



Breakfast (available all day)

Porridge (AOR)

Jumbo oats made with your choice of almond / soya / oat / coconut milk or water, topped with bananas, strawberries, raisins, chia, cinnamon and pumpkin seeds. Maple syrup on request (add £0.50)

£6.50

BLT (G, S, SM)

Locally made, award winning bhacon with fresh lettuce, tomato and mayo in a rustic brown roll. The perfect way to start any day!

£6

Croissant (G, S)

The classic French bakery item, served with jam.

£3

Picnic Waffles (G)

Freshly made waffles, served with banana and strawberries, topped with caramel syrup, coconut and whipped cream.

£8.50

Full Breakfast (G, S,) GFOR - **Served weekends and public holidays only**

Delicious and healthy cooked breakfast with sausages, mushrooms, avocado, baked beans, spinach, tomatoes, asparagus, beetroot and a potato scone.

£12

Hot Food, Salad and Sandwiches

Soup of the Day (AOR)

Served with bread or gluten free oatcakes.

£4

Curry of the Day (AOR)

A delicious, authentic Indian curry, served with brown rice.

£7.50

Baked Sweet Potato (N, SM)

Baked sweet potato topped with hummus, sun-dried tomatoes, pesto & rocket or topped with our Curry of the Day (add £1).

£7.50

Salad of the Day (see board) (AOR)

A rotating selection of delicious, refreshing and nutritious salads, made with fresh ingredients.

£6.50

Bagel with Hummus (SM, G)

A toasted bagel filled with hummus, red pepper, lambs lettuce and cucumber.

£5.50

Mediterranean Vegetable Focaccia (G, N, SM)

Mediterranean vegetables with homemade pesto and cheese in Italian bread, served toasted.

£6

Pastramheat Salad Sandwich (G, M, S, SM)

Locally made, award winning pastramheat, combined with cashew creme, spinach, tomatoes and sauerkraut in a toasted sourdough sandwich.

£6.50

Tuno Melt Baguette (G, M, S, SM)

Tasty homemade vegan 'tuna' mayo with Sheese cheddar and cos lettuce in a toasted baguette.

£6.50

All of our sandwiches and wraps are served with a side salad of rocket, sun-dried tomatoes and sesame seeds (sit in only). To avoid unnecessary food wastage, please let us know if you would prefer not to have this.

Smoothies (all £5.50)

Blueberry Kale (N)

Blueberries, kale, strawberries, vanilla, almonds, dates, avocado, chia.

Peanut Power (P)

Peanut butter, banana, cacao powder, coconut, dates, vanilla.

Glasgow Green (C, N)

Banana, celery, kale, spinach, dates, walnuts.

Coconut Berry Booster (S)

Coconut milk, banana, spinach, goji berries, chia, hemp, vanilla, berries.

Cakes and Snacks

Homemade Picnic Muffin (G, N, S)

Scrumptious, light and highly addictive homemade muffins, made with our secret recipe.

Cake Slice (AOR)

A selection of tempting, luscious, locally made cakes. Check with staff or counter for today's cakes.

Raw Cake Slice (AOR)

A rotating selection of beautifully crafted cakes, made from 100% raw ingredients. Check with staff or counter for today's cakes.

Croissant (G, S)

The classic French bakery item, served with jam.

Empire Biscuit (G, S)

Everybody's favourite! A delicious iced biscuit, jam sandwich.

Snowball (G, S)

A vegan version of the famous Scottish bakery item. Coconut covered sponge with a jam centre.

Picnic Waffles (G)

Freshly made waffles, served with banana and strawberries, topped with caramel syrup, coconut and whipped cream.

Fresh Juices

Orange Juice

£4

Orange, Carrot & Ginger

£5

Lean Green

Cucumber, apple, celery, mint.

£5

£3

£3.75

£3.75

£3

£2.50

£2.75

£8.50

Coffee

Decaf coffee or tea on request.

Served with your choice of soya, oat, almond or coconut milk.

Cappuccino

£2.80

Latte

£2.80

Flat White

£2.80

Mocha

£3.50

Americano

£2

Espresso

£2

Extra Shot

£0.60

Extra Milk

£0.30

Hot Chocolate

£3.50

Iced Latte

£3

Iced Black

£3

Tea

Irish Breakfast

£2.50

Delicious Berry

£2.50

Japanese Green

£2.50

Peppermint

£2.50

Zesty Lemon

£2.50

Hibiscus

£2.50

Spiced Apple

£2.50

Masala Chai

£2.50

Cold Drinks

Still Mineral Water

£1.50

Sparkling Mineral Water

£1.50

San Pellegrino Sparkling Orange

£2

San Pellegrino Sparkling Lemon

£2

Ginger Beer

£2

Fritz Kola

£3

Whole Earth Organic Cola

£2.50

Vita Coco Coconut Water

£2.50

Folkington's Cloudy Apple

£2.50

Cawston Press Apple & Mango

£2.50

You + I Ginger Kombucha

£3

You + I Lime & Sea Salt Kombucha

£3

ALLERGIES / DIETARY REQUIREMENTS

If you have any allergies or other dietary requirements, please advise a member of staff before ordering. Please be aware food is prepared in a kitchen where allergens are present and therefore there is a small risk of cross-contamination.

ALLERGENS KEY

(S) SOYA (N) NUTS (G) GLUTEN (M) MUSTARD (C) CELERY (P) PEANUTS (SM) SESAME (SP) SULPHITES

AOR = ALLERGENS ON REQUEST GFOR = GLUTEN FREE ON REQUEST