



For the health & safety of customers and staff we ask you to register your visit with us using either the QR Code or Website address to support NHS Scotland's Test & Protect. Please ask if you would like to view the Privacy Notice regarding how your data is stored and used.

<http://mgl.io/6a58V>



# FOOD.

## TOAST

CHOOSE YOUR BREAD white / brown / gluten free  
CHOOSE YOUR SPREAD butter / sunflower spread

CHOOSE YOUR CONDIMENT 2.50  
jam / marmalade / peanut butter / honey / Nutella / free from choc spread

ADD EXTRA CONDIMENT 0.30

BEANS **V** **VG** 3.50

BEANS AND BACON **VGO** 5.25

BEANS AND VEGGIE HAGGIS **V** **VG** 4.75

SMASHED AVOCADO **V** **VG** 5.95  
smashed avocado with lime and pepper served on toast (chilli flakes optional)

SMASHED AVOCADO AND BACON **VGO** 7.70

SMASHED AVOCADO AND SMOKED SALMON 8.15

**VGO** MAKE IT VEGAN WITH SGAIA FOODS VEGAN BACON ADD 0.75

## BAGELS

CHOOSE YOUR BAGEL plain / rainbow (add 0.50)  
CHOOSE YOUR SPREAD butter / sunflower spread

CHOOSE YOUR CONDIMENT 2.50  
cream cheese / vegan cream cheese / jam / Nutella / free from choc spread / peanut butter / honey / marmalade

ADD AN EXTRA CONDIMENT 0.30

BACON **VGO** 3.50

BACON AND CREAM CHEESE **VGO** 4.25

SMOKED SALMON AND CREAM CHEESE 4.50

**VGO** MAKE IT VEGAN WITH SGAIA FOODS VEGAN BACON / VEGAN CREAM CHEESE ADD 0.75

## BACON ROLLS / BLT'S

BACON ROLL 3.50

on a brioche bun with ketchup or brown sauce

VEGAN BACON ROLL **VG** 4.25

on a brioche bun with ketchup or brown sauce

ADD VEGGIE HAGGIS **VG** 1.25

FLAME TREE BLT 4.25

bacon on a brioche bun or gluten free bread with rocket, vine ripened tomatoes and ketchup or brown sauce

VEGAN BLT 5.00

brioche bun with handmade Sgaia Foods Vegan bacon rashers served with rocket and vine ripened tomatoes

MAKE IT A RAINBOW BAGEL ADD 0.50

ADD AVOCADO 1.25

## TOASTIES

toasted white, brown or gluten free bread served with a dressed side salad

CHEESE **V** **VGO** 3.95

CHEESE AND RED ONION **V** **VGO** 4.25

CHEESE AND TOMATO **V** **VGO** 4.50

HAM AND CHEESE 4.95

**VGO** MAKE IT VEGAN WITH VIOLIFE ADD 0.50

## SANDWICHES / WRAPS

tortilla wrap, white, brown or gluten free bread served with a dressed side salad

TUNA MAYO 5.50

FALAFEL, HOUMOUS, TOMATO AND BABY SPINACH **VG** 5.50

CHICKEN, PESTO MAYONNAISE AND ROCKET (CONTAINS NUTS) 5.50

SWEET CHILLI CHICKEN AND SALAD 5.50

HAM, CHEDDAR AND CARAMELISED ONION CHUTNEY 5.50

CORONATION CHICKEN 5.50

BBQ JACKFRUIT WITH AVOCADO AND SALAD LEAVES **VG** 5.50

SMOKED SALMON, CREAM CHEESE 6.00

ADD RED ONION / CUCUMBER 0.25

ADD CARAMELISED ONION CHUTNEY 0.40

ADD EXTRA CHEESE 0.50

ADD AVOCADO 1.25

**V** VEGETARIAN

**VG** VEGAN

**VGO** VEGAN OPTION AVAILABLE

## PANINIS

served with a dressed side salad

PESTO, TOMATO AND MOZZARELLA (CONTAINS NUTS) <b>V</b> <b>VGO</b>	5.50
CHICKEN, AVOCADO, MOZZARELLA WITH PESTO MAYO (CONTAINS NUTS)	6.95
HAM, BRIE, CRANBERRY AND ROCKET	6.95
TUNA MELT WITH RED ONION, CHEESE AND PAPRIKA	6.95
VEGGIE HAGGIS, CARAMELISED ONION CHUTNEY AND CHEESE <b>V</b> <b>VGO</b>	6.95
BBQ JACKFRUIT AND CHEESE <b>V</b> <b>VGO</b>	6.95

