

Drinks!

little vegivores smoothie £4.50
banana, berries, yoghurt & apple juice or soya milk

flawsome! KIDS fruit water 200ml £2.00
sweet apples/ apple & cherry/ apple, mango & orange

Available All Day

fresh fruit selection £4.50
a few pieces of our current fruits available

sourdough toast £3.00
one piece of sourdough toast with butter plus a pot of one of the following:

- natural peanut butter
- blueberry chia jam
- biscoff spread
- maple syrup

simply spuds (ng) £4.00
our yummy hashed potatoes without the seasoning!

mixed veggies (ng) £4.50
tasty veggies - oil and salt free!

banana waffle £6.00
homemade waffle with maple syrup & banana

macaroni cheeze £5.50
a milder small portion of our macaroni cheeze without the crumb topping

crispy gnocchi £5.00
lightly seasoned crispy gnocchi with a ketchup, mayo or pesto dipper

the baby better bowl (ng) £8.00
beans, rice, slaw, kale, onions, red peppers, sweetcorn, tortilla chips

satay burger (ngo) £8.50
toasted pretzel bun with creamy slaw, sesame tofu, satay peanut sauce & mayo - comes with a small portion of hashed potatoes

pesto pasta £5.50
cold pasta with homemade broccoli stalk pesto

delicious dip £5.00
a choice of smashed peas or beetroot hummus with warm flatbread



PICKY PICKLE? NO PROBLEM!
LET US KNOW IF YOU'D LIKE SOMETHING
REMOVED OR TWEAKED & WE'LL DO OUR
BEST TO ACCOMMODATE!

Weekends 'til 2pm

pancake £6.00
a fluffy homemade buttermilk pancakes with sliced banana and a choice of either maple syrup or choccy sauce

pbj bowl (ng) £5.00
strawberry peanut granola, soya yoghurt & strawberries

vegivores breakfast (ngo) £9.00
beans, hashed potatoes with onions and roasted red peppers, kale, mushrooms, tomatoes, smoked tofu & toast (for hungry little ones!)



ALLERGIES - PLEASE INFORM YOUR SERVER BEFORE PLACING YOUR ORDER IF YOU HAVE ANY ALLERGIES OR INTOLERANCES. WHILST WE ALWAYS DO OUR BEST TO ACCOMMODATE - WE CAN NEVER GUARANTEE ANYTHING IS 100% FREE FROM ALLERGENS