



**THERE GOES COFFEE**

# MENU

WE ARE OPEN

*Open*

Monday - Friday  
8am - 3pm

## BREAKFAST

### Porridge 3

Heated Oats prepared with your Milk of choice. Additional toppings are available on the bar.

### Granola & Yoghurt 3.6

Served with an in house compote with additional toppings available on the bar.

### Filled Croissant 2.8

Freshly Baked pastries filled with different fillings each day. Served warm

### Breakfast Muffin | Full Works 4.7

Our take on a popular sandwich. Sausage Patties, Bacon and Egg in a muffin topped with a tomato sauce.

### Breakfast Muffin | Vegetarian 3.7

A filling breakfast packed with protein with an egg and spinach patty served with a in house hot sauce.

## LUNCH

### Sandwiches 3.5 - 4.5

Please see the fridge for sandwiches. This will range from Meat, Veg and Fish options

### Toasties & Paninis 3.5 - 5.0

Please see the fridge for options. This will range from Meat, Veg and Fish options and will be grilled in the kitchen.

### Beans on Toast 4.0

Not as basic as it sounds. We make our own sauce for the beans which is served on white or brown bread.

### Jacket Potato 3.5 - 5.5

Available with Cheese, Tuna Mayo & Sweetcorn, homemade baked beans or our homemade vegetarian chilli.

### Healthy Salads 3.5 - 5

Seasonal options in-keeping with what's being harvested at the time of year.

### Soup of the Day 3.5 - 5

Seasonal options in-keeping with what's being harvested at the time of year.

## CAKES & COOKIES

### Tray Bakes & Cakes 2.8-3.2

These will change seasonally and will be available in Vegan and Gluten free options as well.

### Cookies Variable

These will change seasonally and will be available in Vegan and Gluten free options as well.

## SNACK BAR

### Please check items for pricing

We have a range of crisps and snack bars from high protein and low sugar to popular sugary snacks.

## BEVERAGES

Our coffee comes from Allpress Espresso and our Teas come from Brew Tea. We also offer delicious Hot Chocolate, Chai and health drinks. All beverages can be made hot or iced.

## SMOOTHIES & ICED TEA

To get your 5 a day we're introducing a range of smoothies with a mix of fruit and vegetables. These are available with the addition of Protein Powder to aid muscle recovery and growth.

Every effort is made to keep allergens separate but items are prepared in the same kitchen. Please ask for more allergen information