

- BREAKFAST -

EGGS

Poached eggs on wholemeal toast	3.00
Scrambled eggs on wholemeal toast	3.50
1 Boiled Egg	1.00
2 Boiled Eggs	1.50

Add beans	0.50
Add extra egg	0.50

BACON

(Served until 11.30am weekdays and 2.00pm weekends)

Bacon butty - 3 rashers in toasted or untoasted wholemeal bread	3.50
Bacon and poached eggs on toast	4.50
Bacon and scrambled eggs on toast	5.00

Add beans	0.50
Add extra egg	0.50

TOAST & TEACAKES

2 pieces of wholemeal toast or a teacake with butter	1.00
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Add a choice of spreads:	0.50
Almond butter	
Apricot, blackcurrent, raspberry or strawberry jam	
Honey	
Marmalade	
Marmite	
Peanut butter	

PORRIDGE

Thick and creamy porridge made with whole milk in 4 flavours:	2.00
Cranachan raspberry	
Hedgerow fruits	
Multigrain	
Original oats	

Add blueberries and raspberries	0.50
Add chopped banana	0.60
Add honey	0.30
Add maple syrup	0.30
Swap to almond milk	0.30

- MEALS -

JACKET POTATOES

White potato	4.50
Sweet potato	4.80

Served with side salad and choice of fillings:

Baked beans
Baked beans and cheese
Beef chilli con carne
Cheese
Chicken tikka
Tuna (optional mayo)

Add beans	0.50
Add cheese	0.50

Our potatoes are oven baked and we always cook spares but once they're gone they're gone - if you wish to guarantee a potato please pre-order before your workout and we will reserve one for you

RICE DISHES

Chilli con carne or chicken tikka	4.50
<i>Served with steamed basmati rice and side salad</i>	

LIGHT BITES

Beans on toast	3.00
Soup served with choice of bread	3.50

SALADS

Add cheese	0.50
Salad bowl with 2 boiled eggs	4.50
Salad bowl with cheese	4.50
Salad bowl with tuna	4.50
<i>Served with a choice of apple cider vinegar or balsamic dressing</i>	

Add boiled egg	0.50
Add cheese	0.50

SANDWICHES

Cheese and tomato	3.50
Tuna mayo	3.50

All sandwiches are served on multi-grain bread with a salad garnish

- DRINKS -

COFFEE

Americano black or white	2.20
Caffè latte	2.20
Cappuccino	2.20
Cortado	2.20
Espresso	2.00
Flat white	2.20
Macchiato	2.20
Mocha	2.50
Extra shot	0.50
Swap to almond milk	0.30

Double shot served as standard, single shot on request. We use organic unhomogenised grass-fed whole milk as standard or almond milk on request.

We use ORIGIN coffee beans which are directly traded and lightly roasted. You have a choice of Resolute blend or CO2 decaffeinated.

HOT CHOCOLATE

Traditional organic drinking chocolate	2.50
Paleo hot chocolate with organic cocoa, almond milk and honey	3.00

TEAS

Traditional, organic decaf, organic earl grey, rooibos and a large range of herbal and fruit teas	1.80
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SOFT DRINKS

Bottled water	1.00
Cawston Press kids' juices	1.20
Coconut water	2.00
Freshly squeezed orange juice	2.00
Iced tea	2.30
Milk (per 250ml)	0.60
Luscombe Farm organic crushes and bubbles	2.20
Luscombe Farm organic juices	2.00
Rocks cordial (per 250ml)	1.20

- SNACKS & SUPPLEMENTS -

SNACKS

Deliciously Ella energy/protein balls	2.00
Fruit	0.60
Graze flapjacks and nuts	1.20
Grenade Carb Killa bars	2.30
Kiddylicious snack packs	0.70
Nutramino protein bars	2.30
PhD Protein Flapjacks	1.80
PhD Smart Bars	2.30
Protein Ball Co. protein balls	2.00

BLENDED

PHD whey protein with water & ice	2.50
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Add almond butter	0.60
Add banana	0.60
Add milk	0.50
Add peanut butter	0.30
Add porridge oats	0.30

READY TO DRINK

Nutramino Heat	2.00
Nutramino Lean protein shake	2.50
Nutramino XL shake	3.50
Pre-workout shot	2.00
Sunsoul natural energy drink	1.50
USN Amino Ener-G	2.50
USN Protein Fuel 50	3.50
USN Spike	1.00

SMOOTHIES & SHOTS

Antioxidant Blast	4.50
Chocolate Peanut Protein	4.50
Clean Green	4.50
Raspberry Medley	4.50
Strawberry Powerhouse	4.80
Cherry Active shot	1.50
Supergreens shot	1.50

Our smoothies are made with 100% natural ingredients and USANA's ultra clean plant and whey protein powders - please see our smoothie menu for further details

SWEET TREATS

Homemade treats, please check out the counter for today's selection!

Please place all orders at the till - drinks can be collected at the coffee counter and food will be brought to your table. Please be patient during busy periods, especially lunch times.

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