

# LOUNGE MENU

## BREAKFAST

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### TOAST 3

Two slices of toast (bloomer, sourdough, GF) with butter & a choice of condiments

### BACON SANDWICH 5.5

Add an egg (1)

### PORRIDGE 4

With mixed berries or banana

### GRANOLA BOWL 6

With mixed berries, greek yoghurt & honey

### PROTEIN PANCAKES 7.5

Protein pancakes with greek yoghurt, fresh fruit, honey & pumpkin seeds

### SMASHED AVOCADO 9

Smashed avocado on sourdough or bloomer, poached eggs, chilli flakes  
+ **bacon** | **halloumi** | **salmon 2.50**  
*Vegan Option Available*

### OMELETTES 10

**Salmon & spinach** | **Chicken & Bacon** | **Mushroom & Spinach**

### ON TOAST

Eggs 7  
Beans 4.5  
Mushrooms 4.5

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## LUNCH

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### STIR-FRY 10

Mixed stir-fried vegetables with chicken and a choice of sauce  
**Sweet Chilli** | **Teriyaki** | **Cajun** | **BBQ**

### BUDDHA BOWL 11

Salad bowl, with mixed quinoa, edamame beans & coleslaw with a choice of topping  
**Chicken** | **Pork Belly** | **Salmon** | **Falafel**  
+ Avocado | Feta | Olives 1.25  
+ Halloumi 2

### CHICKPEA & COCONUT CURRY 10

Chickpea curry in a rich coconut sauce served with rice

### CHILLI & RICE 10

With sour cream and cheese

### SOUP OF THE DAY 7.5

Please ask the team for today's special

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## WRAPS & SANDWICHES

### CHICKEN FAJITA WRAP 8.5

Chicken, mixed peppers & fajita spice

### FALAFEL & HALLOUMI WRAP 8.5

Falafel & halloumi wrap, rocket, sweet chilli sauce

### TOASTED OPEN SOURDOUGH 8.5

Toasted open sourdough with avocado, mozzarella & tomato, served with a side salad & pesto oil

### ANTIPASTI CIABATTA 8.5

Brioche ciabatta with antipasti meats, mozzarella, pesto & sun-dried tomatoes



HEALTHY • FRESH • LOCAL