



## **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)

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)

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**

Baked sweet potato topped with hummus, sun-dried tomatoes, pesto & rocket (G, SM, S) or topped with our Curry of the Day (AOR).

£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, S)

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

£6

### **Pastramheat Salad Sandwich** (G, M, SM, SP)

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, C, SP)

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)

The classic French bakery item, served with jam.

### Empire Biscuit (G, SP)

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

### Snowball (G)

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 (C)

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