

# 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**

**CHOOSE FROM THE FOLLOWING TOPPINGS**

**ONE TOPPING**  
**£6.50**

**EXTRA TOPPING**  
**£2.00**

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

-  **PANEER JALFREZI**  V. GF 759 KCALS
-  **CHEESE**  GF 450 KCALS
-  **BEEF MASSAMAN**  845 KCALS
-  **BAKED BEANS**  GF VG 590 KCALS
-  **COLESLAW**  173 KCALS

-  **CHICKEN, TOMATO, BASIL & MASCARPONE**  GF 1103 KCALS
-  **TUNA MAYO**  GF 335 KCALS
-  **LEEK, MUSHROOM & SPINACH & PESTO**  GF DF V 677 KCALS

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

**SERIOUS SPUDS**

# BANGIN.

## BOWLS



**Classic Beef Ragu, Sapphetti,  
Parmigiano Reggiano, Basil**

712 kcals | Carbon rating D

9.50



**Creamy Sausage, Roasted Fennel,  
Penne, Parmigiano Reggiano, Basil**

960 kcals | Carbon rating C

8.50

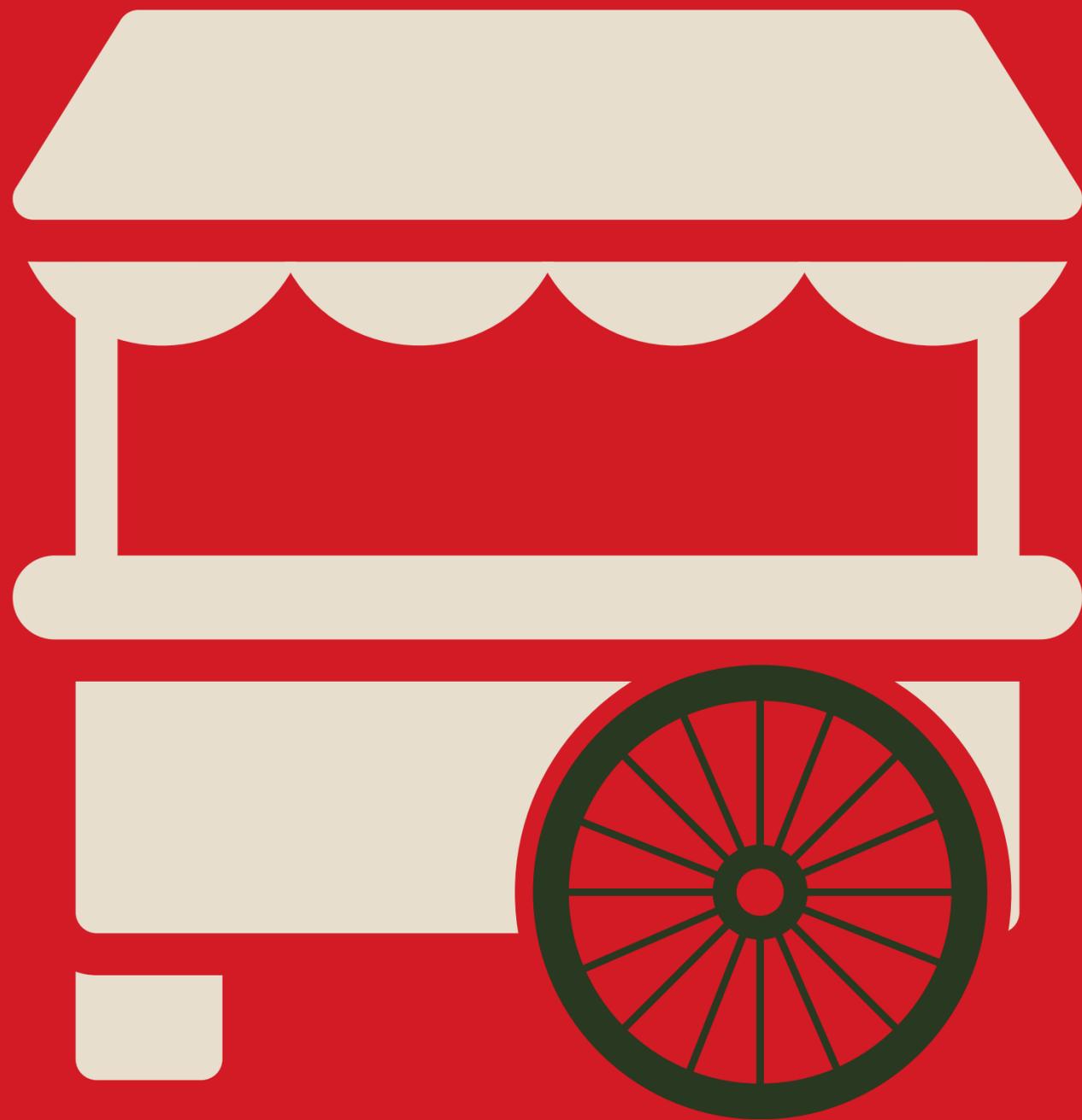
**Rigatoni Arrabbiata - Tomato, Chilli,  
Garlic & Olive Oil, Parmigiano Reggiano,  
Basil**

605 kcals | Carbon rating C

7.95

**Your Bowl,  
Your World**

11.30am - 2pm | Monday - Thursday



# BAMBOO BIKE

**JERK CHICKEN, BBQ SAUCE, JERK RICE 'N' PEAS, FRIED PLANTAINS** £8.95

756 KCALS - CARBON RATING D

**BAJAN SEASONED FRIED FISH, SPICED TOMATO SAUCE, JERK RICE 'N' PEAS** £9.95

1081 KCALS - CARBON RATING B

**JAMAICAN JERK SPICED PLANT BASED MINCE WITH JERK RICE 'N' PEAS, FRIED PLANTAINS** £9.50

523 KCALS - CARBON RATING D

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

## Ham & Mushroom

659 KCALS - CARBON RATING C

6.95

9.95

## Pepperoni

659 KCALS - CARBON RATING D

6.95

9.95

## Spinach & Ricotta (v)

497 KCALS - CARBON RATING E

6.95

9.95

## Chilli Chicken & Chorizo

659 KCALS - CARBON RATING E

7.50

10.95



GLUTEN FREE BASES & VEGAN CHEESE AVAILABLE

11.30AM - 2PM | MONDAY - FRIDAY