

FOOD MENU

WIFI

RealIdeas - Members
R10Members!

Porridge £5

Topped with berries & flaked almonds

Toast and Preserves £4.75

Jam, marmalade, or marmite

Soft Boiled Eggs on Toast £6

Add cheddar cheese: £1.15

A selection of pastries
and cakes available
every day

Red Lentil and Coconut Dhal (Vg & GF) £8.50

Lightly spiced lentil dahl - served with butter & Heyl Bakery
sourdough

Soup of the Day (Vg & GF) £7.25

Served with butter & Heyl Bakery sourdough

Mature Cheddar Toastie with a Choice of Filling £7.50

Served with salad & vegan coleslaw

- Jalapeños
- Pink Pickled Onions
- Red Onion Chutney
- Marmite

Vegan butter & gluten-
free bread available

Savoury Cheese Scone £6.75

Served with mature cheddar, salad, butter, and either chilli jam
or onion chutney

Please let staff know about
any allergies or dietary
requirements upon ordering

DRINK MENU

Wifi
RealIdeas - Members
R10Members!

HOT DRINKS

Double Espresso	£2.95
Americano (Hot or Iced)	£2.95
Flat White	£3.85
Latte (Hot or Iced)	£3.85
Cappuccino	£3.85
Hot Chocolate	£3.85
Mocha	£4.25
Matcha Latte	£3.85
Chai Latte	£3.85
Dirty Chai Latte	£4.25
Pot of tea	£3.50
Mug of tea	£2.25

SOFT DRINKS

San Pellegrino	£2.95
Lemon, Lemon and Mint, Blood Orange, Orange and Pomegranate	
Coke Can	£2.95
Diet Coke Can	£2.75
Cawston Press Carton	£2.25
Apple & Pear, Apple & Mango	
Glass of Milk (Dairy/Oat)	£1.75
Still & Sparkling Water	£2.25
Folkington's Juice	£2.25
Orange, Cloudy Apple	

Please let staff know about
any allergies or dietary
requirements upon ordering

KIDS MENU

Things on Toast **£3.50**

Buttered white toast topped with either:

- Heinz Baked Beans
- Jam
- Soft Boiled Egg
- Cheddar Cheese

Vegan butter & gluten-free bread available

Cheese Toastie **£4**

Cup of Soup **£4**

A cup of soup of the day, served with white bread and butter

Please let staff know about any allergies or dietary requirements upon ordering