# BREAKFAST MENU

## BUILD YOUR OWN BAP

| One item | Two items | Three items |
| --- | --- | --- |
| £2.95 | £3.50 | £3.95 |

## BUILD YOUR OWN BREAKFAST

| Three items | Four items | Five items |
| --- | --- | --- |
| £4.50 | £4.95 | £5.50 |

## ITEMS

Eggs sunny side up
132 kcal

Scrambled egg
165 kcal

Grilled Jolly Hog bacon
286 kcal

English pork breakfast sausage
359 kcal

Plant based sausage VG
207 kcal

Hash brown VG
159 kcal

Grilled plum tomato VG
90 kcal

Grilled Portobello mushroom VG
115 kcal

Shakshuka spiced baked beans VG
222 kcal

Avocado VG
71 kcal

# BAKED & LOADED

## STEP ONE
## PICK A SPUD

## STEP TWO
## LOAD YOUR TOPPINGS

### ONE TOPPING
### £6.50

### EXTRA TOPPING
### £2.00

ALL SPUDS ARE SERVED WITH A SIDE SALAD

### CHOOSE FROM THE FOLLOWING TOPPINGS

- PANEER JALFREZI — Carbon Label C — 759 KCALS
- CHEESE — Carbon Label C — 450 KCALS
- BEEF MASSAMAN — Carbon Label E — 845 KCALS
- SHAKSHUKA SPICED BAKED BEANS — Carbon Label B — 590 KCALS
- CHICKEN, TOMATO, BASIL & MASCARPONE — Carbon Label D — 1103 KCALS
- TUNA MAYO — Carbon Label C — 335 KCALS
- LEEK, MUSHROOM & SPINACH & PESTO — Carbon Label D — 677 KCALS

11.30AM - 2PM | MONDAY - FRIDAY

SERIOUS SPUDS

# BANGIN' BOWLS

## Chipotle Meatballs

Salsa nacional, patatas bravas, sour cream
745 kcals | Carbon rating D

9.95

## Mushroom Quesadilla V

Green chilli slaw, salsa nacional
613 kcals | Carbon rating C

7.95

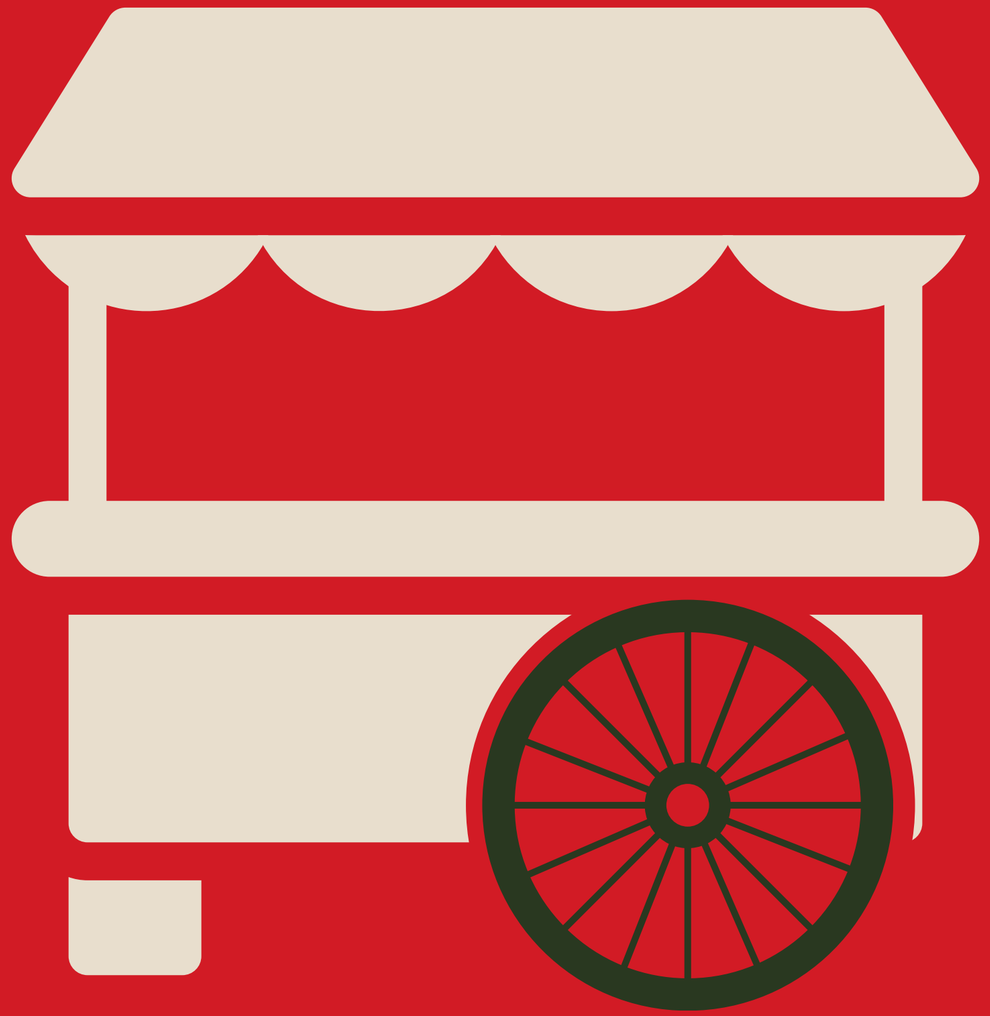
## Mexican Veg Chilli & Rice V

703 kcals | Carbon rating C

7.95

Your Bowl,
Your World

11.30am - 2pm | Monday - Friday



# BAMBOO BIKE

**BLACK PEPPER TOFU UDON NOODLES V** £7.95

498 KCALS - CARBON RATING B

**CHICKEN MALAY CURRY, TENDERSTEM BROCCOLI & RICE** £9.95

670 KCALS - CARBON RATING C

**CHALK STREAM TROUT YAKITORI, ASIAN SLAW & RICE** £8.95

728 KCALS - CARBON RATING C

11.30AM - 2PM | TUESDAY - THURSDAY

# THE ART OF DOUGH AND THE FIERY HEAT

FIRE'D

| | HALF | WHOLE |
|---|---|---|
| **Margherita (v)**<br>497 KCALS - CARBON RATING E | 6.50 | 8.95 |
| **Ham & Mushroom**<br>659 KCALS - CARBON RATING C | 6.50 | 9.95 |
| **Pepperoni**<br>659 KCALS - CARBON RATING D | 6.50 | 9.95 |
| **Spinach & Ricotta (v)**<br>497 KCALS - CARBON RATING E | 6.50 | 8.95 |
| **Chilli Chicken & Chorizo**<br>497 KCALS - CARBON RATING E | 6.50 | 9.95 |

**GLUTEN FREE BASES & VEGAN CHEESE AVAILABLE**

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