

KIT C / C HEN

FROM THE KITCHEN

(served until 3pm)

GRAINS

Overnight oat pot with seasonal toppings	£4.50
Coconut milk porridge with seasonal toppings	£6
Granola served with berries, greek yoghurt & almond milk	£7

Add nut butter / protein +£1

VEGAN PANCAKES

With blueberries & bacon	£11
With caramelised banana & toasted hazelnut	

Add protein + £1

EGGS ANY WAY

Poached, scrambled, boiled or fried on sourdough	£7.25
--	-------

Substitute for spelt +£1 / GF +£1

BOILED EGGS & SOLDIERS	£7.25
------------------------	-------

SCRAMBLED EGGS & SMOKED SALMON	£10
--------------------------------	-----

SMASHED AVOCADO & POACHED EGGS	£9.50
With chilli, lime & coriander on toasted sourdough with poached eggs	

Add spinach +£2.25

TURKISH EGGS	£11
--------------	-----

Poached eggs with dill yoghurt, harrisa dressing & toasted sourdough

Add guacamole +£2.25

C/C BOWL	£11
----------	-----

Dukka sautéed greens, topped with coconut dressing, guacamole, roasted vine tomatoes & poached eggs

Add smoked salmon + £3

EXTRAS

chorizo / bacon / sausage / smoked salmon	£3
spinach / mushroom / vine tomatoes / guacamole /	£2.25
sweet potato toast / extra egg / halloumi / feta	
extra toast / almond pesto	£1.15

FROM THE DELI

(served until close & take away available)

CHOOSE YOUR SALADS

Natural, seasonal & delicious salads

2 salads	£8
3 salads	£9
+ your protein	£2.50-£4.50
+ your extras	£1.50-£3

We are proud of the delicious produce we get from the best suppliers – Beckland Brown eggs, Dingley Dell Farm & butchery, Foreman & Sons fishmongers, The Bread Factory Bakery, Goodwood Estate Dairy

Eat in prices are subject to VAT – prices listed below are VAT inclusive

Disclaimer – Although we take the utmost care to accommodate all dietary requirements, our kitchen does use products that contain nuts, dairy, soy, sesame and gluten as well as other allergens. If you have any allergens please ask our staff for further details.

SEASONAL SPECIALS

For our monthly specials please see the boards or ask a member of staff.

DRINKS

TEA

ENGLISH BREAKFAST TEA	£2
EARL GREY	£2
PEPPERMINT	£2
GREEN	£2
LEMON & GINGER	£2

COFFEE

ESPRESSO	£2
MACCHIATO	£2
PICCOLO	£2.25
LONG BLACK	£2.25
FLAT WHITE	£2.50
LATTE	£2.50
CAPPUCCINO	£2.50
MOCHA	£3.25
CHAI LATTE	£3

SUPER FOOD LATTES

TURMERIC	£3.25
MATCHA	£3.25
BEETROOT CACAO	£3.25

HOT CHOCOLATE

£3

COLD DRINKS

C/C WATER	£1
BLU SPARKLING WATER	£1.75
C/C ICED TEA	£2
JARR KOMBUCHA	£3.99
PRESS JUICES	£4.50
PRESS SHOTS	£3.50
DA-SH WATER	£1.50
TENZING	£1.75
UGLY SPARKLING WATER	£1.25
JAX COCONUT WATER	£2.50

SMOOTHIES

① CLEAN GREEN (protein free)	£6
avocado, spinach, cucumber, mint leaves, lime, ginger, coconut water	
② CHIA BERRY (protein free)	£6
berries, pear, yoghurt, chia seeds, coconut milk	
③ BLUEBERRY NUT	£6
blueberries, oats, peanut butter, banana, almond milk, protein	
④ TROPICAL TURMERIC	£6
mango, turmeric, black pepper, coconut milk, protein	
⑤ COFFEE DATE	£6
double espresso, yoghurt, cacao, dates, coconut milk, protein	
⑥ VANILLA MILK	£6
banana, almond butter, date, lucuma, almond milk, protein	
⑦ KEEP IT LEAN	£5.25
coconut water, protein	

ADD EXTRAS

PROTEIN	vegan / whey	£1
EVERYTHING ELSE		£0.75
VEG	avocado / spinach	
FRUIT	banana / berries	
NUT BUTTER	peanut / almond	
SUPER FOODS	cacao nibs / cacao powder / maca / chia seeds / beetroot powder / bee pollen / turmeric / mushroom powder / matcha / goji berries	
OTHERS	oats / espresso	