



WELCOME

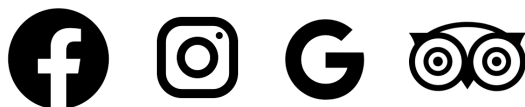
Thank you for choosing to spend some time with us!
Here are a few things to help make your visit a happy one....

**When you are ready please
order at the front counter**

PLEASE do let us know of **ANY** allergies,
intolerances or preferences when ordering.

We have many options on the menus that are easily adapted to be suitable for various dietary requirements but we need to know to be able to get it right. We take all care possible however due to multiple allergens being handled in the kitchen we cannot guarantee zero cross contamination.

Everything is made to order
as quickly as possible -
during busy periods things may take a little longer.





BRUNCH

SERVED ALL DAY

BAGELS & ROLLS

choose either a brioche roll, plain bagel or rainbow bagel (+£1)

FLAME TREE BLT 5.95
smoked back bacon, tomato & rocket

SMOKED SALMON 7.95
with cream cheese, rocket & balsamic glaze

BACON & CREAM CHEESE 5.95
A Flame Tree favourite!

SIMPLY BACON 4.95
three rashers of smoked back bacon and either ketchup or brown sauce

VEGGIE HAGGIS 3.95
a spicy mix of vegetables, pulses, oats, seeds and spices.

STUFF ON TOAST

two slices of your choice of toast topped with either:

SMASHED AVOCADO 7.95
with lime, pepper & chilli, served with rocket, tomatoes and balsamic glaze

GARLIC MUSHROOMS 7.95
with thyme, houmous, rocket & balsamic glaze

CLASSIC BEANS 4.95
Heinz baked beans, add cheese +£1

JUST TOAST 3.35
with either butter & jam or marmalade, Vegemite, peanut butter** or Nutella**

Gluten Free Bread available +£1

WHY NOT ADD...

POT OF HASH NUGGETS 2.95

| | | | | | |
|-------------|------|---------------|------|--------------------|------|
| AVOCADO | 1.75 | BACON | 2.00 | MUSHROOMS | 1.50 |
| CHILLI JAM | 0.50 | SMOKED SALMON | 3.00 | LA VIE VEGAN BACON | 3.00 |
| BAKED BEANS | 1.50 | VEGGIE HAGGIS | 1.50 | PESTO MAYO** | 0.50 |

SWEETNESS & LIGHT

THE FAMOUS RAINBOW BAGEL 3.95

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

CROISSANT
warmed Breadwinner bakery croissant with butter & jam 3.75
with ham & cheese 5.95

CINNAMON STICKY BUN 4.25
warmed sourdough sticky bun
add ice cream +1.25

BACON & MAPLE SYRUP WAFFLES 9.95
two Belgian sugar waffles with smoky bacon and Canadian maple syrup

BELGIAN WAFFLE 4.95
with your choice of Nutella, Biscoff or Maple Syrup
add ice cream +1.25
double up +1.25

** contains nuts

VEGAN FRIENDLY BRUNCH



SERVED ALL DAY

BAGELS & ROLLS

choose either a brioche roll, plain bagel or rainbow bagel (+£1)

| | |
|---|------|
| VBLT La Vie smoked vegan bacon rashers, tomato & rocket | 6.50 |
| VEGAN BACON & CREAM CHEEZE La Vie smoked vegan bacon rashers with Violife Creamy cheeze | 6.50 |
| SIMPLY VEGAN BACON La Vie smoked vegan bacon rashers in a toasted brioche roll or bagel with ketchup or brown sauce | 5.50 |
| VEGGIE HAGGIS a spicy mix of vegetables, pulses, oats, seeds and spices. | 3.95 |

STUFF ON TOAST

two slices of your choice of toast topped with either:

| | |
|--|------|
| SMASHED AVOCADO with lime, pepper & chilli, served with rocket, tomatoes and balsamic | 7.95 |
| GARLIC MUSHROOMS with thyme, houmous, rocket & balsamic | 7.95 |
| CLASSIC BEANS Heinz baked beans, add vegan cheeze +£1 | 4.95 |
| JUST TOAST either sunflower spread & jam/marmalade, Vegemite, peanut butter** | 3.35 |

Vegan Gluten Free Bread available +£1

WHY NOT ADD...

