

BREAKFAST MENU

BUILD YOUR OWN BAP

Two items

£3.50

Three items

£4.00

Four items

£4.50

BUILD YOUR OWN BREAKFAST

Three items

£4.50

Four items

£5.00

Five items

£5.50

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

BANGIN-

BOWLS



Lamb Tagine, Warm salad of spiced kale, bulgar wheat & puy lentil

670 kcals | Carbon rating C

9.95

Yoghurt, Spice roasted salmon & roast aubergine, smoky tomato couscous, pomegranate

581 kcals | Carbon rating C

8.95

Warm falafel, hummus, roast butternut squash, toasted chickpeas, sun-dried tomatoes

435 kcals | Carbon rating B

7.95

Your Bowl,
Your World

11.30am - 2pm | Monday - Thursday



STEP ONE
PICK A SPUD

STEP TWO
LOAD YOUR TOPPINGS

CHOOSE FROM THE FOLLOWING TOPPINGS

ONE TOPPING
£6.50

EXTRA TOPPING
£2.00

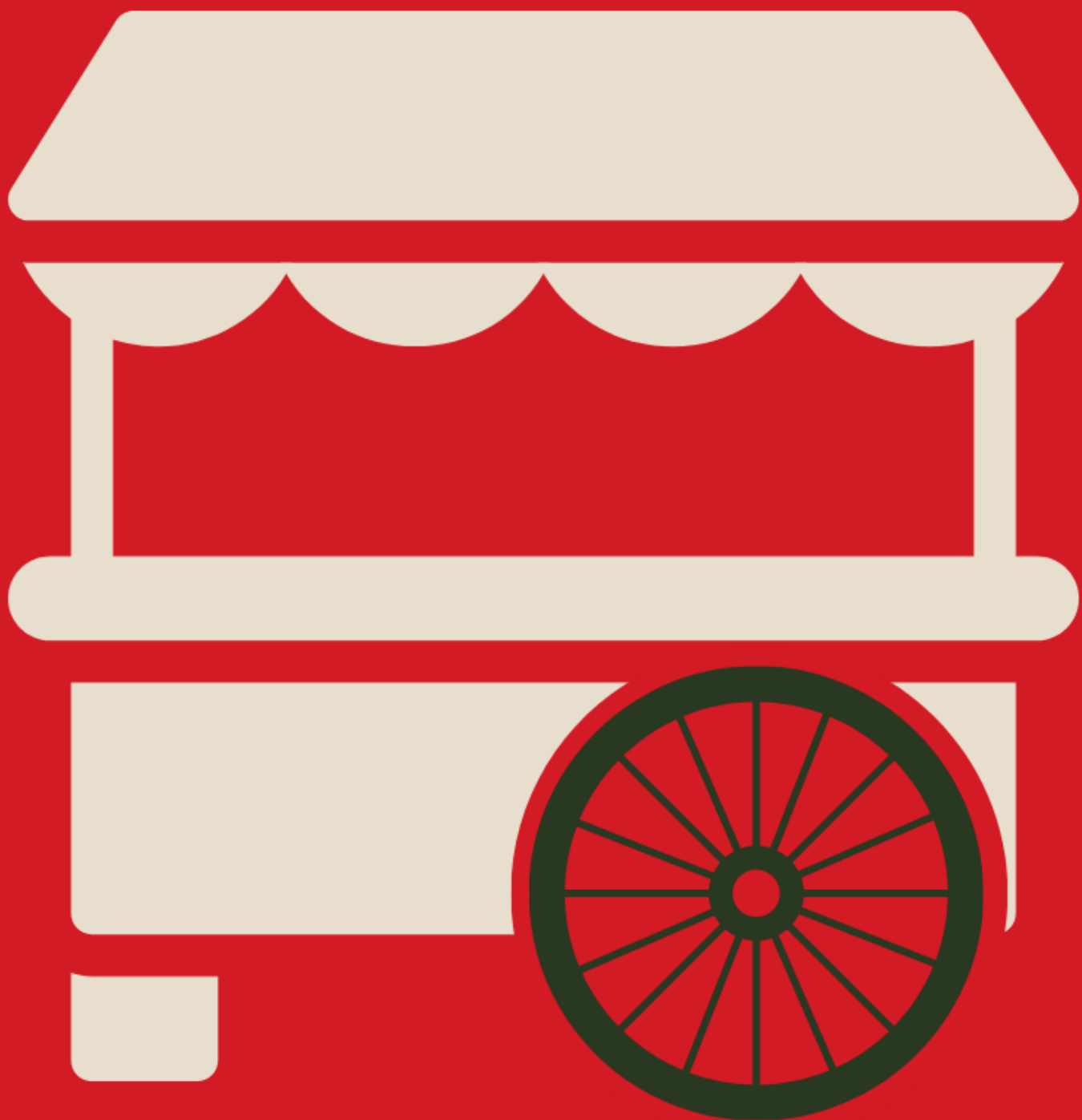
ALL SPUDS ARE SERVED WITH A SIDE SALAD

- **PANEER JALFREZI**  **V. GF**
759 KCALS
- **CHEESE**  **GF**
450 KCALS
- **BEEF MASSAMAN**  **E**
845 KCALS
- **BAKED BEANS**  **B**
GF VG
590 KCALS
- **COLESLAW**  **B**
173 KCALS
- **CHEF'S SPECIAL**

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

11.30AM - 2PM | MONDAY - FRIDAY

SERIOUS SPUDS



BAMBOO BIKE

**CHICKEN KATSU CURRY,
CAULIFLOWER RICE & PICKLED VEG**

£9.50

680 KCALS - CARBON RATING D

**BREADED BASA FILLET CURRY,
CAULIFLOWER RICE & PICKLED VEG**

£9.50

742 KCALS - CARBON RATING C

**AUBERGINE & BUTTERNUT
SQUASH KATSU, CAULIFLOWER
RICE & PICKLED VEG**

£8.50

519 KCALS - CARBON RATING C

11.30AM - 2PM | TUESDAY - FRIDAY