

# Cafe Bar Menu.

## Brunch served until 2.30pm.

Toasted quinoa granola (v)(gfa) £6.50  
served with seeds, fruit and creamy yogurt.

Sourdough toast (gfa) £4  
with jam/butter/marmalade.

French Toast £9  
with maple syrup and bacon or berry compote (v).

Mushrooms on toast (v)(gfa) £7.50  
creamy, garlicky mushrooms on sourdough.  
add poached eggs £2

Smashed avocado on toast (v)(gfa) £7.50  
with herb dressing. Add fried/poached eggs £2.

Eggs benedict (v) £10.50  
with a choice of ham/spinach/mushrooms.

Breakfast bap (gfa) £5.50  
sausage/bacon/vegan sausage (vg).

Shakshuka with feta and poached eggs (v)(gfa) £8.50  
add Merguez sausage £2.

Veggie breakfast (v) (gfa) £12.50  
vegan sausages, grilled mushroom, beans, grilled tomato, your choice of eggs and toast.

GCT breakfast (gfa) £13.50  
bacon, sausage, black pudding, grilled mushroom, beans, grilled tomato, your choice of eggs and toast.

Build your own breakfast £2 per item  
bacon, sausage, black pudding, grilled mushroom, beans, grilled tomato, your choice of eggs, toast.

## From the deli

Homemade soup £6

Farfalle caprese salad (vg) £8.50  
with herb dressing.

Spiced carrot and roast chickpea salad (vg)(gf) £8.50  
with roasted sprouts and kale.

Chilli and garlic charred broccoli and roast red pepper salad (vg)(gf) £8.50

Seasonal superfood salad (vg)(gf) £8.50  
with balsamic vinaigrette.

Potato salad (vg) £8.50  
with capers, dill, and tomato tapenade.

Jacket potato or sweet potato (gf) £8.50  
with choice of maximum of two fillings from: tuna, cheese, beans or coronation chicken.

## Toasted Sandwiches

Tuna melt (gfa) £7.50

Caramelised onion, mushroom and feta (v)(gfa) £7.50  
with cheese and balsamic dressing.

Salami toastie (gfa) £7.50  
Italian salami, mozzarella, and sun-dried tomato.

Chicken, pepperoni and pesto melt (gfa) £8  
chicken breast, bacon, cheese, tomato with a jalapeno and avocado mayo.

## Sweet tooth?

Check out our cake and pastry selection in our deli counter!



## Flatbreads served until 2.30pm.

Baked falafel, hummus, mixed salad (vg)(gfa) <small>with tahini sauce.</small>	£9.50
Chicken shawarma, mixed salad with garlic sauce (gfa) <small>with garlic sauce.</small>	£12.50
Beef kofta, pickled onions, mint yogurt mayonnaise (gfa) <small>with mint yogurt mayonnaise.</small>	£12.50

## Sides and extras

Chips (vg)(gf)	£4	Small mixed salad (vg)(gf) <small>choose from the seasonal salads in our deli counter.</small>	£4
Sweet chilli and garlic halloumi	£4	Hummus and pitta (vg)(gfa)	£5
Mixed olives (vg)(gf)	£4	Chicken souvlaki skewers	£4.50
Marinated feta	£4	Coleslaw	£2.50
Merguez sausage	£2	Dips <small>(tahini sauce, garlic aioli, mint yogurt mayo, avocado &amp; jalapeno mayo)</small>	£2

## Hot drinks

Espresso	£3	Mocha	£4
Americano	£3.15	Hot chocolate	£3.50
Macchiato	£3.35	<i>add cream and marshmallows</i>	£0.50
Flat white	£3.50	<i>add syrup</i>	£0.50
Cappuccino	£3.50	Tea	£2.85
Latte	£3.65	Herbal tea	£2.85

Ask us what dairy alternatives we have available.

## Cold drinks

Iced coffee	£3.65	ChariTea	£4
Draught pop (half)	£1.75	LemonAid	£3.50
Can of pop (see counter)	£2	Frobishers	£3
Can of water	£1.50	Carton of juice	£1

v = vegetarian, vg = vegan, gf = gluten free, gfa = gluten free available.