



## FREE FROM MENU

Please advise your server of your individual dietary requirements

VG=Vegan VE=Vegetarian GF=Gluten Free DF=Dairy Free

## DRINKS

### COFFEE (Large - 12oz Cups)<sup>VE VG DF GF</sup>

Americano (Black Coffee)	£3.00
Cappuccino	£3.50
Latte	£3.50
Flat White	£3.25
Latte Macchiato	£3.50
Mocha	£3.75
Espresso / Double Espresso	£2.00/£2.75
Add any Syrup Shot or cream	£0.75
Make it DeCaff - Just ask!	

### Dairy Free FRAPPE / ICED COFFEE<sup>VE VG DF GF</sup>

Frappe	£3.50
Frappe with an Espresso	£3.75
Iced Latte	£3.75
Iced Mocha	£3.75
Add any Syrup Shot or cream	£0.75

### Special Latte's<sup>VE VG DF GF</sup>

with Sauce & Cream	£4.75
Toffee, Salted Caramel, Honeycomb	

### Hot Chocolate (Milk or Ruby available)

Standard <sup>VE VG DF GF</sup>	£4.00
Deluxe <sup>GF</sup> (Marshmallows, Sprinkles & Cream)	£5.00
Add any Syrup Shot or cream	£0.75

### Chai Latte<sup>VE DF GF</sup>

£4.00

### WINTER WARMER'S

£3.00

Lemon & Ginger, Lemon & Honey, Sour Cherry & Plum, Mulled Fruit, Spiced Apple, Spiced Pear.

Add a Star Anise or a Half Cinnamon stick £0.50

### SUMMER COOLERS'S

£3.00

Cloudy, Pink or Elderflower Lemonade,

Dragon Fruit & Mango, Strawberry Basil & Cucumber

### TEA<sup>VE VG DF GF</sup>

Classic English Tea / DeCaff	£3.00
Classic English for 2 People	£5.50
Speciality Teas (subject to availability)	£3.25
<i>Rift Breakfast, Virunga Afternoon, Darjeeing, Earl Grey, Chai, Green, Jasmine, Green Peach, Peppermint, Red Berry &amp; Flower, Chamomile, Lemongrass &amp; Ginger, Red Bush/Roobios, Blueberry, Green Lemon</i>	

### MILK SHAKES<sup>VE VG DF GF</sup>

£5.00

Milk, Vegan Ice Cream and Fresh Fruit or Flavouring blended for a great shake - topped with Dairy Free Cream, Sauce and Sprinkles!

*Strawberry, Chocolate, Banana, Honeycomb, Vanilla, Bubblegum, Caramel, Salted Caramel, Fudge, Butterscotch, Smoores, Toffee, Mint, Raspberry, Oreo, Gingerbread, Biscoff, Cherry, Black Forest, Lime, Kiwi & Lime, Chocolate Orange*

### SOFT DRINKS from £1.50

*San Pellegrino, Coke, Pepsi, 7Up, Fanta.*

*Ginger Beer, Elderflower Presse, Raspberry Lemonade,*

*Crisp Apple, Pomegranate & Elderflower.*

*Hullabaloo Still Flavoured Lemonade.*

*Orange or Apple Juice.*

*Squash, Fruit Shoots.*

*Still or Sparkling Bottled Water .*

### ICED TEA<sup>VE VG DF GF</sup>

£3.00

Lipton Lemon, Lipton Raspberry

Cucumber & Mint, Jasmine & Lime, Original,

Passion Fruit & Lemon, Peach, Raspberry, Watermelon.

Try our Amazing and Healthy SMOOTHIES - PLEASE SEE BACK PAGE

ALL MILK BASED DRINKS can be made with: Lactose Free, Soya, Oat, Almond or Coconut Milk

# FOOD - FREE FROM

*Our food is Freshly Cooked to Order and there may be a wait for your food especially at busy times*

## EGGS BEE...NEDICT<sup>VE GF</sup>

2 Poached Eggs on a Toasted English Muffin and smothered in a warm Hollandaise Sauce	
Florentine - with Spinach and Mushroom	£10.00
Blackstone - with Plant Based Bacon	£11.00
Plant Based Sausage	£11.00
Avocado - with Smashed Avocado	£13.00

GF White Bread/Roll or Seeded Bread/Roll Available.

