

## Breakfast

**Big Hug Granola (Veg or Vegan)** 6.5  
With vanilla infused coconut yoghurt/Greek yoghurt, fruit puree, seasonal fruit compote, toasted pistachios, fresh seasonal fruit, chia seeds & date syrup

**Music Breakfast** 9.9  
Sausage (Dingley Dell or Merguez), streaky bacon, our homemade beans, eggs\*, infused mushrooms, avocado, salad served with dusty knuckle sourdough

**Beans Breakfast (Veg or Vegan)** 9.2  
Roti (feta/or potato), eggs\* & halloumi / or aubergine & hummus, smashed avocado, infused mushroom, our homemade beans served with dusty knuckle sourdough

**Rolled Omelette (v)** 7.5  
With spinach, mushroom, peppers, feta & gruyere served with salad and dusty knuckle sourdough

**Shakshuka (v)** 8  
Slow-cooked tomato and peppers with egg and yoghurt, chilli oil & herb mix, served with dusty knuckle sourdough

**Crushed Avocado on sourdough** 6.5  
With feta and poached eggs + £2 for any topping:  
- Streaky bacon  
- Infused mushrooms  
- Smoked salmon  
- Merguez

**Breakfast Pitta** 5.5  
Aubergine sabiche - roasted aubergine, egg salad, tahini dressing with  
- Streaky bacon 2  
- Grilled haloumi 1.5

**Crispy Roti** 7.5  
Filled toasted filo pastry with  
- Feta and herb / potato and herb filling with poached eggs, yoghurt, chilli oil and sumac salad  
- Tahini, banana and cinnamon sugar with clotted cream (or coconut yoghurt) and date syrup and our homemade fruit compote

## Extras

Streaky bacon 2  
Sausage 2  
Merguez (lamb sausage) 2  
Smoked salmon 2  
Mushrooms 2  
Avocado 2  
Homemade beans 1.5  
Compote 1.5  
Halloumi 1.5

## Sides

Edamame 4.5  
Humus with sourdough bread 4.5  
Wasabi peas 3  
Marinated olives 3.5

eggs\* poached or fried

## Lunch On its own / with 1 salad / with 2 salads

**Braised Lemon Chicken** 8.5/10.5/12  
On hummus served with grilled pitta

**Frittata Bake (gf/v)** 5.5/7.5/9  
With peppers, spinach & feta

**Salmon** 9.5/10.5/12  
Pomegranate molasses & sumac glazed salmon

**Quiche** 5.5/7.5/9  
With seasonal veg

**Veggie Lasagna** 7.5/8.5/10

## Salads Plate of 1, 2 or 3 Price 3 / 5.5 or 7.95

**Roasted Aubergine (v)**  
With bulgur & almond salsa, tumeric yoghurt, chilli oil & herb drizzle

**Roasted Beetroot & Carrot (gf/v)**  
With rocket, cumin onions, feta, pesto & walnut dukkah

**Quinoa Tabbouleh (gf/vg)**  
With roasted squash

**Paprika Roasted Potato (gf/vg)**  
With fresh herbs & broad beans

## Burgers Served with chips

**Smoked Chicken** 8.9  
Sundried tomatoes & mustard

**Pulled Lamb** 9  
With rocket, cumin onions, feta, pesto & walnut dukkah

**Salmon** 8.5  
Pomegranate glazed salmon with gem lettuce

**Halloumi** 8  
Halloumi, mushroom, aubergine & hummus

**Steak** 9  
Sirloin, cumin onions, hummus & red pepper

**Dirty Vegan** 8.9  
Meat free patty, hummus, roasted red pepper, onions, tomato rocket & vegan mayo

## Sandwiches Please check counter

All options 4.95 / or with choice of counter salad 6.95