

SAMPLE MENU



BREAKFAST

BREAKFAST POTS

from £2.95

Sunshine fruit salad
Seasonal fruit
Yoghurt with seasonal fruits and granola
Probiotic Greek yoghurt, mango, seeds, oats
Bircher muesli with apple, raisin and cinnamon
Chia seed, acai, yoghurt and blueberries

BREAKFAST BAKERY COUNTER

from £2.95

Pain au chocolate
Pain au raisin
Apricot Danish pastry
Croissant
Cinnamon bun

HOT BREAKFAST

from £2.95

Ham & Bermondsey cheese croissant
Bermondsey cheese & tomato croissant
Grilled bacon/sausage or egg bap
Scotch oat porridge served with brown sugar, honey or jam

SAVOURY POTS

from £3.95

Hummus, fresh carrot and seeds
Falafel and tzatziki
Egg, spinach and mustard cress
Quinoa, Asian soy, chilli and ginger
Bulgur wheat and kale tabbouleh grain

LUNCH

HOT LUNCH

from £7.95

Grilled Harissa chicken breast, middle eastern house grain mix
Braised beef, creamy potato, roasted carrots, parsley
Vegan Seitan Keema, brown rice, raita
Sweet potato falafel, mixed grains, naked slaw

SALAD BAR

choice of three salads £9.00

Smashed pea, edamame and broad bean salad with mint feta and toasted seeds
Roasted aubergine, sorrel yoghurt and pickled radish
Heirloom tomatoes, spring onion, basil and kalamata olives
Fennel, orange and pomegranate salad
Salad of freekeh wheat, preserved lemon and crispy shallots

PROTEIN

from £5.00

Grilled chicken
Poached Salmon
Goats cheese
Teriyaki tempeh
Skewered firm tofu with gochujang
Sweet potato falafel

PROTEIN & SIDE SALAD

£9.00

SUSHI

from £3.95

SELECTION OF SOHO SANDWICHES & SALADS

from £3.95

GENERAL BAKERY

from £2.50

Vegan banana loaf
Raspberry flapjack
Triple chocolate cookie
Raspberry & almond Bakewell
Orange & polenta loaf
Honey & pecan bar
Gluten free chocolate & marshmallow traybake

HOT DRINKS

from £2.60

Flat white
Latte Regular
Cappuccino
Americano Regular
Espresso single / double
Macchiato
V60 Regular
Aeropress
Coldbrew
A range of traditional and flavoured teas
Hot Chocolate



DRINKS

BEER & CIDER

| | | | |
|---|-------|----------|-------|
| Olympia London IPA | 330ml | 4% abv | £5.00 |
| Frontier Craft Lager | 330ml | 4.5% abv | £5.00 |
| Wild River Pacific Pale Ale | 330ml | 4.5% abv | £5.00 |
| The Original Small Beer Low Alcohol Lager | 350ml | 2.1% abv | £5.00 |
| Caple Rd Cider | 330ml | 5.2% abv | £5.00 |
| Rosie's Flat Tyre Rhubarb Cider | 330ml | 4% abv | £5.00 |

WINE & SPARKLING

| | | | |
|-------------------------------------|-------|---------|-------|
| A Day at the Vineyard Chenin Blanc | 187ml | 12% abv | £6.00 |
| A Day at the Vineyard Pinotage | 187ml | 13% abv | £6.00 |
| A Day at the Vineyard Pinotage Rosé | 187ml | 12% abv | £6.00 |
| Vitelli Prosecco NV | 200ml | 11% abv | £8.50 |

SOFT DRINKS

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|-------------------------------------|-------|---|-------|
| Life Water Still | 330ml | - | £2.25 |
| Life Water Sparkling | 330ml | - | £2.25 |
| Genie Living Drinks Co. | 275ml | - | £3.30 |
| Kombucha Crisp citrus | | | |
| Kombucha Dry apple | | | |
| Franklin & Sons Premium Soft Drinks | 275ml | - | £3.30 |
| Apple & Rhubarb | | | |
| Strawberry & Raspberry | | | |
| Lemonade & Elderflower | | | |
| Orange & Grapefruit | | | |
| Cold Brew Coffee Iced Latte | 250ml | - | £3.00 |
| Orange Juice | 330ml | - | £3.00 |
| Apple Juice | 330ml | - | £3.00 |
| Sparkling Drinks | 330ml | | £2.15 |
| Pepsi | | | |
| Diet Pepsi | | | |
| 7up | | | |
| Tango | | | |