

# *Good* **MORNING**

BREAKFAST MENU

## **BUILD YOUR OWN OMELETTE £5.50**

Ham  
Cheese  
Tomato

Mixed peppers  
Mushrooms  
Onions

## **TWO SLICES OF TOAST £1.00**

Toppings 50p each

**SERVICE TIMES: 8AM - 9:30AM**

# THE ART OF DOUGH AND THE FIERY HEAT

## Margherita (v)

CLASSIC BLEND OF TOMATO SAUCE, FRESH MOZZARELLA, PARMESAN & FRESH BASIL

HALF	WHOLE
6.50	8.95
497 KCALS - CARBON RATING E	

## Capricosa

CLASSIC BLEND OF TOMATO SAUCE, ARTICHOKE, ENGLISH HAM, CHESTNUT MUSHROOM, FRESH MOZZARELLA, BLACK OLIVE

6.95	9.95
1131 KCALS - CARBON RATING D	

## Al Tonno

CLASSIC BLEND OF TOMATO SAUCE, TUNA FLAKES, FRESH MOZZARELLA, PARMESAN, CAPERS, SHALLOTS & PARSLEY

6.95	9.95
1250 KCALS - CARBON RATING C	

## Zucchinni Biana (v)

CLASSIC BLEND OF TOMATO SAUCE, FRESH MOZZARELLA, COURGETTE & RICOTTA

6.95	9.95
1250 KCALS - CARBON RATING C	

## Chilli Chicken & Chorizo

CLASSIC BLEND OF TOMATO SAUCE, CHICKEN, CHORIZO, FRESH MOZZARELLA, PARMESAN, DRIED CHILLI.

7.50	10.95
1250 KCALS - CARBON RATING C	

## Classic Cheese Garlic Bread

CLASSIC BLEND OF ROASTED GARLIC, BUTTER, PARSLEY, FRESH MOZZARELLA, PARMESAN.

5.50	7.95
659 KCALS - CARBON RATING E	



**GLUTEN FREE BASES & VEGAN CHEESE AVAILABLE**

**11.30AM - 2PM | MONDAY - FRIDAY**



**STEP ONE  
PICK A SPUD**

**STEP TWO  
LOAD YOUR TOPPINGS**


845 KCALS

**CHOOSE FROM THE FOLLOWING TOPPINGS**

**ONE TOPPING  
£6.50**

**EXTRA TOPPING  
£2.00**

**ALL SPUDS ARE SERVED WITH A SIDE SALAD**

-  **BEEF BOLOGNESE**  **662 KCALS**
-  **GRATED CHEESE**  **450 KCALS**
-  **BAKED BEANS**  **451 KCALS**
-  **TUNA MAYO**  **335 KCALS**
-  **LAMB & CHICKPEA KEEMA**  **676 KCALS**

-  **CREAMY CHICKEN, MUSHROOM & SWEETCORN**  **772 KCALS**
-  **COLESRAW**  **173 KCALS**
-  **CAULIFLOWER, CHICK PEA & COCONUT CURRY**  **450 KCALS**

**11.30AM - 2PM | MONDAY - FRIDAY**

**SERIOUS SPUDS**

# SUPPORTING BLACK INCLUSION

**AFRICAN CHICKEN STEW**  
JOLLOF RICE & FRIED PLANTAIN



**£7.50**

**WEST AFRICAN FRIED FISH**  
SPICY TOMATO SAUCE, JOLLOF RICE, PLANTAIN



**£8.50**

**WEST AFRICAN OKRA**  
SPINACH & TOMATO STEW, JOLLOF RICE, PLANTAIN



**£6.50**



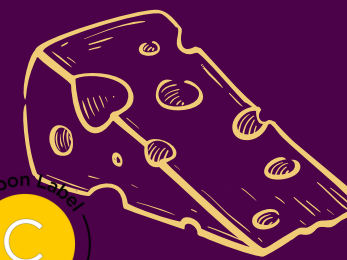
**REACH  
BLACK  
COMMUNITY**



# MORE THAN JUST A TOASTIE



Triple cheese 7.5



Cheddar, mozzarella & swiss served with a tomato soup dipping pot v 880 kcals

Ham and cheese 8.5



Sliced ham, cheddar cheese, sun blushed tomato served with nut-free pesto mayo dipping pot 880 kcals

Tuna melt 8.5



Tuna, spring onion, cheese, chilli jam served with warm tartar sauce dipping pot 880 kcals



Available 11.30am - 2pm, Tuesday - Friday