



BRUNCH

SERVED ALL DAY

BAGELS & ROLLS

choose either a brioche roll, plain bagel or rainbow bagel (+50p)

- FLAME TREE BLT** 5
smoked back bacon, tomato & rocket
- SMOKED SALMON** 6
with cream cheese, rocket & balsamic glaze
- BACON & CREAM CHEESE** 5
A Flame Tree favourite!
- SIMPLY BACON** 4
three rashers of smoked back bacon and either ketchup or brown sauce
- VEGGIE HAGGIS*** 4
a spicy mix of oats & pulses

STUFF ON TOAST

- SMASHED AVOCADO** 7
with lime, pepper & chilli, served with rocket, tomatoes and balsamic
- GARLIC MUSHROOMS** 7
with thyme, houmous, rocket & balsamic
- CLASSIC BEANS** 4
Heinz baked beans with two slices of toast, add cheese +50p
- JUST TOAST** 3
two slices with either butter/jam, marmalade, Vegemite, peanut butter** or Nutella**

Gluten Free Bread available +£1

WHY NOT ADD...

AVOCADO	1.5	BACON	2.0	MUSHROOMS	1.0
CHILLI JAM	0.5	SMOKED SALMON	2.5	VEGAN BACON*	2.5
SRIRACHA MAYO	0.5	VEGGIE HAGGIS*	1.5	PESTO MAYO**	0.5

SWEETNESS & LIGHT

THE FAMOUS RAINBOW BAGEL 3

toasted with either Nutella** cream cheese, peanut butter**, butter/jam

- CROISSANT** 3
warmed Breadwinner bakery croissant with butter & jam
- BACON & MAPLE SYRUP WAFFLES** 8
two Belgian sugar waffles with smoky bacon and Canadian maple syrup
- CINNAMON STICKY BUN** 5
warmed sourdough sticky bun served with ice cream and sprinkled with cinnamon. Don't fancy ice cream -1.25
- BELGIAN WAFFLE** 4
with your choice of Nutella, Biscoff or Maple Syrup
add ice cream +1.25
double up +1.25

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES

* contains gluten

** contains nuts



PLANT BASED BRUNCH

SERVED ALL DAY

BAGELS & ROLLS

choose either a brioche roll, plain bagel or rainbow bagel (+50p)

VBLT Sgaia vegan bacon, tomato & rocket	6
VEGAN BACON & CREAM CHEEZE Sgaia vegan bacon rashers with Violife Creamy cheeze	6
SIMPLY VEGAN BACON Sgaia smoky vegan rashers in a toasted brioche roll or bagel with ketchup or brown sauce	5
VEGGIE HAGGIS* a spicy mix of oats & pulses	4

STUFF ON TOAST

SMASHED AVOCADO with lime, pepper & chilli, served with rocket, tomatoes and balsamic	7
GARLIC MUSHROOMS with thyme, houmous, rocket & balsamic	7
CLASSIC BEANS Heinz baked beans with two slices of toast, add vegan cheeze +50p	4
JUST TOAST two slices with either sunflower spread/jam, marmalade, Vegemite, peanut butter**	3

Vegan Gluten Free Bread available +£1

WHY NOT ADD...

AVOCADO	1.5	VEGGIE HAGGIS*	1.5	MUSHROOMS	1.0
CHILLI JAM	0.5	SRIRACHA VG MAYO	0.5	VEGAN BACON*	2.5

SWEETNESS & LIGHT

THE FAMOUS RAINBOW BAGEL 3

toasted with either Violife creamy cheeze, peanut butter**, sunflower spread/jam

CROISSANT warmed Breadwinner bakery croissant with sunflower spread & jam	3	CINNAMON STICKY BUN warmed sourdough sticky bun served with vegan ice cream and sprinkled with cinnamon. Don't fancy ice cream -1.25	5
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LUNCH

SERVED ALL DAY

SANDWICHES & WRAPS

choose white or malted bloomer bread,
tortilla wrap or rainbow bagel (+50p)

