



SALADS & CHILLED MAINS

INDIVIDUAL SALAD PORTION - £7.95 / SALAD PLATE (SELECTION OF SALADS) - £15.95

CHOOSE ANY PROTEIN WITH A SELECTION OF SALAD

ROASTED SCOTTISH SALMON FILLET £9.95

lemon and rosemary marinade

with 1 salad ... £18.95

with 2 salads ... £26.95

ROASTED FREE RANGE CHICKEN £9.95

honey glazed

with 1 salad ... £18.95

with 2 salads ... £26.95

HOMEMADE CAULIFLOWER FRITTATA £8.50

onions, feta, paprika mayo

with 1 salad ... £17.45

with 2 salads ... £25.95



HOT MAINS

DAILY QUICHE £10.95

CHEF'S SOUP (VE/GF) £8.95

SMOKEY BEAN POT (VE/GF) £12.95

MURIEL'S FAMOUS BEEF LASAGNE & LEAF SALAD £16.95

SAUSAGE ROLL £7.50

COFFEE



ARTISAN COFFEE

ESPRESSO	£3.25
MACCHIATO	£3.50
LATTE	£4.50
CAPPUCCINO	£4.50
MOCHA	£4.75
FLAT WHITE	£4.75
AMERICANO	£4.50

EXTRAS

EXTRA SHOT	£1.00
EXTRA DECAF SHOT	£1.00
COFFEE SYRUP	£1.00
MARSHMALLOWS	£1.00

SPECIALITY DRINKS

CHAI LATTE	£4.90
ACTIVATED CHARCOAL LATTE	£4.90
(ALMOND MILK)	
ORGANIC MATCHA LATTE	£4.90
(COCONUT MILK)	
GOLDEN TURMERIC LATTE	£4.90
(COCONUT MILK)	
PUMPKIN SPICED LATTE	£4.90
HOT CHOCOLATE	£3.75

GOOD & PROPER TEA

ALL £4.25

BREAKFAST BREW, EARL GREY, JADE TIPS
GREEN, ROOIBOS, PEPPERMINT,
CHAMOMILE, HIBISCUS, LEMONGRASS

CAKES



SCONE WITH CREAM AND JAM	£6.25
FRUIT SCONE WITH CREAM AND JAM	£6.25
CARROT CAKE	£6.80
ORANGE AND POLENTA CAKE (GF)	£6.00
CHOCOLATE BROWNIE (GF)	£5.00
FRUIT AND NUT FLAPJACK (VE)	£5.00
CHOCOLATE CHIP COOKIE	£3.00

DRINKS MENU



SOFT DRINKS

CAWSTON PRESS KIDS BLEND

APPLE & MANGO £3.00

APPLE & PEAR £3.00

COKE £3.00

DIET COKE £3.00

VITA COCO £4.95

TRIP CBD INFUSED

ELDERFLOWER & MINT £5.95

LEMON & BASIL £5.95

PEACH & GINGER £5.95

GUSTO ORGANIC

SICILIAN BLOOD ORANGE £4.95

FIERY GINGER & CHIPOTLE £4.95

NATOORA FRESHLY SQUEEZED JUICE

ORANGE £5.95

BRITISH APPLE £5.95

FRESH LEMONADE £5.95

KINGSDOWN NATURAL SPRING WATER

STILL £2.95

SPARKLING £2.95

ILLY COLD BREW £4.00

AGUA DE MADRE KEFIR WATER £5.95

BEER & CIDER

NOAM LAGER £6.50

PARTIZAN PALE ALE £6.50

THE NEWT CIDER £9.50

SIGNATURE BLEND MEDIUM DRY

WINE

GRUNER PREMIUM WHITE £11.95

GRENACHE ROSE NO.3 £11.95

GARNACHA PREMIUM RED £11.95

RUGGERI PROSECCO £23.00

DOMAINE VINCENT DAMPT CHABLIS £28.00

BELEZOS RIOJA ZUGOBER 2017 £25.00

NYETIMBER CLASSIC CUVÉE £45.00

