



Avocado Toast Topper

Malted sourdough toasted & topped with guacamole, avocado, vegan feta, vine toms, walnuts, olive oil & cracked black pepper

£10.00

Bacon Sandwich

Plant based smoked bacon on granary

£7.00

Club Sandwich

Quorn ham, vegan cheddar, tomato, guacamole, leaves, mustard & vg mayo

£10.00

BREAKFAST

Until 12 Noon

Porridge

Made with oat milk, maple syrup & pumpkin seeds

Fresh seasonal berries or Banana & cinnamon

£7.00

Breakfast Roll

Lincolnshire sausage, scrambled tofu on a granary roll

£7.00

LUNCH

From 12 Noon

TOASTIES & CLUB SANDWICH

Londoner Toastie

Vegan cheddar, Quorn ham, tomato & mild mustard on granary

£6.70

Cheese & Tomato Toastie

Vegan cheddar & vine ripened tomatoes

£6.00

JACKET POTATOES

All served with garden salad & French dressing

Three Bean Chilli

Red kidney, cannellini & haricot

£10.00

Vegan Cheddar & Beans (Gf)

£9.00

Mediterranean Feta (Gf)

Vegan feta, olives & oregano

£9.00

SALADS & SANDWICH

Nutty Superfood Salad

Quinoa, couscous, edamame, vg feta, olives, pomegranate, blueberries, tomatoes, walnuts & pumpkin seeds

£10.00

Vegan Ham & Avocado Salad

Quorn ham, avocado, tomatoes, Cucumber, red onion, pomegranate & pumpkin seeds (Gf)

£11.00

Ploughmans Sandwich

Vegan cheddar, tomato, cucumber, chutney, tomatoes, red onion & mixed leaves on granary

£6.20

SIDES & ADD-ONS

Golden Veg Rice (Gf)

£4.00

Cajun Spiced Fries (Gf)

£4.00

Mini Greek Salad (Gf)

£4.00

Vivo life Perform Plant Protein Shakes (Gf)

Sml £4.50 (26g protein) Reg £5.00 (35g protein) Lrg £5.50 (45g protein)

Blended with water (Almond, Coconut, Oat, Soya +50p)

Banana & cinnamon, Vanilla, Raw cacao, Salted caramel, Strawberry & vanilla

SOMETHING SWEET ?

Carrot & Orange Cake

Super Dark Brownie

Maple Flapjack (Gf)

£4.25



Scan for
Allergy &
nutritional
information

**** Please order & pay at the counter ****

Inform your server of any allergies or intolerances before placing your order.
Not all Ingredients are listed on the menu and we cannot guarantee the total absence of allergens from our kitchen.