POT OF HASH NUGGETS 2.95

| | | | | | |
|------------|------|---------------|------|--------------------|------|
| AVOCADO | 1.75 | VEGGIE HAGGIS | 1.50 | MUSHROOMS | 1.50 |
| CHILLI JAM | 0.50 | BAKED BEANS | 1.50 | LA VIE VEGAN BACON | 3.00 |

SWEETNESS & LIGHT

THE FAMOUS RAINBOW BAGEL 3.95

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

| | | | |
|--|------|---|------|
| CROISSANT warmed Breadwinner bakery croissant with sunflower spread & jam | 3.75 | BACON & MAPLE SYRUP WAFFLES two Belgian sugar waffles with La Vie vegan bacon and Canadian maple syrup | 9.95 |
| with Quorn Ham & vegan cheeze | 5.95 | BELGIAN WAFFLE with your choice of Biscoff or Maple Syrup add ice cream +1.25 double up +1.25 | 4.95 |
| CINNAMON STICKY BUN warmed sourdough sticky bun add vegan ice cream +1.25 | 4.25 | | |

** contains nuts



LUNCH

SERVED ALL DAY

SANDWICHES & WRAPS

choose white or malted bloomer bread,
tortilla wrap or rainbow bagel (+£1)
served with dressed side salad & crisps
Have it toasted +50p

7.95
EACH

CHICKEN PESTO MAYO**

chicken breast with a creamy
pesto mayo and fresh rocket

CLASSIC TUNA MAYO

add red onion & rocket if you
fancy

CORONATION CHICKEN

Homemade Aussie Style - no
sultanas!

ONION BHAJI

with mango chutney & baby
spinach - sweet & spicy

FALAFEL & HOUMOUS

with tomato & baby spinach

SWEET CHILLI CHICKEN

chicken breast pieces with
sweet chilli sauce & mixed
salad leaves

LUNCH TIME DEAL

**OUR MOST POPULAR
LUNCHTIME CHOICE** 9.95

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

SOUP

BIG BOWL 4.95

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

A CUP 2.95

add on to any other food item

CLASSIC TOASTIE 5.95

classic cheddar cheese toastie
on white or malted bloomer
have it with:
ham +1, mushrooms +1.5,
tomato +0.5, red onion +0.3

Gluten Free Bread available +£1

ADD A POT OF HASH NUGGETS ON THE SIDE 2.95

TOASTED CIABATTAS

traditional style toasted ciabatta served with
side salad and crisps

CHICKEN & MOZZA** 8.95

chicken with creamy pesto
mayo and mozzarella.

TUNA MELT 8.95

tuna mayo with red onion,
cheddar cheese and paprika

**PESTO, TOMATO &
MOZZARELLA**** 7.95

A simple favourite

SPICY CHORIZO 8.95

chorizo, mozzarella, baby
spinach with sriracha mayo

HAM & CHEESE 8.95

smoked ham, melted cheddar &
creamy mustard mayo

VEGGIE HAGGIS MELT 8.95

with caramelised onion
chutney and cheddar cheese

** contains nuts

VEGAN FRIENDLY LUNCH

SERVED ALL DAY



SANDWICHES & WRAPS

choose white or malted bloomer bread, tortilla wrap or rainbow bagel (+£1) 7.95
served with dressed side salad & crisps EACH
Have it toasted +50p

ONION BHAJI

with mango chutney & baby spinach - sweet & spicy!

FALAFEL & HOUMOUS

with tomato & baby spinach

AVOCADO & SALAD

smashed avo with vegan cream cheese, mixed salad leaves & balsamic glaze

LUNCH TIME DEAL

OUR MOST POPULAR LUNCHTIME CHOICE 9.95

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

SOUP

BIG BOWL 4.95

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

A CUP 2.95

add on to any other food item

CLASSIC CHEEZE TOASTIE 6.95

vegan applewood smoked cheese toastie on white or malted bloomer

have it with:

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

ADD A POT OF HASH NUGGETS ON THE SIDE 2.95

TOASTED CIABATTAS

traditional style toasted ciabatta served with side salad and crisps

PESTO, TOMATO & MOZZARELLA** 8.95

basil pesto, sliced tomato and vegan mozzarella style cheese.

