

BREAKFAST MENU

BUILD YOUR OWN BAP

Two items

£3.75

Three items

£4.50

Four items

£5.25

BUILD YOUR OWN BREAKFAST

Three items

£4.25

Four items

£5.00

Five items

£5.75

ITEMS

Eggs sunny side up 
GF - 66 kcal

Scrambled egg 
GF - 83 kcal

Grilled Jolly Hog bacon 
GF - 143 kcal

English pork breakfast sausage 
180 kcal

Plant based sausage 
VG - 104 kcal

Hash brown 
VG - 80 kcal

Grilled plum tomato 
GF, VG - 45 kcal

Grilled Portobello mushroom 
GF, VG - 58 kcal

Baked beans 
VG - 111 kcal

Avocado 
GF, VG - 71 kcal

RYE'S DELI
GRAB N' GO



**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**  **GF**
450 KCALS
-  **BAKED BEANS**  **GF VG**
451 KCALS
-  **TUNA MAYO**  **335 KCALS**
-  **LAMB & CHICKPEA**
-  **KEEMA**  **676 KCALS**

-  **CREAMY CHICKEN, MUSHROOM & SWEETCORN**  **GF**
772 KCALS
-  **MUSHROOM & LENTIL CHILLI**  **VG**
490 KCALS
-  **CAULIFLOWER, CHICK PEA & COCONUT CURRY**  **450 KCALS**
-  **COLESLAW**  **173 KCALS**

11.30AM - 2PM | MONDAY - FRIDAY

SERIOUS SPUDS

BANGIN.

WRAPS



**Chicken Shawarma wrap, Tabbouleh salad,
Toasted Chickpea, Garlic Sauce, Chilli Sauce,
Lebanese Flatbread**

815 kcals | Carbon rating C

8.95

**Grilled Vegetable, Halloumi & Pesto,
Tabbouleh salad, Toasted Chickpea, Garlic
Sauce, Chilli Sauce, Lebanese Flatbread**

644 kcals | Carbon rating D

7.95

**Mushroom Shawarma wrap, Tabbouleh Salad,
Toasted Chickpea, Garlic Sauce, Chilli Sauce,
Lebanese Flatbread**

566 kcals | Carbon rating A

7.95

**Your Bowl,
Your World**

11.30am - 2pm | Monday - Thursday



BAMBOO BIKE

**CHICKEN PANANG CURRY,
AROMATIC JASMINE RICE**

£9.50

712 KCALS - CARBON RATING C

**THAI GREEN VEGETABLE CURRY,
AROMATIC JASMINE RICE**

£8.50

587 KCALS - CARBON RATING B

PRAWN PAD THAI

£9.50

795 KCALS - CARBON RATING C

11.30AM - 2PM | TUESDAY - FRIDAY

THE ART OF DOUGH AND THE FIERY HEAT

Margherita (v)

497 KCALS - CARBON RATING E

HALF

WHOLE

6.50

8.95

Capricosa

1131 KCALS - CARBON RATING D

6.95

9.95

Al Tonno

1250 KCALS - CARBON RATING C

6.95

9.95

Zucchinni Biana (v)

1048 KCALS - CARBON RATING E

6.95

9.95

Chilli Chicken & Chorizo

659 KCALS - CARBON RATING E

7.50

10.95

Classic Cheese Garlic Bread

659 KCALS - CARBON RATING E

5.50

7.95



GLUTEN FREE BASES & VEGAN CHEESE AVAILABLE

11.30AM - 2PM | MONDAY - FRIDAY