



PLEASE ORDER AT THE COUNTER

FOOD ALLERGIES, INTOLERANCES AND DIETARY REQUIREMENTS

Please speak to a member of staff about the ingredients in your meal when placing your order.

We follow good hygiene practices and in our food preparation areas however, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients. Please ask staff for further information.

KEEP IT SIMPLE...

TOAST IT

Toast / Gluten Free toast / bagel - plain or rainbow*

butter / raspberry jam / cream cheese / peanut butter / Vegemite / Nutella / marmalade / honey

2.75

SCONE

see display for today's selection

WITH BUTTER AND JAM

2.75

CROISSANT

PLAIN **VG** 2.20

BUTTER & JAM **V VGO** 2.75

BRIE & CRANBERRY **V** 4.25

HAM & CHEESE 4.25

ROUND & ROUND...

BRIOCHE ROLL / BAGEL

plain or rainbow* / gluten free bread

BACON 3.50

add ketchup or brown sauce

BACON & CREAM CHEESE 4.25

VEGAN BACON** **VG** 4.50

add ketchup or brown sauce

VEGAN BACON** & CREAM CHEESE **VG** 5.00

FLAME TREE BLT 4.50

bacon, tomato & rocket, add ketchup or mayo

VEGAN BLT **VG** 5.50

vegan bacon**, tomato & rocket, add ketchup or vegan mayo

SMOKED SALMON & CREAM CHEESE 5.50

ADD CHILLI JAM **VG** 0.50

ADD VEGGIE HAGGIS **VG** 1.25

ADD AVOCADO **VG** 1.25

STUFF ON TOAST...

CHOOSE YOUR BREAD

white sourdough bloomer / malted bloomer / gluten free

BAKED BEANS **VG** 3.75

GARLIC & THYME MUSHROOMS **VG** 5.95

with houmous, rocket & balsamic

AVOCADO **VG** 6.95

smashed with lime & pepper* served with rocket, tomatoes & balsamic

*chilli flakes optional

ADD CHILLI JAM **VG** 0.50

ADD BEANS **VG** 1.00

ADD VEGGIE HAGGIS **VG** 1.25

ADD AVOCADO **VG** 1.25

ADD MUSHROOMS **VG** 1.25

ADD BACON 1.75

ADD SMOKED SALMON 2.25

ADD VEGAN BACON** **VG** 2.25

TIME FOR LUNCH...

CLASSIC TOASTIES

CHEESE **V VGO** 3.95

CHEESE & RED ONION **V VGO** 4.25

CHEESE & TOMATO **V VGO** 4.50

MUSHROOM & CHEESE **V VGO** 4.95

HAM & CHEESE 4.95

SANDWICHES / WRAPS / SALADS

all 5.50

TUNA MAYO

FALAFEL, HOUMOUS, TOMATO & SPINACH **VG**

CHICKEN, PESTO MAYO & ROCKET (CONTAINS NUTS)

SWEET CHILLI CHICKEN & SALAD

HAM, CHEDDAR & ONION CHUTNEY

CORONATION CHICKEN

BBQ JACKFRUIT, AVOCADO & SALAD **VG**

ONION BHAJI, MANGO CHUTNEY & SPINACH **VG**

SMOKED SALMON & CREAM CHEESE*

TOASTED 0.50

ADD RED ONION 0.25

ADD CUCUMBER 0.25

ADD TOMATO 0.25

ADD CHILLI JAM **VG** 0.50

ADD ONION CHUTNEY **VG** 0.50

ADD CHEESE **V VGO** 0.50

ADD AVOCADO 1.25

*ADD 0.50

V VEGETARIAN

VG VEGAN

VGO VEGAN OPTION AVAILABLE

SOUP

bowl of homemade soup served with bread or oatcakes **VG**

SEE BOARD FOR TODAY'S SELECTION 3.95

ADD A HALF PORTION OF SOUP TO ANY ITEM 1.95

LUNCH SOUP DEAL 6.95

bowl of soup with any sandwich / wrap / salad / classic toastie (excludes paninis)

PANINIS

PESTO, TOMATO & MOZZARELLA **V** **VGO** 5.95

(CONTAINS NUTS)

BRIE, CHILLI JAM & ROCKET **V** 5.95

TUNA MELT 6.95

WITH RED ONION, CHEESE & PAPRIKA

CHICKEN, PESTO MAYO & MOZZARELLA 6.95

(CONTAINS NUTS)

HAM, BRIE, CRANBERRY & ROCKET 6.95

VEGGIE HAGGIS **V** **VGO** 6.95

WITH ONION CHUTNEY & CHEESE

BBQ JACKFRUIT & CHEESE **V** **VGO** 6.95

WAFFLE ON...

WAFFLES

Belgian waffles served with ice cream
chocolate sauce / maple syrup / Nutella / berry coulis

SINGLE **V** 4.50

DOUBLE UP **V** 5.75

WAFFLES (2) WITH BACON & MAPLE SYRUP 6.95

SOMETHING HOT...

COFFEE

ESPRESSO 1.95 2.40

AMERICANO 2.20 2.75 3.00

MACHIATTO 2.40 2.75

FLAT WHITE 2.80

LATTE 2.60 3.00 3.50

CAPPUCCINO 2.60 3.00 3.50

MOCHA 2.90 3.40 3.80

EXTRA SHOT 0.50

DECAF 0.50

FLAVOURED SYRUP 0.50

vanilla / caramel / honeycomb (not suitable for vegans) /
salted caramel / coconut / white chocolate / hazelnut / sugar
free vanilla / sugar free caramel

NOT COFFEE

CHAI LATTE 2.95 3.60 3.95

MATCHA LATTE 2.95 3.60 3.95

BEETROOT LATTE 2.95 3.60 3.95

TURMERIC LATTE 2.95 3.60 3.95

TEA FROM SUKI

BREAKFAST / EARL GREY / GREEN / PEPPERMINT 2.50

APPLE LOVES MINT / LEMONGRASS & GINGER / RED BERRY 2.60

HOT CHOCOLATE

REGULAR 2.60 3.00 3.50

DELUXE 3.50 3.95

VEGAN DELUXE 3.90 4.30

TIME TO CHILL...

ICED DRINKS

ICED LATTE 3.40

ICED MOCHA 3.70

ICED CHAI 3.95

ICED MATCHA 3.95

ADD WHIPPED CREAM 0.50

ADD FLAVOURED SYRUP 0.50

vanilla / caramel / honeycomb (not suitable for vegans) /
salted caramel / coconut / white chocolate / hazelnut / sugar
free vanilla / sugar free caramel

ICED TEA 2.95

peach / passionfruit / raspberry

FRAPPE

mocha / caramel espresso / chai / white chocolate &
raspberry / matcha, coconut & lime

REGULAR 4.25

VEGAN 4.95

MILKSHAKE

vanilla / strawberry / banana / chocolate / caramel / honeycomb
(not suitable for vegans) / salted caramel / white chocolate

REGULAR 3.50

VEGAN 3.95

ADD WHIPPED CREAM / VEGAN WHIPPED CREAM 0.50

SMOOTHIE

SEE BOARD FOR TODAY'S SELECTION 3.50

ALTERNATIVE MILKS AVAILABLE

SOY / ALMOND

COCONUT (CONTAINS SOY) 0.40

OAT 0.40

V VEGETARIAN

VG VEGAN

VGO VEGAN OPTION AVAILABLE