NB: GF Hollandaise will be VEGAN

## TRADITIONAL ALL DAY BREAKFAST

Now with a Free Tea, Coffee or Juice included

### The Vegetarian Single<sup>VE DF GF</sup>

Egg, Plant Sausage, Plant Bacon, Tomato, Mushrooms, Beans & Toast	£10.00
with Chips	£14.00

GF White Bread or Seeded Bread Available

### The Vegetarian Double<sup>VE DF GF</sup>

2 Eggs, 2 Plant Sausages, 2 Plant Bacon, Tomato, Mushrooms, Beans & Double Toast	£12.00
with Chips	£16.00

GF White Bread or Seeded Bread Available

Add an Extra *each* £1.00  
Bacon, Sausage, Egg, Mushrooms, Onions, Tomato, Beans or Toast

### The VEGAN<sup>VE VG DF GF</sup>

Smashed Avocado, 2 Plant Sausages, Plant Bacon (optional) Tomato, Mushrooms, Beans & Toast	£12.00
with Chips	£16.00

GF White Bread or Seeded Bread Available

## VEGAN BREAKFAST SANDWICH

Plant Sausage <sup>VG VE DF GF</sup>	£6.00
Plant Bacon and Plant Sausage <sup>VG VE DF GF</sup>	£7.00
Double Egg <sup>VE DF GF</sup>	£6.00

Add an Egg / Mushrooms / Onions *each* £1.00

GF White Bread or Seeded Bread Available

## BURGERS

served with salad and home made coleslaw

### VEGAN BURGER<sup>VE VG DF GF</sup>

Patty in a Bun	£6.00
2 x Patty in a Bun	£12.00

GF White Roll or Seeded Roll Available

### Dairy Free CHICKEN BURGER<sup>DF</sup>

100% Breast Patty in a Bun	£7.00
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GF White Roll or Seeded Roll Available

add Vegan Cheddar Cheese *each* £1.00

add Egg or Mushrooms *each* £1.00

add Chips or a Baked Potato £4.00

## TOASTED SANDWICH served with a handful of crisps

Cheddar Cheese <sup>VE VG DF GF</sup>	£7.00
Honey Roast Ham <sup>DF GF</sup>	£7.50
Honey Roast Ham and Cheddar Cheese <sup>DF GF</sup>	£8.50
Plant Based Bacon and Cheddar Cheese <sup>VE VG DF GF</sup>	£8.50
Cheddar Cheese & Onion <sup>VE VG DF GF</sup>	£7.50
Cheddar Cheese & Tomato <sup>VE VG DF GF</sup>	£7.50
Tomato, Mozzarella & Red Pesto <sup>VE GF</sup>	£7.50
Cheddar Cheese & Real Ale Chutney <sup>VE VG DF</sup>	£7.50
Cheddar Cheese & Red Onion Marmalade <sup>VE VG DF GF</sup>	£7.50
Cheddar Cheese & Spicy Tomato Chutney <sup>VE VG DF GF</sup>	£7.50
Chicken, Bacon, Cheese & Pesto <sup>DF GF</sup>	£10.00
Tuna & Red Onion Melt <sup>DF GF</sup>	£9.00
Brie & Cranberry <sup>VE GF</sup>	£9.50
Bacon, Brie & Cranberry <sup>GF</sup>	£10.00
Plant Based Bacon, Brie & Cranberry <sup>VE GF</sup>	£10.00

All Toasted Sandwiches also available as Panini's for just +75p

GF White Bread/Roll, Seeded Bread/Roll or White Panini Available

Don't see the filling you want—Ask your server if we can do it!

## Vegetarian OMELETTE<sup>VE DF GF</sup>

served with salad and home made coleslaw

Cheese	£8.00
Cheese & Onion, Tomato or Mushroom	£9.00
Cheese & Plant Sausage	£9.50
Cheese & Plant Bacon	£9.50

Add an Extra *each* £1.00

Cheese, Plant Sausage, Mushrooms, Onions, Tomato

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## BAKED POTATO

served with salad and home made coleslaw

Cheese & Real Ale Chutney <sup>VE VG DF</sup>	£9.00
Beans & Cheese <sup>VE VG DF GF</sup>	£9.00
Vegan Chilli/Vegan Meat Balls <sup>VE VG DF GF</sup>	£12.00
Bolognese <sup>DF GF</sup>	£12.00

## CHIPS<sup>VE VG DF GF</sup>

Regular <sup>VE VG DF GF</sup>	£5.00
Cheesy <sup>VE VG DF GF</sup>	£6.00
Beans & Cheese <sup>VE VG DF GF</sup>	£7.00
Dirty - Cheese and Bacon topped <sup>DF GF</sup>	£8.00
Home Made Chilli, Bolognese or Meatballs <sup>VE VG DF GF</sup>	£12.00

**We use Plant Based Flora in our Cooking which is Vegan, Dairy Free, Gluten Free and Soy Free  
All Cheddar Cheese Options are available in Vegan/Dairy Free**

# FOOD - FREE FROM

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## SANDWICH served with home made coleslaw and a handful of crisps

Cheddar Cheese <sup>VE VG DF GF</sup>	£5.00
Honey Roast Ham <sup>DF GF</sup>	£5.50
Plant Based Ham <sup>VE VG DF GF</sup>	£5.50
Cheddar Cheese & Real Ale Chutney <sup>VE VG DF</sup>	£6.00
Cheddar Cheese & Onion <sup>VE VG DF GF</sup>	£6.00
Cheddar Cheese & Tomato <sup>VE VG DF GF</sup>	£6.00
Honey Roast Ham & Cheddar Cheese <sup>DF GF</sup>	£7.00
Plant Based Ham & Cheddar Cheese <sup>VE VG DF GF</sup>	£7.00
Brie & Cranberry Sauce <sup>VE GF</sup>	£7.00
Bacon, Brie & Cranberry Sauce <sup>GF</sup>	£8.00
Bacon, Lettuce & Tomato <sup>DF GF</sup>	£7.00
Tuna Mayo <sup>DF GF</sup>	£7.50
Prawn & Marie Rose <sup>DF GF</sup>	£8.50
Smoked Salmon & Cream Cheese <sup>DF GF</sup>	£9.00

