

# Menu



## Food Allergies and Intolerances

(v) - Vegetarian (vg) - Vegan (gf) - Gluten free

Please inform a member of staff before you order if you have any specific dietary requirements. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens due to fryers being used for more than one product on the menu. There is a small risk of cross-contamination of products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

- (S) Sulphur Dioxide   (E) Eggs   (F) Fish   (C) Celery   (MU) Mustard   (N) Nuts   (P) Peanuts  
(SS) Sesame Seeds   (SY) Soya   (M) Milk   (MS) Molluscs   (L) Lupin   (G) Gluten   (CR) Crustaceans

## Brunch

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**Full English** C G E M SY S 8.95

Smoked streaky bacon, Cumberland sausage, black pudding, mushrooms, tomato, hash brown, Heinz baked beans, slice of toasted bloomer and free range hens' eggs  
(your choice of poached / fried / scrambled eggs)

**Veggie Breakfast (v)** G E SY M L 7.95

Vegan sausage, black bean & quinoa falafel, mushroom, roasted tomato, hash brown, Heinz baked beans, slice of toasted white or brown bloomer and free range egg  
(your choice of scrambled / poached / fried)

**Vegan Breakfast (v)(vg)** G SY 7.95

Vegan sausage, black bean & quinoa falafel, mushroom, roast tomato, hash brown, smashed avocado, Heinz baked beans, slice of toasted white or brown bloomer

Add the following on to your full English, veggie or vegan breakfast (price per item):

Avocado / Smoked streaky bacon M L 2.00

Veggie sausage G Cumberland sausage C G SY S

Mushrooms / Tomato / Heinz baked beans / Hash brown 1.00

Free range hens' egg E Black pudding G

Quinoa black bean falafel

**Eggs Benedict** G E M SY S L 7.50

Smoked streaky bacon, free range poached hens' eggs, hollandaise sauce, toasted muffin

**Eggs Florentine (v)** G E M SY L 7.50

Spinach, free range poached hens' eggs, hollandaise sauce, toasted muffin

**Love thy Omelette (v)(gf)** E M L S 7.50

Smoked crispy bacon, tenderstem broccoli, feta and creamy free range egg

**Smashed Avocado on Toast (v)** G E M L 6.95

Avocado mixed with lime and chilli and free range poached hens' eggs

**Chickpea Pancake (v)(vg)** SS N 6.95

Chickpea pancake, smashed avocado, confit cherry tomatoes, houmous, tomato sauce

**Granola (v)** G SY N 4.50

Sprinkle of nuts with seasonal berries and matcha or honey yoghurt

## Build your own Bloomer

All are toast spread with butter

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**Toasted Bloomer** 3.50

Smoked streaky bacon G M L

Cumberland sausage C G S M L

Free range hens' eggs (v) G E M L

Add the following on to your bloomer (price per item)

Avocado / Smoked streaky bacon / Halloumi M L 2.00

Cumberland sausage C G SY S Veggie sausage G

Mushrooms / Tomato / Heinz baked beans / Hash brown 1.00

Free range hens' egg E Black pudding G

Quinoa black bean falafel

## Fluffy Pancakes (v)

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Fresh Berries, Matcha & Yoghurt G SY 6.50

Blueberry, banana, peanut butter and Maple syrup 6.50

Strawberries & Chocolate G 6.50

Crispy bacon, Maple syrup G 6.50

**Vegan options available**

## Smoothies Bowls (v)

Our signature smoothie bowls come with a side of granola and are garnished with seasonal berries, coconut and chai seeds

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**Energy Booster** G N P 7.50

Strawberry, Blueberry, Raspberry, Banana, Blackcurrant, Spinach, Flax Seed, Macha & Guarana

**Strawberry & Banana** G N P 7.50

Strawberry & Banana

**Mango, Pineapple & Passionfruit** G N P 7.50

Mango, Pineapple & Passionfruit

**The Detox** G N P 7.50

Pineapple, Apple, Spinach, Kale, Ginger, Spirulina, Chlorella, Wheatgrass & Barley grass

## Snacks and Sides

+

Chilli and lime kale crisps (g) (v) 2.90

Skin on potato fries (g) (v) 3.25

Sweet potato wedges (g) (v) 4.00

Home made humus and flat bread crisps (g) (v) SS G S SY 4.25

Cauliflower popcorn, chipotle mayo (g) (v) G SY S 4.90

Honey coriander halloumi fries (g) (v) M L 5.75

Crispy buffalo onion wedges (g) (v) G S SY 4.00

Wild rocket blackberry salad balsamic dressing (g) (v) N S 3.75

Super grains salad (g) (v) SS N 4.00

## Bae Burgers

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**Cheese Burger** G M L SY MU 7.50

**Double Bacon Cheese Burger** G M L SY MU S 9.50

with crispy onion and fried egg 11.50

**Jerk Chicken Burger** G M L SY S MU 7.50

with cheese and bacon 9.50

**Black Bean Quinoa Falafel** G SY MU 7.50

**Cheese Burger (v) (vg)**

**Double Black Bean Quinoa Falafel** SY MU G 9.50

**Cheese Burger (v) (vg)**

**Double Black Bean Quinoa Falafel** G SY MU 11.50

**Cheese Burger (v) (vg)**

with smashed avocado and crispy onion

Add crushed avocado 2.00

Add smoked streaky bacon S 1.50

**All burgers come with burger sauce, cabbage slaw, sliced tomato and a side of skin on fries. (GF bun available)**

## Buddha Bowls

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All are bowls come with chicken breast or falafel balls

**Sweet & Spicy Bowl (v)(vg)(gf)** P SS S 9.95

Sweet potato wedges, houmous, charred tenderstem broccoli, coconut paprika chickpeas, coriander, toasted peanuts

**Super Food Bowl (v)(vg)(gf)** N S P 9.95

Crispy kale, charred tenderstem broccoli, spinach, roasted squash, beets, toasted seeds, pomegranate, citrus pomace dressing, black bean quinoa

**Moroccan Bowl (v)(vg)(gf)** G S SS 9.95

Roasted aubergine turmeric red pepper pickled lemon apricot couscous with rocket salad lemon tahini dressing

**Go Green Bowl (v) (vg)** N G 9.95

Green beans ,garden peas , spring onion, spinach with kale pesto, chard broccoli red lentil rice

## Signature Love Thy Neighbour Pizza of the Day

Ask your server for today's toppings and allergens! 8.95

Please see reverse for allergen information