

# coffee

small / regular

made with 100% arabica fairtrade beans

\* decaf available - Swiss water-filtered from Wooden Hill

Flat White 3.40 

Latte 3.35/3.60 

Cappuccino 3.35/3.60 

Cortado 3.15 

Americano 3.05/3.35

Mocha 3.60/4.00 

Espresso 2.55/2.90

Macchiato 3.10 


Spiced Chai Latte 3.90/4.20 

'Dirty' Chai Latte 5.20   
with double coffee shot

Turmeric Latte 3.90/4.20 

Matcha Latte 3.90/4.20 

Ask about morning pastries  
including the decadent frangipane  
filled almond croissant

0.60 marshmallow, cream, milks: oat, soya, coconut  
add any syrup (vanilla, caramel, cinnamon, hazelnut )  
sugar free options available

# tea & hot choc

Teas by Birchall's of London

English Breakfast (decaf available) 2.60

Earl Grey 2.80

Peppermint 2.80

Red Berry and Hibiscus Flower 2.80

Pure Green 2.80

## hot chocolate

Hubba-Choc-Alot 4.45/4.75 

with whipped cream, marshmallows, a trickle of toffee and chocolate

Classic Hot Chocolate 3.50/3.90 


Vegan Hot Chocolate 4.15/4.45

White Hot Chocolate 4.05/4.30 

Babyccino 0.85 

warm milk and fluffy foam

Ask for today's special offer  
and the home made  
soup-of-the-day!

0.60 marshmallow, cream, milks: oat, soya, coconut  
add any syrup (vanilla, caramel, cinnamon, hazelnut )  
sugar free options available

# iced drinks/shakes

Iced Latte 3.90 

Vanilla Iced Latte 4.40 

Caffè Frappé 4.40 

two shots of coffee with milk and blended ice

Mocha Frappé 4.70 

two shots of coffee with chocolate and blended ice - whipped cream optional

Iced Americano 3.80

Iced Tea 3.85

Lemon and passionfruit | Raspberry | Peach

## shakes

made with ice cream, real fruit, treats, and milk

Hub & Spoke Special Caffè Frappé Latte Shake 5.85 

fresh coffee with vanilla milkshake

Classic Shake 4.75 

vanilla | chocolate | strawberry

Salted Caramel Shake 5.25 

Mint Choc Chip Shake 5.25 

Vegan Shake - chocolate 5.75 

Blackberry and Clotted Cream 5.25 

## Allergens Key:


 sesame

 eggs

 dairy

 soy

 celery

 mustard

 gluten

 fish

please ask a member of staff about allergens

# smoothies

## smoothies

GF V VE

made with 100% fruits and juices

### 'Wheelie' Super Green Special 5.25

a rejuvenating kick of apple, avocado, spinach, lime, spirulina and basil

### Strawberry Delight 4.95

a dreamy fusion of strawberry, peach and papaya

### Acai Berry & Mango Kick 4.95

a power surge of acai, blueberry, strawberry and mango

### Green Gear Changer 5.25

a refreshing medley of banana, kale, mango and lemongrass

### Ginger Beet Pedal Power 5.25

a zingy combo of ginger, beetroot and blueberries

### Mango Tandem 5.25

a sumptuous blend of mango and pear

### Raspberry Blast 5.25

a heavenly mix of raspberry, blueberry, mango and apple

### Passionate Pedal Power 4.95

a tropical swirl of passion fruit, papaya, pineapple, peach and superfoods guava and aloe vera

### Coconut Crash 5.25

an idyllic duo of pineapple and coconut cream

## Juices, Presses, Sparkling drinks

starting at 2.30

Folkingtons authentic juices and sparkling drinks:

**Juices:** Cloudy apple, Cloudy pear, Pineapple, Orange, Summer berries

**Presses:** Rhubarb and apple, Elderflower, Lemon and Mint

**Bottled:** Still/sparkling water, coke, coke zero, San Pellegrino Orange and Lemon

# veg Pizza

Freshly-made 12" stone fired, crispy based, yummy grown-up sourdough pizzas

Can't decide? Make your own with choice of toppings!

gluten free and vegan available 0.70 supplement each

Pizzas may contain traces of:   

## Margherita 12.95

Classic pizza done the Hub & Spoke way. Fior di latte mozzarella, our chef friend's pizza sauce, fresh tomato, and fresh basil

## Vegan Vegetarian<sup>VE</sup> 14.65

Fresh-roasted aubergines, courgettes and red peppers with red onions and vegan mockzzarella cheese, topped with fresh tomato and basil

## Vegetarian 14.65

Our take on a classic vegetarian. Loaded with roasted aubergine, courgette, red peppers, red onions, fresh tomato, basil and all topped with the best fior di latte mozzarella

## Quattro Formaggi 14.95

When three cheeses just aren't enough. This cheesy lineup is parmesan crumb, fior di latte mozzarella, dolcelatte, brie and a splash of cream. Take them all on in this cheese-fest!

