



Breakfast menu

9am - 12 noon

Pastries, croissants or muffins £2.50

Toasted bread selection with Tiptree preserves £2.50

Granola of Greek yogurt, pecans & cranberry £6 (GF) (add berries £2.50)

Smoked salmon & scrambled eggs with rocket and lemon £11

Spiced mushroom, poached egg, onion & smoked paprika hash
on sourdough toast £8.50

Smashed avocado & poached eggs on sourdough toast £8.50

Eggs on toast £8.50

Your choice of 2 eggs on white, brown, granary or gluten free toast
Sourdough toast £1

Eggs Benedict £8.50

Eggs, cured ham & hollandaise on toasted English muffin

Eggs Royale £10.50

Eggs, smoked salmon & hollandaise on toasted English muffin

All day breakfast bap £5.50

Sausage, bacon or egg (extra items £1)

Dairy free coconut yogurt £6.50

With strawberries & raspberries

Overnight coconut oats £6.50 (gf/df)

Coconut milk, free from giant oats, topped with toasted coconut, raspberries, chia seeds, cacao nibs & agave nectar

Belgian waffles £7.50

With your choice of toppings: Nutella, berries, yogurt, sprinkles, maple syrup, chocolate or strawberry sauce

Pancakes £3.50 for 3

Made with free from gluten flour, soya milk & agave nectar (no eggs)

Extra pancake £1

With your choice of toppings: Nutella, berries, yogurt, sprinkles, maple syrup, chocolate, strawberry sauce or vegan agave nectar



Lunch Menu

Light dishes

Soup of the day (vv, gluten free)
With bread roll (or gf bread) £6

Tomato & mozzarella bruschetta £8.50
Cherry tomatoes, bocconcini, pesto & rocket on garlic ciabatta

Smoked salmon & avocado £13
Sliced smoked salmon, avocado, rye bread, rocket & lemon

Prawn cocktail £9.50
Baby gem lettuce, cucumber, tomato, baby prawns with cayenne & Worcestershire flavoured cocktail sauce

Salads £8

Piri chicken & salads £15
Garlic halloumi with chilli corn ribs & salads £15
Salmon, star anise, lemon, dill & salads £18

Sides

Salted fries £4.50 Piri Piri fries £4.50
Mashed potato £4.50 Sweet potato fries £5
Garlic ciabatta £4.50 (add cheese £1)

Sandwiches & Wraps

Your choice of bread: Gluten free wrap/bread, ciabatta, brioche roll, bagel, white/granary bread

The chicken katsu £9
Panko fried chicken, Tonkatsu sauce & shredded white cabbage

The fish finger sandwich £9
Homemade fish finger goujons, tartare sauce, gem lettuce & tomato

The pastrami & Frenchies mustard £9
Sliced pastrami, gherkin, tomato, & cabbage

The falafel £9
Fried falafel, gherkin, red onion, tomato, gem lettuce & garlic mayo



The prawn £9

Baby gem lettuce, cucumber, tomato, baby prawns with cayenne & Worcestershire flavoured cocktail sauce

The salmon & cream cheese £10.50

Sliced smoked salmon, lemon pepper cream cheese & rocket

The Caprese flatbread £9

Tomato, bocconcini, balsamic glaze & rocket

Mains

Spaghetti bolognese £12.50

Beef & tomato ragù with free from spaghetti

Mushroom & courgette bolognese £12.50

Mushroom, courgette & tomato ragù with free from spaghetti

Thai chicken curry £14

Chicken with fragrant Thai curry sauce & jasmine rice

Thai butternut squash & mangetout £12.50

Vegetables with fragrant Thai curry sauce & jasmine rice

Burgers

Spiced Moroccan bean burger £14.50

Vegetable & pea protein burger £15.50

Beef burger £14.50

Piri Piri chicken burger £14.50

With brioche bap, gem lettuce, tomato, gherkin, red onion & burger sauce

Add streaky bacon, avocado or smoked cheese £1.50 each

Add garlic haloumi £5

Change to sweet potato fries: additional £0.50p

Smoothies

Berry Oaty £4.50

Toasted oats, mixed berries, oat milk and agave nectar

Spin cycle £4.50

Mango, strawberries, banana & yogurt

Lean & green £4.50

Spirulina, spinach, apple & banana

Add protein powder £1

Fruit bowl

Banana, apple or satsuma £1 each



Children's Menu

Breakfast

Floured bap with either sausage, bacon or egg £4 (£1 per extra filling)

Beans on toast (v) £5

Scrambled eggs on toast £4.50

Lunch

Chicken schnitzel £6

Beef burger, gem lettuce & tomato £6 (add cheese £1)

Cod goujons £6

All served with your choice of 2 sides: fries, peas, beans, veg sticks or corn on the cob

Sausage & mash £6.50

Spaghetti bolognese £6

Mushroom & courgette bolognese (v) £6

Macaroni cheese £6

Sandwiches & wraps

Your choice of white, brown, gluten free bread or gluten free wrap

Cheese £3

Tuna mayonnaise £3

Cheese & tomato £3

Cucumber & cream cheese £3

Chicken mayonnaise £6

Cucumber & avocado wrap £6

Jude's mini ice creams or sorbets £4.50

Ice cream cones £2 per scoop: vanilla, strawberry or chocolate.

Add toppings £1



Drinks Menu

Hot Drinks

Latte	£3.35
Cappuccino	£3.35
Flat white	£3.45
Americano	£3.25
White Americano	£3.25
Espresso	£3.15
Double Espresso	£3.35
Hot Chocolate	£3.35
Tea	£2.95

Soft Drinks

Coke	£2.45
Diet Coke	£2.00
Fanta	£2.10
Sprite	£2.10
Coke Zero	£2.50
500ml Still water	£1.95
500ml Sparkling water	£1.95
750ml Still Water	£3.70
750ml Sparkling water	£3.70
Fresh Orange juice	£2.50
Fresh Apple juice	£2.50

Kids Drinks

Innocent Smoothie	£2.00
Kids Carton Orange	£1.00
Kids Carton Apple	£1.00

Smoothies

Green and Lean	£4.50
Bees and Berries	£4.50
Spin Cycle	£4.50
Berry Oaty	£4.50

Beer

Peroni Bottle	£4.95
Camden Hells Lager	£5.50
Camden Hells Ale	£5.50
Jubel Peach	£5.50
Jubel Elderflower	£5.50
Jubel Grapefruit	£5.50

Wine

Prosecco Bottle	£39.50
Turning Heads bottle	£38.50
(Sauvignon blanc)	
Ca Luca bottle	£27.50
(Pinot Grigio)	
Chardonnay	£43.00
La Loupe (Rose)	£27.50
Whispering Angel Bottle	£59.00
Malbec Bottle	£32.50
Rioja Bottle	£42.00