

DRINKS

JUICES - £5

*Treat yourself to one of our freshly squished,
pressed + squeezed juices to get your day going*

ALKALINE

Apple, carrot, ginger + himalayan pink salt

O'MEGA RED

Blood orange, beetroot, cranberry + chia seeds

GREEN IS GOD

*Apple, celery, cucumber, almond milk,
lime + sencha green tea powder*

BOOSTER

*Coconut water, blackberries, blueberries,
dates, banana + cinnamon honey*

COFFEE

ESPRESSO	1.5	CAPPUCCINO	2.5
DOUBLE ESPRESSO	2.25	MOCHA	2.5
AMERICANO	2.5	MACCHIATO	2
FLAT WHITE	2.5	DOUBLE MACCHIATO	2.5
LATTE	2.5	ICED COFFEE	2.5

TEAS

Pot for 1 - £2 - Pot for 2 - £3.75

FRESH MINT	EARL GREY
PEPPERMINT	STRONG BREAKFAST
CAMOMILE	CEYLAN DETHEINE
JASMINE	LAPSANG SOUCHONG
SENCHA FUKUYU	CHAI

DAYTIME

SMALL PLATES

ON TOAST

POACHED EGGS, HOLLANDAISE SAUCE WITH SMOKED SALMON £12.50

OR WITH CRUSHED AVOCADO £8.50

EGG & BACON BUTTY, HP SAUCE £5.5

LARGE PLATES

SWEET POTATO HASH, SPINACH, POACHED EGG £9.95

WM FULL ENGLISH BREAKFAST, BEEF DRIPPING TOAST £11.95

*Cumberland sausage, bacon, black pudding, roasted tomatoes,
Portobello mushrooms, bbq baked beans, fried egg*

WM VEGETARIAN BREAKFAST £10.00

*WM lentil sausage, Portobello mushroom, roasted tomatoes,
bbq beans, fried egg, sour dough toast*

BREAKFAST WRAP WITH TOFU (VEGAN) £7.95

OR WITH CHORIZO £7.95

CHARGRILLED SUFFOLK CHICKEN BURGER, AVOCADO AND EMMENTAL + CHIPS £11.95

WM BEEF BRISKET BURGER, BBQ MAYO, CHEESE, PICKLES, SMOKED TOMATO KETCHUP + CHIPS £12.95

STEAK FRITES, SAUCE BÉARNAISE £14.95

WM FISH 'N' CHIPS, MARROWFAT PEAS, TARTARE SAUCE £14.95

PLEASE NOTE

A discretionary 12.5% service charge will be added to your bill



DELI COUNTER AVAILABLE

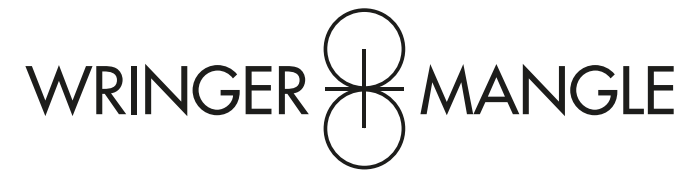
..... AVAILABLE MONDAY-FRIDAY

IF YOU'RE AFTER SOMETHING YOU CAN'T SEE, LET US KNOW
AND WE'LL SEE WHAT WE CAN DO

PLEASE NOTE

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www.wringerandmangle.com / [@wringerandmangle](https://www.instagram.com/wringerandmangle)



At Wringer + Mangle we take pride in putting seasonal, fresh produce at the heart of every meal. From locally sourced bread, to the finest cuts of meat and fresh vegetables each day, we take pride in sourcing the best possible ingredients. Our menus are about simple yet hearty cooking that makes you feel at home.

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Please order at the bar
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