- | | |
|--|---|
| CHICKEN PESTO MAYO | 6 |
| chicken breast with a creamy pesto mayo and fresh rocket | |
| CLASSIC TUNA MAYO | 6 |
| made with Hellmann's Real Mayonnaise | |
| CORONATION CHICKEN | 6 |
| Aussie Style - no sultanas! | |
| HAM, CHEESE & MUSTARD | 6 |
| ham with cheddar cheese, wholegrain mustard and mayo | |
| ONION BHAJI | 6 |
| with mango chutney & baby spinach - sweet & spicy! | |
| FALAFEL & HOUMOUS | 6 |
| with tomato & baby spinach | |
| SWEET CHILLI CHICKEN | 6 |
| chicken breast pieces with sweet chilli sauce & mixed salad leaves | |

TOASTED CIABATTAS

- | | |
|--|---|
| CHICKEN & MOZZA | 8 |
| chicken with creamy pesto mayo and mozzarella. | |
| TUNA MELT | 8 |
| tuna mayo with red onion, cheddar cheese and paprika | |
| PESTO, TOMATO & MOZZARELLA** | 7 |
| A simple favourite | |

LUNCH TIME DEAL

OUR MOST POPULAR LUNCHTIME CHOICE 8

a big bowl of our homemade soup with any sandwich, wrap or classic toastie (excludes ciabattas)

SOUP

BIG BOWL 4

check the board for today's choice, add bread +50p

A CUP 2

add on to any other food item

CHEESE TOASTIE 5

classic cheddar cheese toastie on white or malted bloomer have it with:
ham +1, mushrooms +1,
tomato +0.5, red onion +0.3

Gluten Free Bread available +£1

traditional style toasted ciabatta served with side salad and crisps

SPICY CHORIZO 8

chorizo, mozzarella, baby spinach with sriracha mayo

HUNTERS CHICKEN 9

loaded with chicken, bacon, BBQ sauce and cheddar cheese

VEGGIE HAGGIS MELT* 8

with caramelised onion chutney and cheddar cheese

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** contains nuts



PLANT BASED LUNCH

SERVED ALL DAY

SANDWICHES & WRAPS

choose white or malted bloomer bread,
tortilla wrap or rainbow bagel (+50p)

HAM, CHEEZE & MUSTARD 6

Quorn ham slices, vegan
Applewood smoked cheddar,
wholegrain mustard & vegan
mayo

ONION BHAJI 6

with mango chutney & baby
spinach - sweet & spicy!

FALAFEL & HOUMOUS 6

with tomato & baby spinach

LUNCH TIME DEAL

OUR MOST POPULAR LUNCHTIME CHOICE 8

a big bowl of our homemade
soup with any sandwich, wrap
or classic toastie
(excludes ciabattas)

SOUP

BIG BOWL 4

check the board for today's
choice, add bread +50p

A CUP 2

add on to any other food item

CLASSIC CHEEZE TOASTIE 5

vegan applewood smoked cheeze toastie on white or malted bloomer

have it with:

Quorn ham style slices +1.5, mushrooms +1, tomato +0.5, red onion +0.3

TOASTED CIABATTAS

traditional style toasted ciabatta served with
side salad and crisps

PESTO, TOMATO & MOZZARELLA** 7

basil pesto, sliced tomato and
vegan mozzarella style cheeze.

VEGGIE HAGGIS MELT* 8

with caramelised onion chutney
and vegan applewood smoked
cheddar

Vegan Gluten Free Bread available +£1

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HOT DRINKS

PLEASE ORDER AT THE COUNTER

COFFEE

freshly ground coffee from our Glasgow roaster Matthew Algie - dark roasted beans with a deep flavour and aroma

FLAT WHITE

An Aussie classic! 2.90

LATTE

sml 2.80 med 3.20 lrg 3.80

CAPPUCCINO

sml 2.80 med 3.20 lrg 3.80

AMERICANO

sml 2.30 med 2.90 lrg 3.20

MOCHA

sml 3.00 med 3.50 lrg 3.90

ESPRESSO

single 2.00 double 2.50

MACHIATTO

single 2.50 double 2.90

NOT COFFEE

superfood latte blends

choose from:

