

### FOR THE EARLY BIRDS

French style croissants and  
pain au chocolat  
toasties

### coffee & croissant chf5

#### SAVOURY FAVORITES

Quiches, frittatas and tortillas

*Come in and check out what's on today!*

Cornish style pasties

Spicy Jamaican lamb pasties

Moroccan chicken pastille

Indian veggie samosas

Spinach and feta filo triangles

Lasagna (beef and vegetarian)

Greek lamb pie

Vegetarian moussaka

### HOT DRINKS

Café, cappuccino, flat white

Whichever way you like your coffee we  
will make it for you!

### Clipper tea, organic & fairtrade

English breakfast and earl grey

### Pukka tea

Organic and fair trade, some of the most  
beautiful full flavored herbal teas we have  
tasted

### FRESH SALADS

We change with the seasons and fill our  
salad bar with different salads daily.  
Looking to the Middle East, Asia, India  
and the Mediterranean for our flavor  
influences

Sandwiches, wraps, bagels and toasties made fresh daily from delicious  
ingredients

### DELICIOUS FRESHLY MADE SOUPS

Suitable for vegetarians & vegans, dairy and gluten free

### SWEET TREATS!

Chocolate brownies : Granola bars :

Carrot cake : ginger cake :

Rich fruit cake : Sticky date cake :

Banana almond cinnamon swirl cake

Chocolate chip cookies

Some of our cakes are gluten free, come  
in and check out which ones!

### FRESH JUICES

#### A.B.C.

*Apple, beetroot, carrot and ginger*

#### GINGER ZINGER

*Orange, carrot, lemon and ginger*

#### GREEN GODDESS

*Cucumber, apple, celery, lemon*