HAM & CHEEZE 9.95

Quorn ham & vegan applewood cheddar with creamy vegan mustard mayo

VEGGIE HAGGIS MELT 9.95

with caramelised onion chutney and vegan applewood smoked cheddar

MUSHROOM & MOZZA 9.95

our garlic & thyme mushrooms with baby spinach and vegan mozzarella style cheese

Vegan Gluten Free Bread available +£1

** contains nuts



HOT DRINKS

PLEASE ORDER AT THE COUNTER

COFFEE

Supplied by Glasgow based We Love Coffee
Medium roasted Arabica beans with a
smooth, balanced flavour.

| | |
|------------|------|
| FLAT WHITE | 3.40 |
| LATTE | 3.60 |
| CAPPUCCINO | 3.60 |
| AMERICANO | 3.20 |
| MOCHA | 4.20 |
| ESPRESSO | 2.50 |
| MACHIATTO | 2.90 |

NOT COFFEE

Alternative drink options from Blendsmiths

choose from:

| | |
|---------------------|------|
| MASALA CHAI | 4.00 |
| MATCHA | 4.00 |
| BEETROOT & GINGER | 4.00 |
| TURMERIC & CINNAMON | 4.00 |

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 3.20

HOT CHOCOLATE

| | |
|--|------|
| ON IT'S OWN | 3.70 |
| make it large +50p | |
| DELUXE | 4.50 |
| with whipped cream & marshmallows | |
| make it large +75p | |
| VEGAN DELUXE | 4.90 |
| with vegan whipped cream & marshmallows | |
| make it large +£1 | |

EXTRAS

shot of espresso +75p whipped cream +50p decaf coffee +50p

MAKE IT FLAVOURED +50P

| | | |
|-----------|-----------------|--------------------|
| vanilla | salted caramel | hazelnut |
| caramel | coconut | sugar free caramel |
| honeycomb | white chocolate | sugar free vanilla |

ALTERNATIVE M*LKS +50P

Soy Oat Coconut (contains SOY)

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES



COLD DRINKS

PLEASE ORDER AT THE COUNTER

ICED

| | |
|-----------|------|
| LATTE | 4.50 |
| MOCHA | 4.95 |
| AMERICANO | 3.95 |
| CHAI | 4.95 |
| MATCHA | 4.95 |

MILKSHAKES

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

| | |
|---------|------|
| REGULAR | 4.95 |
| VEGAN | 5.95 |

DELUXE MILKSHAKES

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

Choose from OREO or BISCOFF

| | |
|---------|------|
| REGULAR | 5.95 |
| VEGAN | 6.95 |

ICED TEA

3.95

classic lemon iced tea flavoured with your choice of:

peach
passionfruit
raspberry

FRUIT SMOOTHIE

4.95

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

SOFT DRINKS

CANS

2.50

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

SAN PELLIGRINO

2.95

lemon, orange, blood orange, orange & pomegranate

FRUIT JUICE

2.95

orange, apple, cranberry

BOTTLED WATER

1.50

still or sparkling

BUNDABERG GINGER BEER

2.95

FRUIT SHOOT/ JUICE CARTONS

1.50

EXTRAS

shot of espresso +75p

whipped cream +50p

decaf coffee +50p

MAKE IT FLAVOURED +50P

vanilla

salted caramel

hazelnut

caramel

coconut

sugar free caramel

honeycomb

white chocolate

sugar free vanilla

ALTERNATIVE M*LKS +50P

Soy

Oat

Coconut (contains soy)

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES



LITTLE ONES

SERVED ALL DAY

BRUNCH

TOAST 2.50

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

BEANS ON TOAST 3.50

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

AVO TOAST 3.50

sliced avocado on toast

LUNCH

sandwich, wrap or toastie served with crisps.

Swap to a rainbow bagel +£1 add cheese/cheeze +50p

CHEDDAR CHEESE 3,95

VEGAN CHEEZE 3.95

HAM/VEGAN HAM 3.95

HAM & CHEESE 4.95

TUNA MAYO 3.95

FALAFEL & HOUMOUS 3.95

SOUP 3.95

small bowl of soup with bread

Vegan Gluten Free Bread available +£1

THE FAMOUS RAINBOW BAGEL 3,90

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 sticks with houmous dip

FAIRY BREAD 1.50

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

ICE CREAM 2.50

vanilla ice cream/vegan ice cream with chocolate sauce

BELGIAN WAFFLE 4.95

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 3.50

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

**FRUIT SHOOT/
JUICE CARTON 1.50**

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES

** contains nuts