

Breakfast Menu

(Served Monday - Friday 8 – 12, Saturday & Sunday 10am – 4pm)

The Full Nourish - £8.00

2 bacon, 2 sausages, 2 fried eggs, 2 hash browns, grilled tomato, mushrooms, black pudding, baked beans, 2 slices thick toast

The Small Nourish - £6.00

1 bacon, 1 sausage, 1 fried egg, 1 hash brown, grilled tomato, mushrooms, black pudding, baked beans, 1 slice thick toast

Cumberland Sausage Wheel, Poached Eggs & Black Pudding - £7.00

on toasted sourdough

Eggs Benedict - £8.00

Toasted bagel topped with ham or crispy bacon, 2 poached eggs & hollandaise sauce

Eggs Royale - £9.00

Toasted bagel topped with smoked salmon, 2 poached eggs & hollandaise sauce

Build your own Breakfast Omelette – from £5.00

Made with 3 eggs and mature cheddar cheese

Add your choices of sausage, vegetarian sausage, bacon, chicken, chorizo, smoked salmon, peppers, onions, spinach, mushrooms, tomatoes

The Nourish Veggie - £6.00 / £8.00

Vegetarian sausage, eggs, hash browns, grilled tomato, mushrooms, baked beans

Smashed Avocado, Poached Eggs, & Tomatoes on Toasted Sourdough - £7.00

(swap your eggs for mushrooms & make it vegan)

Sausage or Bacon Butty - £3.80

Add egg, hash brown, black pudding, bacon, sausage £0.50 each

Light Breakfast

Toasted Teacake - £2.00

2 Slices Toast - £2.00

Choice of bread with butter and a choice of jam / honey / marmalade

2 poached eggs on toast - £3.80

Pastries of the Day

Ask us for more details

Lunch Menu

(Served Monday – Saturday from 12)

Soup of the Day - £3.95

Simply served with a bread roll & butter

Panini - £4.75

Choose from Brie & Cranberry (v) / Tuna & Cheese / Ham & Cheese, served with salad & coleslaw

Club Sandwich - £6.50

Chicken, bacon, lettuce, tomato & mayonnaise between 3 slices of white or brown toast served with salad & coleslaw

The Nourish Kebab - £6.50

Baked tandoori chicken, shredded lettuce, cucumber & red onion wrapped in a garlic & coriander naan bread with yogurt & mint dressing and sweet or hot chilli sauce

Fajita Wrap - £6.25

Double wrap to fit it all in!

Cajun spiced chicken with mixed peppers, onions & cheese – ask for it medium or hot

HLT Bagel (v) - £6.25

Halloumi, lettuce, tomato with mayonnaise served with salad & coleslaw

Hummus Knot (vegan) - £4.75

Homemade hummus, roasted red pepper & mixed leaves on our freshly baked poppy seed knot served with citrus salad

Warm Salmon Salad - £7.95

Pan fried salmon fillet served on a bed of Moroccan inspired cous cous

Pesto Pasta - £6.75 (v)

*Warm pasta with sun-dried tomato pesto & mozzarella pearls served with toasted garlic sourdough
Add chicken - £1.00*

Sides

- Thick cut chips.....£2.00
- Salt & pepper halloumi fries.....£3.50
- Homemade Potato salad.....£2.50
- Homemade Coleslaw.....£2.50
- Mixed salad.....£2.50

Cold Drinks

- Still Water..... £1.50
- Fresh Orange Juice..... £1.50
- Coke / Diet Coke..... £1.20
- Sanpellegrino..... £1.20
orange / lemon

Coffee by Lavazza

- Espresso..... £1.90
- Americano £2.20
- Cappuccino..... £2.65
- Latte..... £2.65
- Flat White..... £2.50
- Syrup..... £0.50
- Extra shots..... £1.00

Tea by Teapigs (pot)

- Everyday Brew..... £2.30
- Peppermint..... £2.20
- Green..... £2.20
- Earl Grey..... £2.20
- Chamomile..... £2.20
- Super Fruit..... £2.20

Italian Hot Chocolate

- Standard.....£2.60
- Luxury, with cream
& marshmallow.....£3.10

*Alternative Milk Available:
Soya / Almond / Oat*

For something sweet, check out our counter for delicious cakes and bakes or why not get something to take home..... artisan breads, pastries, Teapigs and Liverpool Jams are all for sale too.