CHAI

MATCHA

sml 3.00 med 3.70 lrg 4.20

BEETROOT

TURMERIC

TEA

individual pot of loose leaf team from Belfast based Suki Tea Makers

choose from:

breakfast

earl grey

green tea with ginseng

peppermint

lemongrass & ginger

red berry

decaf breakfast

Per pot 2.80

HOT CHOCOLATE

ON IT'S OWN

medium 3.20 large 3.80

DELUXE

with whipped cream & marshmallows

medium 3.80 large 4.40

VEGAN DELUXE

with vegan whipped cre*m & marshmallows

medium 3.90 large 4.50

EXTRAS +50P

shot of espresso

whipped cream

decaf coffee

MAKE IT FLAVOURED +50P

vanilla

caramel

honeycomb

salted caramel

coconut

white chocolate

hazelnut

sugar free caramel

sugar free vanilla

ALTERNATIVE M*LKS +50P

Soy

SPROUD Pea Protein

Oat

Coconut (contains soy)

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES



COLD DRINKS

PLEASE ORDER AT THE COUNTER

ICED

LATTE	3.70
MOCHA	3.90
AMERICANO	3.20
CHAI	3.90
MATCHA	3.90

MILKSHAKES

*made with ice cream and your choice of flavour syrup:
chocolate, vanilla, strawberry, banana, caramel, honeycomb, salted caramel, white chocolate*

REGULAR	3.20
VEGAN	3.70

DELUXE MILKSHAKES

made with ice cream and loaded up with whipped cream, sauce and biscuit topping.

Choose from OREO or BISCOFF

REGULAR	5.50
VEGAN	5.90

ICED TEA

2.90

classic lemon iced tea flavoured with your choice of:

peach
passionfruit
raspberry

FRUIT SMOOTHIE 3.90

*frozen fruit blended with apple juice
see board for today's selection*

SOFT DRINKS

CANS 2.00

Coke, Diet Coke, Coke Zero, Irn Bru, Irn Bru Sugar Free, Appletiser

SAN PELLIGRINO 2.50

lemon, orange, blood orange, orange & pomegranate

FOLKINGTONS JUICE 2.50

orange, cloudy apple, pink lemonade

BOTTLED WATER 1.50

still or sparkling

BUNDABERG GINGER BEER 2.50

FRUIT SHOOT/ JUICE CARTONS 1.50

EXTRAS +50P

shot of espresso

whipped cream

decaf coffee

MAKE IT FLAVOURED +50P

vanilla

salted caramel

hazelnut

caramel

coconut

sugar free caramel

honeycomb

white chocolate

sugar free vanilla

ALTERNATIVE M*LKS +40P

Soy

Oat

SPROUD Pea Protein

Coconut (contains soy)

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES



LITTLE ONES

SERVED ALL DAY

BRUNCH

TOAST 2

slice of white or brown toast, served with butter/sunflower spread/jam/peanut, Vegemite butter**/Nutella**/Biscoff

BEANS ON TOAST 3

slice of white or brown toast with Heinz baked beans. Add cheese/cheeze +50p

AVO TOAST 3

sliced avocado on toast

CEREAL 2

with your choice of milk or non dairy m*lk. See display for varieties

LUNCH

sandwich, wrap or toastie served with crisps. Swap to a rainbow bagel +50p add cheese/cheeze +50p

CHEDDAR CHEESE 3

VEGAN CHEEZE 3

HAM/VEGAN HAM 3

TUNA MAYO 3

FALAFEL & HOUMOUS 3

SOUP 3

small bowl of soup with bread

Vegan Gluten Free Bread available +£1

THE FAMOUS RAINBOW BAGEL 3

toasted and served with butter/sunflower spread/cream cheese/
Violife Creamy Cheeze/jam/peanut butter**/
Nutella**/Biscoff/Vegemite

SNACKS/TREATS

VEGGIE STICKS 2.50

carrot & cucumber sticks with houmous dip

FAIRY BREAD 1.50

an Aussie kids favourite - buttered bread sprinkled with 100's & 1000's

ICE CREAM 1.90

vanilla ice cream/vegan ice cream with chocolate sauce

BELGIAN WAFFLE 4.00

with your choice of Nutella**, Biscoff or Maple Syrup
add ice cream +1.25

DRINKS

GLASS OF MILK/M*LK 1.00

BABYCCINO 1.50

with your choice of milk/m*lk, sprinkled with chocolate and served with marshmallows (vg available)

MILKSHAKE/M*LKSHAKE 3.00

vanilla/chocolate/strawberry/
banana/caramel/white chocolate
add whipped cream +50p

FRUIT SHOOT/ JUICE CARTON 1.50

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** contains nuts