



## **BAGELS**

Served from 10.30

**Avocado, jalapeno, coriander & lime-pickled onions**

£7.50 VG

**Ham hock, parsley & mustard mayo** £7.50

**Smoked salmon, cream cheese & chrain** £7.50

**Sun-blushed tomato, tapenade & sweet herbs** £7.00 VG

**Egg mayonnaise with spring onions & chives** £6.20 V

**Smashed white beans with sesame, poppy & pumpkin seeds** £5.90 VG

All available on gluten free toast

Please inform us if you have allergies

V -Vegetarian VG -Vegan GFA -Gluten Free Available DF - Dairy Free

## **SHARERS, SIDES & SNACKS**

Full menu served from 12.00

**Cheese board** £12 GFA

**Charcuterie board** £12 GFA

**Guacamole & tortila chips** £6.50 GFVG

**Green salad** £4 GFVG

**Tabbouleh** £4 V

**Bread, oil & balsamic** £3.00 VG

**Olives** £3.50 V GF

**Nuts** £1.50 V GF

### **1 2 3 TEA**

1 Pot of speciality tea

2 Cakes

3 open sandwiches

£14 per person

## STARTERS

**Carrot & miso soup, bread & butter** £6.50 VG GFA

**Chicken noodle soup** £6.50 GF DF

**Smoked salmon, beetroot & dill** £7 GF DF

**Avocado, beetroot, walnut & quinoa** £6.50/£8 VG GF DF

## MAINS

**Poached salmon with tapenade & tabbouleh** £9 DF

**Chicken, quinoa, avocado, little gem, yoghurt  
chilli dressing** £8 GF DFO

**Courgetti with sun dried tomato, pecorino &  
walnut pesto** £8 GF

**BBQ pulled pork hot pot with melted cheese** £9.50 GFA

**Italian sausage stew, hearty bread** £9 DF

**West African peanut & chickpea curry, wild rice** £9 VG GF

**Pea and feta frittata with green salad & tabbouleh** £8 V GFO