



TAKEOUT BREAKFAST

8 - 11.30

Toasted Artisan Bread (v/vg available) Handmade bread, Bywater butter Jam, marmalade or honey	3.0	Full Breakfast Eggs your way, Frost's back bacon, Old English sausage + black pudding. Field mushroom, roast tomato, baked beans, artisan toast.	11.0
Toasted Artisan Teacake (v) Handmade enriched dough, house orange glaze Jam, marmalade or honey	3.0	- Add americano / breakfast tea	2.0
Homemade Porridge Fruit compote, toasted hazelnuts	5.5	Herbivore Breakfast (vg) Tofu scramble, confit tomato, field mushroom, wilted spinach, crushed avocado, potato cake baked beans, artisan toast	11.0
Eggs (v) Scrambled, poached or fried, handmade toast - Add beetroot + gin cured salmon	6.0 2.5	Crushed Avocado on Toast (v) Basil, lime, chilli, two poached eggs	9.3
Sandwich Frost's back bacon or sausage, handmade bread - Add egg	6.0 1.0	Croque Madame Handmade casino loaf, thick cut ham, cheese, béchamel, fried egg	10.2
French Toast Handmade casino loaf, - Caramelised banana, hazelnut crunch OR - Winter compote, fresh berries	12.0	Handmade Potato Cakes (v/vg available) Two poached eggs, wilted spinach, confit tomato - Add whiskey + marmalade glazed ham or dry cured back bacon - Add beetroot cured salmon	10.2 2.0 2.5

TAKEOUT LUNCH

12 - 3

SMALL PLATES

Homemade Hummus (vg) Micro salad, olive oil, griddled flatbread	6.6
Soup of the Day Handmade bread + Bywater butter	6.0
Hand Cut Chips (vg) Homemade garlic mayo + chipotle ketchup	3.5

BOWLS

Superfood Salad (vg) Roasted beetroot, butternut squash, toasted pecans, quinoa	9.5
Black Bean Bowl (v/vg available) Refried beans, smashed avocado, chilli lime mayo, soft poached egg, baby spinach, warm flatbread - Add chorizo - Add chicken	10.7 2.2 2.0

FOCACCIA SANDWICHES

Mixed leaf, basil oil dressing - Add hand cut chips	2.5
French Dip Roast topside, Montagnolo cheese from the deli, caramelised shallot, dipping gravy	13.0
Mushroom + Swiss Melt Field mushroom, Emmental, caramelised shallot, spinach, pesto	10.7
Prawn + Avocado Fresh water prawns, smashed avocado, chilli lime mayo, little gem	11.8
Falafel (vg) Homemade falafel, homemade hummus, spinach, pickles	9.9

All bread and baked goods are made by us daily, in our own bakery.

We cannot guarantee the absence of nuts or other allergens in any of our products.
Please speak to a member of staff for more information on allergens.



C O F F E E

Cappuccino	3.6
Latte	3.6
Americano	3.5
Double Espresso	3.4
Flat White	3.6
Mocha	4.0
Hot Chocolate	3.8
White Hot Chocolate	4.0
Chai Latte	3.9
Dirty Chai Latte	4.0

T E A

Breakfast	3.0
Earl Grey	3.0
Green	3.0
Lemongrass + Ginger	3.0
Peppermint	3.0
Red Berry + Flower	3.0
Redbush	3.0
Chamomile	3.0
Jasmine	3.0

S O F T S

Orange / Apple / Tomato Juice	3.5
Coca Cola / Diet Coke	3.0
San Pellegrino Lemon / Orange / Blood Orange	3.0
Still Mineral Water	3.5 / 5.5
Sparkling Mineral Water	3.5 / 5.5

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