GF White Bread/Roll, Seeded Bread/Roll or White Panini Available

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## ON TOAST

Smoked Salmon & Scrambled Egg on Toast <sup>DF GF</sup>	£10.00
Smashed Avocado with Poached Eggs on Toast <sup>VE DF GF</sup>	£10.00
2 Eggs of your choice on Toast <sup>VE DF GF</sup>	£8.50
Smashed Avocado on Toast <sup>VE VG DF GF</sup>	£9.00
Baked Beans on Toast <sup>VE VG DF GF</sup>	£6.50
Fried Mushrooms on Toast <sup>VE VG DF GF</sup>	£7.00
Cheddar Cheese & Tomato on Toast <sup>VE VG DF GF</sup>	£7.00

GF White Bread or Seeded Bread Available

Add Bacon / Egg / Mushrooms each £1.00

## TOAST with Butter and Jam, Marmalade, Honey, Marmite,

Biscoff<sup>VE VG DF</sup> or Nutella<sup>VE GF</sup> £4.00

GF White Bread or Seeded Bread Available

## TOASTED TEA CAKE

with Butter	£4.00
with Butter & Jam	£5.00

(Sorry, NOT Gluten Free)

## SOUP of the DAY<sup>VE VG DF\* GF</sup>

Organic Tasty Soup with a Warm Roll from £6.50

GF White Bread/Roll, Seeded Bread/Roll or White Panini Available

## HUNGER BUSTER served with home made coleslaw

2 Plant Sausages, 2 Eggs and Chips <sup>VE VG DF GF</sup>	£11.00
2 Plant Sausage, Beans and Chips <sup>VE VG DF GF</sup>	£11.00
2 Plant Sausage, Smashed Avocado and Chips <sup>VE VG DF GF</sup>	£11.00
2 Eggs, Beans & Chips <sup>VE DF GF</sup>	£10.00

## AMERICAN PANCAKE STACK of 4 (Dairy & Gluten Free)

Honey or Syrup <sup>VE DF GF</sup>	£7.50
Syrup & Blueberries <sup>VE DF GF</sup>	£9.00
Syrup & Nutella <sup>VE GF</sup>	£9.00
Syrup & Biscoff <sup>VE DF</sup>	£9.00
Syrup, Nutella & Marshmallows <sup>VE GF</sup>	£9.75
Syrup, Nutella & Chocolate Shavings <sup>VE GF</sup>	£9.75

**Turn any of the above in to a Sharing Plate by adding 2 more Pancakes for just £4.00**

## Gluten Free CREAM TEA<sup>GF</sup>

Gluten Free Scone, Jam and Clotted Cream with a Hot Drink	
	for 1 £8.00
	for 2 £14.00

## Vegan CREAM TEA<sup>VE VG DF</sup>

Vegan Scone, Jam and Whipped Cream with a Hot Drink	
	for 1 £8.00
	for 2 £14.00

**DID YOU KNOW** that we have many of our special condiments for sale in jars including our amazing Cranberry Sauce , Red Onion Marmalade, Spicy Tomato Chutney and Real Ale Chutney

see our Shelves in the main café!

## AFTERNOON SPECIAL

Full Afternoon High Tea—Vegetarian / Vegan / Gluten Free options

per person £25.00

A Tasty Selection of Finger Sandwiches, Mini Pies, Mini Quiches, Mini Cakes and a Full Cream Tea with a Standard Hot or Cold Drink

Please note: MINIMUM of 2 PEOPLE and MUST be BOOKED at least 24 Hours in ADVANCE

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# CHILLED SMOOTHIES & SMOOTHIE BOWLS VE VG DF GF



- Acai Kick—Acai, Blueberries, Strawberries and Mango
- Berry Burst—Blackberry, Blackcurrant, Blueberry & Banana
- Green Reviver—Kale, Lemongrass, Banana and Mango
- Mango Dream—Mango & Pear
- Passion Storm—Papaya, Pineapple, Peach, Guava & Aloe Vera
- Pineapple Sunset—Pineapple, Papaya and Mango
- Raspberry Heaven—Raspberry, Blueberry, Apple & Mango
- Strawberry Delight—Strawberry, Peach & Papaya
- Strawberry Fantasy—Strawberry and Banana
- Super Green—Spinach, Avocado, Apple, Lime, Basil and Spirulina

*Smoothie*

*£5.00*

*Smoothie Bowl*

*£8.00*

***Why not Treat Friends, Family, Colleagues or Loved Ones  
Honey Bee Gift Vouchers Available***