


## Grilled Toasties

**New York Toastie** 6.0  
Smoked ham, sauerkraut, horesradish mayonnaise, rocket on sourdough


**Bombay Toastie**  5.9  
Cucumber, red onion, confit tomato, herb chutney, masala, cheddar on sourdough  
**Go plant-based with vegan cheese**


**Taipei Toastie** 6.8  
Pickled red onions, garlic mayo and spinach, short rib of beef in mongolian marinate on sourdough

**Cardiff Toastie**  4.8  
Stout Welsh rarebit  
**Go plant-based with vegan cheese**


**Toronto Toastie** 6.0  
Maple roasted chilli bacon, confit tomato, housemade brown sauce, onion jam, fresh rocket

## Wrap


**Rose Harissa & Avo Wrap**  5.6  
Grilled halloumi, avocado, carrot slaw, rocket, rose harissa mayonnaise

**Jackfruit & Chickpea Shawarma**  6.0  
Toasted Chickpea, pulled jackfruit, pickled red cabbage, tomatoes, sweet & spicy tahini, coconut tatziki Shredded gem on flat bread.

## Salad Boxes



**Wild Rice & Butternut Squash**  8.0  
Wild rice, butternut squash, feta, arugula, toasted almonds, dried cranberries, super food dukkah


**Rose Harissa Pesto Pasta**   5.0  
Rose harissa and sundried tomoato pasta, rocket, coriander


**Kale & Quinoa**   8.0  
Kale, long stem broccoli, courgette, carrot, mixed leaves

**Salmon Pot** 4.8  
Smoked Salmon, hard boiled egg, kale and basil oil

## Breakfast Pots

**Cherry & Coconut Porridge**   4.8  
Housemade cherry jam, coconut milk porridge, dried cherries & toasted almonds

**Coconut & Chocolate Chia Pot**   4.8  
Coconut soaked chia seeds, dark chocolate ganache, dessicated coconut, fresh blueberries, banana chips

**Yoghurt & Granola**   4.0  
Coconut yoghurt, housemade granola, cherry compoté, fresh market fruits

## Coffee

**Espresso** 2.2

**Macchiato | Cortado** 2.4

**White Americano | Long Black** 2.5

**Flat White** 2.5

**Latte** 2.7

**Cappuccino** 2.7

**Mocha** 2.8

**Dirty Chai** 3.2

## Extras

**Large, Decaf, Alternative milk, Iced, sryup** 0.5

## Chai Latte

Spiced | Vanilla 3.0

## Hot Chocolate

Mayan Chilli | Peppermint | Dark | Deluxe 3.0

## Wellness Latte

Matcha | Turmeric 3.0

## Good & Proper Tea

Loose Leaf 3.0

Takeaway 2.2

English Breakfast | Earl Grey | Chamomile

Mint | Jade (Green) | Lemongrass

Berry & Hibiscous | Rooibos

## Organic Bottles & Cans

Ginger Lemonaid | Cherry Soda 3.5

Cucumber seltzer | Blueberry Kombucha

**Ginger Jarr Kombucha** 4.2

**Freshly Squeezed Orange Juice** 4.0

Plant-based  Vegetarian   
Non gluten containing ingredients 

Please inform the team before ordering if you have any allergies