

BREAKFAST

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Two Poached Eggs on Toast	x	x	x		x		x
Smashed Avo	x	x					
Creamy Scrambled Eggs	x	x	x		x		
- Creamy Scrambled Eggs (Bacon)	x	x	x		x		
- Creamy Scrambled Eggs (Smoked Trout)	x	x	x		x		
Breakfast Waffle	x	x	x		x	x	x
Poached Egg with Chicken Livers	x	x	x		x		x
Eggs Benetelo (Bacon)	x	x	x	x	x		
Eggs Benetelo (Pulled Pork)	x	x	x	x	x		
Eggs Benetelo (Smoked Trout)	x	x	x	x	x		
Potato Rosti (Bacon)	x	x	x	x	x		
Potato Rosti (Smoked Trout)	x	x	x	x	x		
3 Egg Omelette	x	x	x		x		
Mexican Eggs	x	x	x		x	x	x
The Banter			x		x		
The Big English	x	x	x		x		x
Avo, Halloumi & Hummus	x	x	x				

LIQUID BREAKFAST

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Red Espresso, Cranberry & Cinnamon			X	X			
Banana, Muesli & Cinnamon	X	X	X	X		X	
Coffee & Coconut Muesli	X	X	X			X	
Mixed Berry, Yoghurt & Chia Seeds			X				

SWEETER SIDE

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Plain Oats	X	X				X	
Hearty Oats	X	X	X		X	X	
Scone	X	X	X		X	X	X
Parisian Breakfast (choose from bread selection)	X	X	X				
Croissant	X	X	X		X		
Brioche French Toast	X	X	X		X		
Caramelised Banana, Bacon French Toast	X	X	X		X		
Homemade Muesli	X	X	X			X	

SARMIES

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Pastrami on Rye	X	X	X				X
Gypsy Ham Croissant	X	X	X		X		
Roasted Veg			X			X	
Chicken Pesto	X	X	X			X	
Honey Mustard Chicken	X	X	X			X	
BLT	X	X	X		X		X
Chicken Mayo	X	X			X		X
Avo, Halloumi & Rocket	X	X	X		X		X
The Cuban Sandwich	X	X	X	X			X
Smoked Trout & Cream Cheese	X	X	X				
Fillet Steak	X	X	X		X		X

SALADS

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Tomato Caesar - Add Bacon - Add Chicken	x	x	x		x		x
Roasted Chickpea & Pesto			x			x	
Roast Vegetable	x	x	x			x	x
Warm Bulgur Wheat & Lentil	x	x	x	x			x

PASTA

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Mushroom Bolognese	x	x	x		x		x
Butter Chicken	x	x	x		x		
Mediterranean Pasta	x	x	x		x		
Chicken Basil Pesto & Pine Nuts	x	x	x		x	x	
Pulled Pork Alfredo	x	x	x	x	x		

PISSALADIÈRE

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Focaccia Bread	x	x					
Piz N B Vovorita	x	x	x			x	x
Piz Lcb Vovorita			x		x	x	x
Piz N B Pasanda	x	x	x				
Piz Lcb Pasanda			x		x		
Piz N B Bac Chilli Hon	x	x	x				x
Piz Lcb Bac Chilli H			x		x		x
Piz N B Gypsy Ham + Feta + Avo	x	x	x				x
Piz Lcb Gypsy Ham + Feta + Avo			x		x		x
Piz N B Four Cheese	x	x	x				x
Piz Lcb Four Cheese			x		x		x
Piz N B Fillet C/Onion	x	x	x				x
Piz Lcb Fillet C Onion			x		x		x

MORE THAN A BITE

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Chicken Burger	x	x	x		x		x
The Joe Burger	x	x	x		x	x	x
Bistro Beef Burger	x	x	x		x		x
Naked Burger							
- Chicken Burger			x		x		x
- The Joe Burger	x	x	x		x	x	x
- Bistro Beef Burger	x	x	x		x		x
Chicken Bunny Chow	x	x					x
Soup of The Day							
Curried B/Nut Soup	x	x	x	x		x	
Pepper + Carrot Soup	x	x	x	x		x	
Coconut Lemon Chkn Soup	x	x	x	x		x	
Chicken & Corn Chowder	x	x	x	x		x	
English Onion Soup	x	x	x	x			
Sweet Potato, Orange & Chilli Soup	x	x	x	x		x	
Carrot & Coconut Soup	x	x	x	x		x	
Roast Tomato & Coriander Soup	x	x	x	x			

BEVERAGES

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Berry Shake			x				
Chocolate Shake			x	x			
Salted Caramel Brownie	x	x	x		x	x	
Juiced Up (Carrot, Orange & Lemon)							
Juiced Up (Pineapple, Elderflower & Ginger)							
Juiced Up (Beetroot, Cherry & Apple)							
Frostee (Passion Fruit & Pineapple)							
Frostee (Lemon Grass & Apple)							
Frostee (Cranberry, Cherry & Apple)							
Chocolate Vovochino			x	x			
Coffee Vovochino			x	x			
Salted Caramel Vovochino			x	x			

BEVERAGES

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Hot Chocolate with Cow's Milk			x				
Hot Chocolate with Soy Milk				x			
Hot Chocolate with Almond Milk						x	
Caramel Hot Toddie			x	x			
Bar One Hot Chocolate			x	x		-	



BREAD

Description	Gluten	Wheat	Cow's Milk	Soya	Egg	Nuts	Sulphates
Rye (per slice)	x	x					
Ciabatta (per slice)	x	x					
Sourdough (per slice)	x	x					
Banting Bread (per slice)			x		x	x	x
Seeded Panini (per single Panini)	x	x					
Panini (per single Panini)	x	x					
Pretzel Bun (per bun)	x	x	x				
Brioche Bun (per bun)	x	x	x		x		
Bagel (per bagel)	x	x	x		x		