**VGO** MAKE IT VEGAN WITH VIOLIFE **ADD 0.50**

## SOUP

SOUP <b>V</b> <b>VG</b>	3.95
served with white, brown, gluten free bread, or oatcakes see board for today's selection	

ADD 1/2 PORTION OF SOUP TO ANY ITEM 1.95

## SOUP AND SANDWICH / WRAP / TOASTIE 6.95

excludes paninis

## WAFFLES

SINGLE WAFFLE WITH WITH ICE CREAM <b>V</b>	4.25
and your choice of either maple syrup / chocolate sauce / Nutella	
TWO WAFFLES WITH BACON AND MAPLE SYRUP	6.25

# DRINKS.

## COFFEE

	S	M	L
ESPRESSO	1.90	2.30	
AMERICANO	2.00	2.40	2.70
MACHIATTO	2.10	2.40	
LATTE	2.30	2.70	3.10
FLAT WHITE	2.50		
CAPPUCCINO	2.30	2.70	3.10
MOCHA	2.60	3.00	3.40
COFFEE ALTERNATIVES	2.80	3.40	3.70
chai latte (add a shot of espresso 0.40) / beetroot latte / matcha latte / turmeric latte			
ADD AN EXTRA SHOT OF ESPRESSO			0.40
MAKE IT DECAF			0.40
ADD A FLAVOURED SYRUP			0.40
vanilla / caramel / honeycomb / salted caramel / coconut / white chocolate / sugar free caramel / sugar free vanilla			

## TEA

POT OF LOOSE LEAF SUKI TEA	2.40
breakfast tea / earl grey / green tea	
SPECIALTY TEAS / FRUIT INFUSIONS	2.50
see display for varieties	

## HOT CHOCOLATE

	S	M	L
HOT CHOCOLATE	2.40	2.80	3.30
DELUXE HOT CHOCOLATE		3.30	3.80
cream and marshmallows			
VEGAN DELUXE HOT CHOCOLATE		3.90	4.30
non dairy milk, vegan whipped cream and vegan marshmallows			

## ALTERNATIVE MILK

SOY AND ALMOND	NO CHARGE
COCONUT (CONTAINS SOY) OR OAT	0.40

## ICED DRINKS

ICED LATTE	2.95
ICED MOCHA	3.10
ICED CHAI	3.25
ICED MATCHA	3.60
ADD WHIPPED CREAM	0.40
ADD A FLAVOURED SYRUP	0.40
vanilla / caramel / honeycomb / salted caramel / coconut / white chocolate / sugar free caramel / sugar free vanilla /	
FRAPPES	3.95
mocha / white chocolate and raspberry / matcha, coconut and lime / chai	
VEGAN FRAPPE	4.50
non dairy milk and vegan whipped cream	
mocha / white chocolate and raspberry / matcha, coconut and lime / chai	
ICED TEA	2.85
peach / passionfruit & lemon / raspberry	

## MILKSHAKES

vanilla / strawberry / chocolate / banana	3.00
caramel / honeycomb / salted caramel / white chocolate	
ADD WHIPPED CREAM	0.40

## JUICE AND SMOOTHIES

FROZEN FRUIT SMOOTHIES	FROM 3.50
see board for today's special	
SELECTION OF COLD DRINKS	FROM 1.25
see drinks display	

**V** VEGETARIAN

**VGO** VEGAN

**VGO** VEGAN OPTION AVAILABLE

# KIDS MENU.



## BREAKFAST TOAST

TOAST	1.30
butter / jam / Nutella / peanut butter / Vegemite / honey	
CEREAL	1.50
see display for available varieties	

## LUNCH

CHEDDAR CHEESE SANDWICH / WRAP / TOASTIE <b>V</b> <b>VG</b>	2.50
HAM AND CHEESE SANDWICH / WRAP / TOASTIE	2.95
TUNA MAYO SANDWICH / WRAP / TOASTIE	2.95
SMALL BOWL OF SOUP <b>V</b> <b>VG</b>	2.50
with bread	

## SNACKS / TREATS

FAIRY BREAD <b>V</b>	0.75
an Aussie kids favourite - buttered bread sprinkled with hundreds and thousands	
ICE CREAM <b>V</b>	1.50
with chocolate sauce and sprinkles	

## DRINKS

GLASS OF MILK	0.50
BABYCCINO	0.50

COMPLIMENTARY DILUTING JUICE WITH ANY CHILDREN'S MEAL

PLEASE JUST ASK