

breakfast

served until 12pm or all day on sunday

In Out

scrambled, fried or poached eggs on toast	£3.95	£3.25
mushrooms or beans on toast (CV)	£3.75	£2.95
veggie english breakfast (CV)	£5.85	£4.95
veggie sausages, beans, mushrooms, eggs & toast (CV with extra beans & mushrooms, no egg)		
extra veggie sausage/bacon, beans, mushrooms or eggs	£0.80	£0.80
porridge with nutella & banana or nuts & honey	£2.50	£2.00

breakfast

that's served all day

BLT fake bacon, lettuce, tomato & mayo (toasted)	£3.95	£3.45
veggie sausage sandwich (CV)	£3.95	£3.45
veggie sausages, cheddar & mustard (toasted) (CV with slow roast tomatoes instead of cheese)		
bloomer toast with a topping (CV)	£1.95	£1.65
honey, jam, marmalade, nutella, marmite, peanut butter		



toasties

brown malted bloomer or white multi grain bloomer

	In	Out
cheddar, mustard & mushrooms	£3.95	£3.25
brie, cranberry & walnuts (N)	£3.95	£3.25
mozzarella, tomato & pesto (N)	£3.95	£3.25
falafel & spicy tomato chutney (CV)	£3.95	£3.25

panini

goats cheese & red onion marmalade	£4.75	£3.75
brie & gooseberry chutney	£4.75	£3.75
houmous, peppers & sweet chilli (CV)	£4.75	£3.75
stilton, veggie bacon & cranberry	£4.75	£3.75

sandwiches

brown malted or white multi grain bloomer or WF toast

	In	Out
egg mayonnaise & rocket	£3.65	£2.95
cheddar, spicy tomato chutney & lettuce	£3.65	£2.95
houmous, roasted peppers & rocket (CV)	£3.95	£3.25
falafel with tomato, mayo & lettuce (CV)	£3.95	£3.25
fortify club sandwich	£4.95	£3.95
roasted peppers, cheddar, veggie bacon, egg mayonnaise, tomato & lettuce		

we make all our toasties, panini and sandwiches to order
so just tell us if you'd like something different to our suggestions

mains

	In	Out
falafel burger (CV)	£7.25	£5.45
served in a soft bread bun with spicy tomato chutney and a dressed leafy salad		
quiche (see counter for daily filling)	£6.75	£5.25
served with our three daily salads		
frittata (WF, GF) (see counter for daily filling)	£6.75	£5.25
served with our three daily salads		
moussaka	£7.25	£5.45
made with aubergines, veggie mince and feta cheese served with a dressed leafy salad		
roast veg crumble (N, WF, GF, V)	£7.25	£5.45
sweet potatoes, red onions, courgettes with a seed & walnut crumble top served with a dressed leafy salad		
mediterranean lasagne	£7.45	£5.65
served with a dressed leafy salad		



smaller bites	In	Out
falafel burger in a soft bun	£4.25	£3.45
quiche or frittata	£3.45	£2.95
moussaka		
or roast veg crumble	£4.25	£3.45
lasagne	£5.45	£4.45
(all served without salads)		



soup & stew

full of goodness and served with bread or wheat free toast
(most of our soups and stews are WF, GF & CV)

	In	Out
daily soup	£4.45	£3.45
daily stew	£5.45	£4.45

(see the blackboard for daily choices)

salads

	In	Out
warm goats cheese salad (WF,GF)	£6.75	£4.95
goats cheese, toasted walnuts, olives, cos lettuce, rocket and balsamic dressing		
houmous salad (V)	£6.45	£4.95
homemade houmous, cos lettuce, rocket, roasted peppers, sun touched tomatoes & pitta bread		
three salads	£5.95	£4.75
a generous portion of each of our three daily salads		

little beans

	In	Out
toast & beans	£1.95	£1.65
toast & scrambled, fried or poached egg (until 12pm)	£2.25	£1.95
cheddar cheese sandwich	£1.95	£1.65
veggie sausage sandwich	£2.25	£1.95
orange juice or milk	£1.20	£0.90



cakes

	In	Out
carrot cake with cream cheese icing	£3.25	£2.75
chocolate Guinness Cake	£3.25	£2.75
chocolate Brownie (WF, GF)	£2.25	£1.95
spiced Apple Cake (V)	£2.75	£2.45
lemon & Almond Cake (N, WF, GF)	£2.75	£2.45
rocky road (N)	£1.75	£1.45
date & oat slice (V)	£1.65	£1.35
flapjack	£1.65	£1.35
sdd a scoop of Cornish vanilla ice cream		50p