Sandwiches

New Yorker	£5.25
Parisian	£4.95
Sicilian	£5.25

Bloomers

British chicken & avocado	£3.80

Wraps

Middle Eastern wrap	£4.50
Add salad	£2.30

Baguettes

Wiltshire ham & emmental cheese	£3.55
West Country cheddar & apple rhubarb chutney baguette	£3.55

Salads & Cold Platters

Vitality Box	£5.50
Supercharged omega salmon salad	£5.50

Quiche

£5.00

Homemade everyday

please ask a team member for the seasonal flavour

Soup of the day served with bread

£5.50

(Gluten free bread available)

Sweet Treats

Pastel de Nata	£1.50
Nutty Brownie *(GF)*	£2.40
Lemon Drizzle	£2.40
Millionaire Shortbread	£2.40
St Clements & Almond *(GF)*	£2.40
Toffee & Apple loaf	£2.40
Raspberry & white chocolate muffin	£2.40
2 scones with Cornish clotted cream, jam & butter	£2.95
Carrot cake	£3.90

Hot drinks

Americano	£2.55
Cappuccino	£2.65
Latte	£2.65
Mocha	£2.75
Flat White	£2.65
Espresso	£1.80
Espresso double	£2.30
Macchiato	£1.95
Macchiato double	£2.30
Hot Chocolate	£2.75
Organic loose leaf tea	£2.45

English breakfast, Earl Grey, Ginger & lemon, Elderflower & lemon, Garden berries, Oriental Sencha, Peppermint, Chamomile

Cold drinks

Coke, Diet Coke 330ml	£2.50
Fentimans Ginger beer	£3.35
Elderflower Presse	£2.70
Apple or Orange juice	£2.50
Hildon still / sparkling water 330ml	£2.15
Hildon still / sparkling water 750ml	£4.05

Beers

Estrella Damm	£3.60
Portobello London Pilsner	£4.10
Heineken	£4.05

Prosecco

	Bottle 200ml
Spumante Extra Dry Doc, Cantina Euganei Sca, Veneto It	£7.20

White Wines

	Glass 125ml	Carafe 500ml	Bottle 750ml
Chenin Blanc	£4.85	£14.85	£21.15
Pinot Grigio	£5.85	£20.25	£26.65

Rosé Wine

	Glass 125ml	Carafe 500ml	Bottle 750ml
Pinot Grigio Rosato	£4.50	£16.20	£21.60

Red Wines

	Glass 125ml	Carafe 500ml	Bottle 750ml
Montepulciano D'Abruzzo	£4.50	£14.85	£22.05
Cabernet Sauvignon	£5.40	£16.65	£23.85