- SCRAMBLED EGG BAGEL** 4.25
 ADD BEANS | ADD BACON | ADD SALMON + £1.50 EACH

SALADS

- HOT SMOKED SALMON** GF 5.99
 HOT SMOKED SALMON, SPINACH, RED QUINOA + TURMERIC FENNEL SALAD, RED PEPPER HUMMUS, GHERKINS + POMEGRANATE DRESSING
- FALAFAL SALAD** VE DF GF 5.99
 FALAFEL, SPINACH, PICKLED CABBAGE, CELERIAC + SWEET POTATO SALAD, SPINACH ZATAR HUMMUS + POMEGRANATE DRESSING
- ZATAR CHICKEN SALAD** GF DF 5.99
 ZATAR CHICKEN, SPINACH, RED QUINOA + TURMERIC FENNEL SALAD, RED PEPPER HUMMUS + POMEGRANATE DRESSING

SMALL POTS

- OVERNIGHT OATS** VE GF DF CN 2.99
- CHOCO'AVO MOUSSE** VE GF DF CN 2.99
 PLAIN CHOCOLATE, AVOCADO OIL, COCONUT MILK, FRESH ORANGE JUICE + PISTACHIO KERNEL TOPPING

HOT WRAPS

- PIRI PIRI CHICKEN WRAP** GF 4.25
 ROASTED CHICKEN, FIRE ROASTED RED PEPPERS, MOZZARELLA, PIRI PIRI HOT SAUCE + SPINACH, ON A MULTIGRAIN GLUTEN FREE WRAP
- VEGAN BURRITO** VE GF DF 4.25
 SWEET POTATO, RED PEPPER, YELLOW PEPPER, EDAMAME BEANS, CORIANDER + SPINACH ZATAR HUMMUS ON A MULTIGRAIN GLUTEN FREE WRAP

COLD WRAPS

- THAI HUMMUS + FALAFEL** VE DF 4.25
 FALAFEL, SPRING ONIONS, HUMMUS, THAI GREEN PASTE, SWEET CHILLI, RED ONION, CARROTS + PAK CHOI ON A SPINACH WRAP
- CELERIAC + SWEET POTATO** V 4.25
 CELERIAC, SWEET POTATO, PUY LENTILS, CHERRY TOMATO, CUCUMBER + FETA ON A SPINACH WRAP
- ZATAR CHICKEN** DF 4.25
 ZATAR CHICKEN, COURGETTE, SPINACH, CARROT, RED PEPPER + SPINACH HUMMUS ON A INDIAN SPICED WRAP

BAGELS CHOICE OF PLAIN OR MULTISEED GLUTEN FREE OPTIONS AVAILABLE

- HOT JACKS** 4.25
 SMOKED CHICKEN WITH RED PEPPERS + GUACAMOLE
- BACK TO BASICS** 4.25
 SMOKED SALMON, CREAM CHEESE, DILL, SPINACH + GHERKINS
- BACON+TOMATO** 4.25
 BACON, TOMATO + PESTO
- UNION STREET** VE DF 4.25
 HOMEMADE HUMMUS, SPINACH, ROASTED COURGETTE + BUTTERNUT SQUASH
 ADD FETA V + 50P

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

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

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 VE GF DF	4. ⁵⁰	JOLUXE VE GF DF	4. ⁵⁰
PINEAPPLE, LEMON, ORANGE, APPLE + STRAWBERRY		ORANGE, CARROT + GINGER	
ZEN VE GF DF	4. ⁵⁰	GOODNESS GREENS VE GF DF	4. ⁵⁰
APPLE, PINEAPPLE, BROCCOLI, SPINACH, CUCUMBER + GINGER		APPLE, SPINACH, CUCUMBER, BROCCOLI, LEMON + GINGER	

SMOOTHIES

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

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