

MENU

BREAKFAST

Frittata Breakfast Sandwich £5.40

(Minimum order 4)

A fresh bap filled with a mushroom and cauliflower frittata and herby ricotta. [Vg](#), [NF](#)

Merguez Sausage Sandwich £6.60

(Minimum order 4)

Merguez lamb sausage, with harissa yoghurt, marinated tomatoes and rocket. [NF](#)

Selection of Mini Pastries £2.40

(Minimum order 4, 2 pastries pp)

A mini Pain Aux Raisin and a Mini Croissant. [Vg](#), [NF](#)

Freshly Baked Almond Croissant £2.40

(Minimum order 4) [Vg](#)

Freshly Baked Croissant £2.40

(Minimum order 4) [Vg](#), [NF](#)

Pistachio and Pecan Granola Pot £2.40

(Minimum order 4) [Vg](#), [GF](#)

Berry Compote with Yoghurt £2.40

(Minimum order 4) [Vg](#), [NF](#), [GF](#)

Coconut Chia Pot £2.40

(Minimum order 4) [V](#), [NF](#), [GF](#), [DF](#)

SANDWICHES & SALAD

Chef's Sandwich Selection £7.20

(Min. order of 4 ppl, a combination of:)

Chicken Caesar Sandwich [NF](#)

Salt Beef Sandwich [NF](#), [DF](#)

Moroccan Spiced Aubergine Sandwich [NF](#), [Vg](#)

Grilled Vegetable Baguette [Vg](#), [NF](#)

Meat Lovers Sandwich selection £8.70

(Min. order of 4 ppl, a combination of:)

Chicken Caesar Sandwich [NF](#)

Salt Beef Sandwich [NF](#), [DF](#)

Roast Beef Sandwich [DF](#)

Club Sandwich [DF](#), [NF](#)

Grilled Vegetable Baguette £5.40

(no minimum order) [NF](#), [Vg](#)

Moroccan Spiced Aubergine Sandwich £5.40

(no minimum order) [NF](#), [Vg](#)

Crispy Tofu Burger £8.40

(no minimum order)

A Gluten Free Bun with crispy tofu, pickled vegetables and tofu mayonnaise [NF](#), [GF](#), [DF](#), [Vg](#)

Crispy Tofu Sandwich £8.40

(no minimum order) [V](#), [NF](#), [DF](#)

Sharing Salads £8.10

(min. order of 3 ppl, a combination of:)

Thai Beef Salad [NF](#), [DF](#), [GF](#)

Chicken Caesar Salad [NF](#)

Butternut Squash and Hummus Salad [V](#), [NF](#), [DF](#), [GF](#)

AFTERNOON TEA

All Butter Shortbread £2.40

(Minimum order 4, 2 pieces pp) [Vg](#), [NF](#)

Lemon Drizzle Cake £21.60

(Served in 10 slices) [NF](#), [Vg](#)

Scones with Jam and Cream £3.60

(Minimum order 4)

Home baked scones with Chantilly cream and Tiptree

Strawberry Jam [Vg](#), [NF](#)

BOXES & BITES

"Bennto" Box **£36.00**

(Serves 4-6 ppl as a snack)

Chicken Kara-Age with chilli mayonnaise [NF, DF](#)
Shitake & Leek Gyoza with soy & pepper dipping sauce
[NF, DF, V](#)

Chicken Yakitori with shichimi pepper [NF DF](#)

Takoyaki with tonkatsu sauce [NF](#)

Chicken Kara-Age with chilli mayonnaise **£1.20**

(minimum 20 items) [NF, DF](#)

Chicken Yakitori with shichimi pepper **£1.20**

(minimum 20 items) [NF, DF](#)

Shitake & Leek Gyoza with soy & pepper dipping sauce **£1.20**

(minimum 20 items) [NF, DF, Vg](#)

Takoyaki with tonkatsu sauce **£1.20**

(minimum 20 items) [NF](#)

Grilled Miso Chicken Box **£38.40**

(serves 4 ppl)

Slices of miso marinated grilled chicken, with pickled vegetables, fresh herbs, chicken pate and sweet chilli garlic dressing and fresh sourdough. [NF, DF](#)

Make it Gluten Free **£45.60**

Make it Carb Free **£30.00**

Mediterranean Vegetarian Box **£34.80**

(serves 4 ppl)

Hummus, artichokes, olives, sun dried tomatoes, grilled courgettes and fresh pitta bread [NF, Vg, DF](#)

Mushroom and Cauliflower Frittata Box **£36.00**

(serves 6 ppl)

Mushroom and Cauliflower Frittata, with mixed salad and a lemon vinaigrette [NF, GF, Vg](#)

Seasonal Whole Fruit Box **£24.00**

(serves 10 to 12 ppl) [NF, V, DF, GF](#)

DESERTS & POTS

Triple Chocolate Brownie **£2.40**

(Minimum order 4) [NF, Vg](#)

Triple Chocolate Brownie Bites **60p**

(Minimum order 4) [NF, Vg](#)

Chocolate Chunk Cookies **£2.40**

(Minimum order 4) [NF, Vg](#)

Quadruple Chocolate Chunk Cookies **£2.40**

(Minimum order 4) [NF, Vg](#)

Dark Chocolate Pot with candied orange **£3.30**

(Minimum order 4) [NF, Vg](#)

Original Beans Chocolate Bars **£3.60**

(No minimum order, 3 pieces p/p) [Vg](#)

Yuzu Chilli Truffles **£3.60**

(Minimum order 4) [Vg, NF](#)

SIDES & SNACKS

Turkish Flatbreads, Crudités and Hummus **£4.20**

(Minimum order 4) [V, NF, DF](#)

Sweet and Salty Popcorn **£1.80**

(Minimum order 4) [GF, DF, NF, V](#)

Salted Crisps **£1.80**

(Minimum order 4) [GF, DF, NF, V](#)

Pitta Chips **£1.80**

(Minimum order 4) [V, NF, V](#)

Spare Fruit Apple Crisps **£2.40**

(Minimum order 4) [V, NF, GF, V, DF](#)

Goji + Coconut Protein Balls **£2.40**

(Minimum order 4) [V, GF, V, DF](#)

Beef Jerky Protein Snack **£3.60**

(Minimum order 4) [DF](#)

DRINKS

Only Fresh Orange Juice(250ml) **£2.40**

Simply Apple Juice (250ml) **£2.40**

Carrot Elixir Juice £3.00

Carrot, Apple, Sweet Potato, Fresh Lemon Juice, Fresh Lime Juice, Tarragon

Turmeric Tonic Juice **£3.00**

Ginger, Carrots, Orange, Turmeric, Beetroot, Red Peppers

Green Detox **£3.60**

Curly Kale, Celery, Cucumber, Romaine Salad, Baby Spinach, Fresh Lemon Juice

Citrus Cooler **£3.60**

Apple Juice, Yuzu Juice, Sea Salt, Fresh Lemon Juice, Fresh Lime Juice, Cayenne Pepper

Sparkling Elderflower **£2.40**
(275ml)

Ginger Beer **£2.40**
(275ml)

Cloudy Lemonade **£2.40**
(275ml)

Rose & Sloe Lemonade **£2.40**
(275ml)

Belu Sparkling Water **£1.80**
(330ml)

Belu Still Water **£1.80**
(330ml)

Coca Cola **£1.80**
(330ml)

Diet Coca Cola **£1.80**
(330ml)

Vita Coco Coconut Water **£2.40**
(330ml)

Sandows Cold Brew Coffee **£4.80**
(200ml)