

# TAKEAWAY MENU



## Brunch dishes served all day, 10 - 3

### Overnight Oats

Jumbo oats marinated with apricot, orange zest and vanilla essence £5.5

Homemade Granola, with yoghurt and blueberries £5.5

Blackbird Sourdough Toast with your choice of condiments £4.5

Scrambled eggs on sourdough £6.4

### Baleadas

Soft tortilla with refried beans, avocado, feta & chilli sauce £9

Sweetcorn Fritters served with avocado, tzatziki and tomato salsa £8.2

Oooh go on then: Halloumi, Bacon, Smoked Salmon, Avocado (£2.2)

### Bowls served all day, 10 – 3

Vegan Coco – cacao powder, banana, almond milk, dates, chia seeds & coconut £6.7

Acai Berry – acai, banana, dark cherry & oat milk £6.7

Blackout – activated charcoal, banana, almond milk, blueberries, kale, peanut butter & chai seeds £6.7

## Open-faced sandwiches served all day, 10 - 3

Fig, Rocket and Goats Cheese £7

Smashed Avocado with cherry tomatoes £5.2

Cheddar and homemade onion chutney melt £5.5

## Flatbreads served all day, 10 - 3

All served with garlic yoghurt & chilli sauce

Grilled Chicken – marinated in orange, mustard & fennel seed £9

Grilled Halloumi £9

Falafel £8

## Salads served between, 12-3pm

*Please see our website or Instagram for the Salads of the Week*

A selection of two salads and one protein for £12

A selection of one salad and one protein for £10

Add your protein:

Chicken thigh marinated in orange,  
mustard and fennel seed

Falafel V

Halloumi

## Homemade Goodies, 10 - 3

Sausage Roll £4

Spinach & Feta Roll £3.75

Banana Bread £3

Raspberry Brownie Gf N £3.75

Croissant £2.5

Pain au Chocolat £2.5

Almond Croissant £2.95

Flapjack £2.5

Vegan Energy Ball N £2.75

## Spinach Shop, 10 - 3

1kg bag of Moonroast Coffee £23

6 eggs £1.80

White Sourdough, loaf £4.5

Plain Flour £2.6

Self Raising Flour 2.6

Gluten Free Plain Flour £2.6

Gluten Free

Self Raising Flour £2.6

Spelt Flour £2.6

Full range of Coffees, Teas,  
Smoothies, Super Juices, Soft  
Drinks available too

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*Gf gluten free option available -  
V vegetarian option available -  
Vg vegan option available -  
N contains nuts - D contains dairy*



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