

MORNING MENU

8:30am - 11am

FRESH JUICES

| | |
|---|------|
| Grapefruit / Orange / Apple Freshly Pressed (V) | £5.5 |
| Triple Charge Apple, Carrot, Ginger (V) | £5.5 |
| Vit-C Booster Grapefruit, Cucumber, Apple, Celery, Lime (V) | £5.5 |
| Lean & Green Kale, Lemon, Ginger, Cucumber, Green Apple, Celery (V) | £5.5 |
| Apple Tart Apple, Mint, Kiwi, Lime (V) | £5.5 |

SMOOTHIES

| | |
|--|------|
| T-Oatly Mocha Double Shot Espresso, Oats, Banana, Cocoa Nibs, Oat Milk (V) | £6.5 |
| Chia Up Mixed Berries, Banana, Chia Seeds, Coconut Milk (V) | £6.5 |
| Grasshopper Avocado, Apple, Ginger, Lime, Cucumber, Kale, Coconut Water (V) | £6.5 |
| Su-Pear Charge Pear, Dates, Almond Butter, Cinnamon, Cardamon, Almond Milk (V) | £6.5 |
| Citrus Punch Pineapple, Banana, Ginger, Turmeric, Black Pepper, Orange Juice (V) | £6.5 |

For an extra £2, add to your Smoothie:

Vegan Protein

SAVOURY BREAKFASTS

| | |
|--|-------|
| Savoury Croissant Honey Roast Ham, Cheese | £3.75 |
| Homemade Sausage Roll Cumberland Sausage, Puff Pastry | £5 |
| Curried Chickpea Roll Sweet Potato, Spinach, Puff Pastry (V) | £5 |
| Smashed Avocado Artisan Sourdough, Sunflower Sprouts, Pomegranate Seeds (V) | £7 |
| <i>Add Poached, Scrambled or Fried Eggs £2 / Add Bacon Rashers £3</i> | |
| Classic BLT Thatchams Smoked Streaky Bacon, Beef Tomato, Gem Lettuce on Ciabatta | £8 |
| Baghdad Fried Eggs Flatbread, Za'atar, Mint Yoghurt | £9 |

SWEET BREAKFASTS

| | |
|--|------------|
| Raw Seedy Energy Bar Cacao, Apricot, Hazelnut (V) | £2.5 |
| Homemade Granola with your choice of milk | £5.95 |
| Overnight Oats Berry Compote (V) | £4.95 |
| Homemade Cakes & Bakes Please see Deli Counter for Daily Selection | From £1.50 |
| Pastry Selection Croissant / Pain au Chocolat / Pain au Raisin | £2.25 |
| <i>Add Butter & Applegarth Jam for £1.5</i> | |

OPTIONAL SERVICE CHARGE 12.5%

Please enquire about allergens on our menu and if you have any special dietary requirements. We are very grateful for any feedback. If we have not lived up to expectations, the service charge will be removed and every effort will be made to redeem ourselves

HOT BEVERAGES

River Coffee Roasters

‘Water within rivers is full of life, and rivers face a difficult journey with many obstacles and paths in their way. The river’s path often splits but comes back together and meets again. The strength and determination of river water flows and with it gains momentum. Just like rivers we, River Coffee Roasters, carry our determination and strength with us so that we can make a difference in producing countries to deliver our amazing coffee to coffee lovers all over the world. ‘ - River Coffee Roasters

Put simply, it is the only way of working that they know. Amen to that.

Coffee

Espresso £2.50 / Macchiato or Cortado £2.60
Americano £2.75 / Flat White £2.85
Cappuccino or Latte £3 / Mocha £3.15

Decaf coffee & alternative milks available on request

Flavoured Syrups: Vanilla / Caramel / Hazelnut + £0.30

New Forest Teas

‘At the New Forest Tea Co. we believe it’s not “just a cup of tea” and even the simplest cup of tea should be an experience to savour. We strive to provide an experience in every teacup and that’s why we only use full leaf tea sourced from the finest estates the world over in our compostable tea bag. All the tea estates used are either part of the Ethical Tea Partnership or independently audited by our tea brokers which ensures better working conditions and education for all the hard-working tea pickers without who we wouldn’t be able to do what we do.” - New Forest Tea Co.

Warmth, comfort and revival can be found in something as simple as an epic cup of tea. Don’t we know it...

Teas & Herbal Infusions

English Breakfast Tea £1.95 / Earl Grey £2.75
Queen of Green / Jasmine Green Glory £2.75
Sweet Chamomile / Oregon Peppermint / The Berry Best / Rest-Repeat Rooibos £2.75
Fresh Mint £2.50 / The Relaxing One (Lemon Verbena, Lemongrass & Apple) £2.75

Other Beverages

Hot Chocolate

Adult £3 / Kids £2.60 / Babyccino £0.95

Cold Brew Coffee

Fitch Nitro Original Black £4.75

Tcha Chilled Tea

Awaken Grapefruit & Lemon Balm / Relax Blueberry & Lavender / Revive Raspberry & Lychee £4.50

OPTIONAL SERVICE CHARGE 12.5%

Please enquire about allergens on our menu and if you have any special dietary requirements. We are very grateful for any feedback. If we have not lived up to expectations, the service charge will be removed and every effort will be made to redeem ourselves