



## Breakfast Menu

### **The Full Nourish - £9.00**

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, mushrooms **£0.50**. Bacon or sausage **£1.00**

### **Poached Eggs - £3.80**

2 poached eggs on brown or white toast



## Lunch Menu

### **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

### **Club Sandwich £6.50**

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

### **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) £5.25**

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

### **Panini £4.75**

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

### **Pesto Pasta £6.75 (v)**

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

### **Cesar Salad £6.95**

Classic Chicken Cesar Salad with roast chicken, romaine leaves, our great tasting Cesar dressing, croutons and parmesan shavings

### **Smoked Salmon & Avocado Salad £7.95**

Focaccia topped with avocado, smoked salmon & ribbon salad tossed in lemon dressing



## Sides

- Thick Cut Chips **£2.00**
- Salt & Pepper Halloumi Fries **£3.50**
- Homemade Potato Salad **£2.50**
- Homemade Coleslaw **£2.50**

## Drinks

### Coffee by Lazazza

- Espresso **£1.90**
- Americano **£2.20**
- Americano with milk **£2.30**
- Latte **£2.65**
- Flat White **£2.50**
- Syrup – vanilla / hazelnut / caramel **£0.50**
- Extra shot **£1.00**

### Tea by TeaPigs (Pot)

- Everyday Brew **£2.30**
- Peppermint **£2.20**
- Green **£2.20**
- Earl Grey **£2.20**
- Chamomile **£2.20**
- Superfruit **£2.20**

### Cold Drinks

- Still / Sparkling Water **£1.50**
- Fresh Orange Juice **£1.75**
- Fresh Apple Juice **£1.75**
- Coke / Diet Coke **£1.20**
- Sanpellegrino **£1.45**
- Orange / Lemon / Pomegranate

### Italian Hot Chocolate

- Standard **£2.60**
- Luxury, with cream & marshmallows **£3.10**