## Portobello Spinaci 14.95

One of our favourite pizzas, with portobello mushrooms, spinach and caramelised onions, delicious ricotta, grated parmesan, a splash of cream, and fior di latte mozzarella

extras 0.60 onions, chilli, jalapeño, sweetcorn

1.00 olives, mushrooms, pepper, pineapple

1.50 pepperoni, prosciutto crudo, salami, chorizo, smoked chicken, anchovies

## sides

### Garlic Bread 9" round 9.50

### Rocket & Parmesan Salad 3.70/5.60

### Caesar Salad 4.25/6.30

... add smoked chicken 0.95/1.45

... add bacon pieces 1.10

... add warm chopped sausage 1.10

... add peppers/onions/aubergines/courgette 0.95 each

# meat Pizza

Freshly-made 12" stone fired, crispy based, yummy grown-up sourdough pizzas

Can't decide? Make your own with choice of toppings!

gluten free and vegan available 0.70 supplement each

Pizzas may contain traces of:   

## Americana 14.95

The popular one! Classic pepperoni with the addition of spicy jalapeños, sliced peppers, spring onions, chopped tomatoes and fresh basil

## Pepperoni 14.95

Classic Americana but without the spicy stuff!

## Pollo Ruspante 15.20

Smoky chicken with a great supporting cast of gorgonzola, Brie, and fior di latte mozzarella and oven roasted red onions - an ensemble of deliciousness!

## Diavola 15.20

Hot and spicy Calabrese-style pizza. Italian salami, spicy nduja sausage, and fiery chillies combine to make the Diavola a pizza with a kick!

## Funghi i Tartufi 15.20

Flavours of Italian autumn that you can enjoy all year round! Finest wild mushrooms, Italian salami, fresh tomato, and basil all drizzled with delicious truffle oil

## Napoli 15.20

From the streets of Napoli comes this pizza full of passion. Prosciutto crudo, olives, roasted chorizo, spicy pepperoni and basil pesto

## The Cumberland Brunch 15.20

A Margherita base topped with our classic cumberland sausage, finest unsmoked back bacon and caramelised onions

## Pesto Pollo 15.20

With smoked chicken breast, caramelised onions, roast peppers and fior di latte mozzarella on a pesto, cream and garlic base

## Steak and Rocket 15.75

A garlic, caramelised onion, parmesan and cream base with succulent beef steak slices on a bed of peppery rocket and the best mozzarella cheese

extras 0.60 onions, chilli, jalapeño, sweetcorn

1.00 olives, mushrooms, pepper, pineapple

1.50 pepperoni, prosciutto crudo, salami, chorizo, smoked chicken, anchovies

# Savouries

home made  
soup-of-the-day!  
with cheese scone 6.45  
with sourdough 8.55

## Sausage Roll 4.60



Our own recipe sausage roll. <sup>new</sup> \*gluten free option  
Cumberland base with sage - topped with nigella and poppy seeds

## Vegan Roll<sup>VE</sup> 4.60



Mushroom and lentil filling with onion, celery, potatoes, chestnuts, apple and panko.

## Sausage / Bacon Baguette 4.70



Fresh bread from our local baker and the best bacon and Cumberland sausage we can find

## Brunch Baguette 5.60



Bacon, sausage\*, Brie and onions

## Salad Baguette (lettuce + tomato) 4.30



... add bacon +1.30 smoked chicken, sliced crumbed ham, brie, roast veg +1.35 Sliced beef steak +1.65,

## Veggie / vegan Brunch Baguette 5.95



vegan sausage\*, Brie/vegan cheese, onion and portabello mushroom

## Baguette extras

... add roasted onions, brie/vegan cheese, salad 0.35

... add tuna 0.95 tuna mayo 1.10

... add extra sausage / vegan sausage or extra bacon 1.10

GF rolls available as alternative to baguette 0.60 supplement

## Vegan Keralan Pasty<sup>VE</sup> 5.20

Award winning - cauliflower, chickpeas and onion bhaji with garlic, ginger, coconut milk and mango chutney, spiced with Indian flavours

## Steakless Vegan Pasty<sup>VE</sup> 5.30



An environmentally friendly pea protein base, with onions and potatoes in a peppercorn sauce

## Cornish Pasty 4.95



<sup>new</sup> \*gluten free option 5.15

A premium traditional Cornish steak pasty made with diced British Farm Assured beef, potatoes, swede and onion, seasoned with pepper in a shortcrust pastry

## Cheese Pasty 5.20



A tasty blend of Cornish Cheddar and Red Leicester cheese with potato and onions in a creamy bechamel, mustard and plum sauce

## Sourdough slice with Crushed Avocado 4.95



(chilli flakes and lemon optional)

... add chopped tomato 0.35 ... add bacon/sausage 1.10 ... add vegan sausage 1.10

# sweet treats

please ask a member of staff about allergens

**Sourdough toast and butter** 2.95  
... add jam / vegan spread 0.50

**Scone** 3.80

Home made plain and fruit scones on their own with or without butter  
... add clotted cream 0.50 ... add Jam 0.50

**Cheese Scone** 3.80

... add chilli jam 0.50 ... add Marmite 0.50

Available with the afternoon tea option 19.50pp

**Brownies, Blondies, Tiffins** 3.60

Made especially for us: Triple chocolate, Salted caramel, Peanut and chocolate, Double gooey chocolate, Nutella oreo and white chocolate, Jammy dodger, Custard cream blondies, Cookie dough tiffin, plus specials

**Cakes** 4.00

Honeycomb crunch special, Victoria sponge, gf Chocolate fudge, vegan Lemon chia, gf Orange-lemon-lime, plus specials

**Muffins and Pastries** 3.60

Triple chocolate, Blueberry, Vegan jam and coconut, Vegan sourdough cinnamon bun, Cruffin, Almond and frangipane croissant, Hazelnut pain au chocolat

**Traybakes** 3.15

Billionaires' rocky road, Caramel bubble, Caramel slice, Vegan blueberry slice, Florentine, Flapjacks, Protein Bar

**Cheesecakes** 3.50

Vegan/gf Vanilla, Cherry and Chocolate, plus specials!

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