

ALL-DAY BREAKFAST

EGGS

bowl £4.95 toast £6.95

GF toast* + £0.75 ^{*contains egg} extra egg + £1

The Classic

- poached egg • smoked salmon • avocado • rocket
- tomato • olive oil

The Mexican

- poached egg • homemade tomato sauce • feta
- rocket • black beans • chilli flakes

The Royale

- poached egg • smoked salmon
- pesto dressing • rocket

SMOOTHIES

all £6.95

+ NEAT Vegan Protein Booster 18g of protein £1.50

daily specials available - ask at the counter

TOAST

GF toast* + £0.75 ^{*contains egg} extra egg + £1

Salmon & Avo

£6.95

- avocado • smoked salmon • lemon wedge • rocket

Salmon

£6.45

- smoked salmon • greek yoghurt • lemon juice • chives

Avo

£6.45

- avocado • chilli flakes • lime • rocket

BOWLS

Acai

£6.95

- acai • banana • pineapple • mixed berries • granola
- toasted coconut chips • chia seeds

Granola

£4.25

- granola • berries • banana • milk

HEALTHY HOT SNACKS

Stew with Jacket Potato £7.50 Stew £5.95

choose your stew

Lentil & Chickpea GF V

- greek yoghurt • mixed seeds

Chipotle Beef GF

- cheddar • rocket

Stew of the Day

ask at the counter

Soup of the Day £4.45

ask at the counter

SQUIRREL SALADS

all £8.50

Oh My Cobb DF

- chicken • egg • kale • quinoa • pickled red onion
- avocado • sweetcorn • croutons
- caesar cashew dressing

Kale Yeah GF DF

- salmon • kale • fennel • cucumber • sweet potato
- radish • almonds • citrus sumac dressing

Thai Me Up GF DF

- chicken • red cabbage • white cabbage • red pepper
- spring onion • edamame • carrot • mint
- toasted cashews • thai dressing

Guac 'n' Roll DF

- chicken • brown rice • spinach • sweetcorn
- cherry tomatoes • black beans • tortilla chips
- avocado • pickled red onion • lime jalapeño vinaigrette

Ginger Spice GF DF V V+

- tofu • quinoa • spinach • beetroot • sweet potato
- shredded red cabbage • mixed seeds • avocado
- carrot, ginger & miso dressing

Miami Rice GF DF

- chipotle beef • brown rice • lentils • spinach
- broccoli • shredded red cabbage • carrots • lime wedge

Hey Pesto! GF V

- halloumi • spinach • rocket • quinoa
- roasted mushrooms • burnt sweetcorn • broccoli
- chickpeas • pesto dressing

Elfy Christmas GF DF

- chicken • brown rice • roasted brussels sprouts
- dried cranberries • sweet potato • spinach
- red cabbage • walnuts • thyme • cranberry vinaigrette