

# 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



**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



**Honey Roasted Gammon, Colcannon Potatoes, Spring Cabbage**

848 kcals | Carbon rating B

8.95

**Smoked Salmon, New Potato, Spring Onion & Cabbage salad, Rye Bread, Lemon**

648 kcals | Carbon rating B

9.95

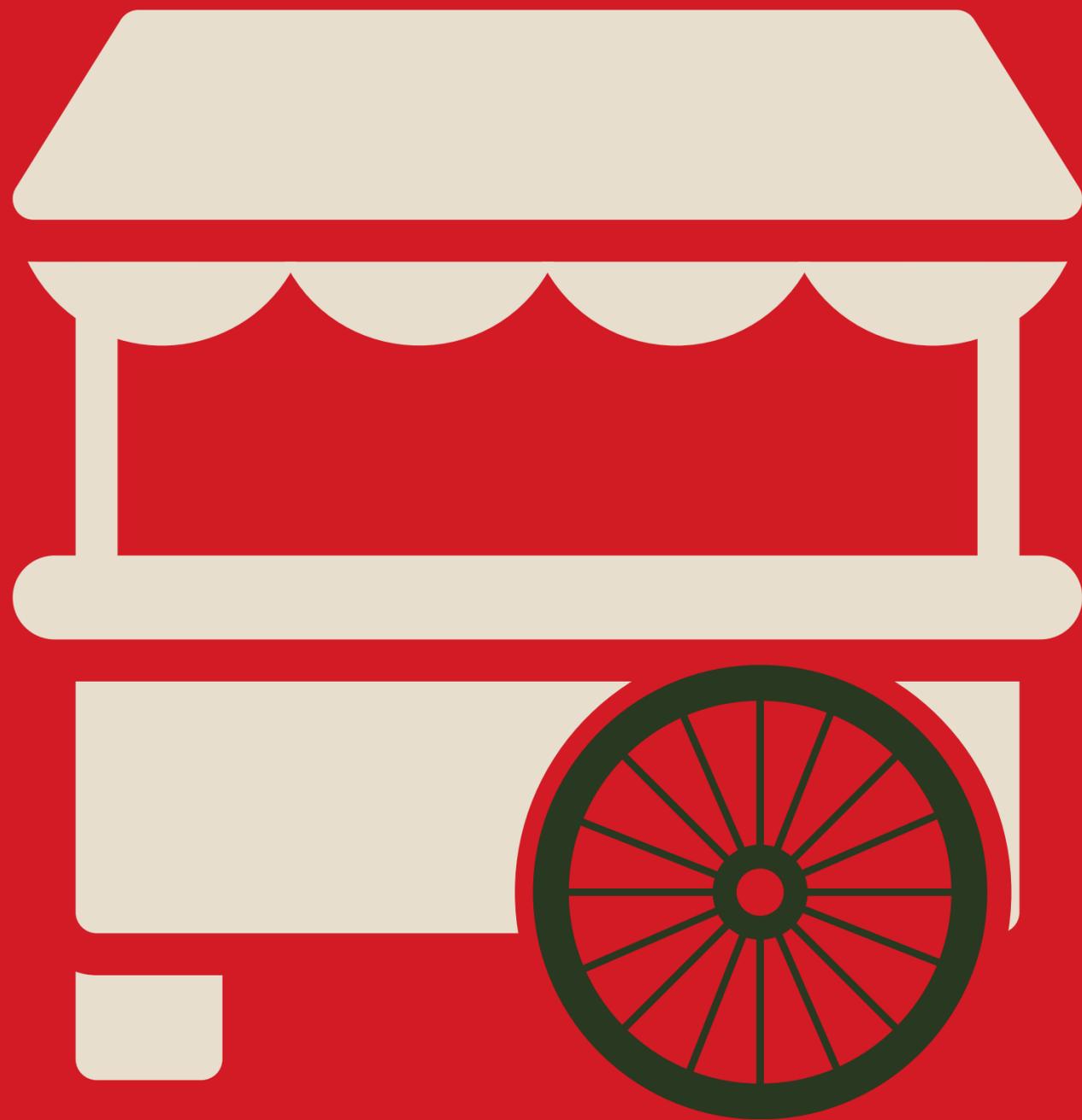
**Tofu 'Spice Bag' - Chips, Salt & Pepper Tofu, Fried Peppers, Onions, Chilli with aromatic spice blend**

589 kcals | Carbon rating B

7.95

**Your Bowl,  
Your World**

11.30am - 2pm | Monday - Thursday



# BAMBOO BIKE

ARROZ CON PATO - DUCK &  
CHORIZO STEW, BRAISED  
CORIANDER RICE, APRICOT  
PUREE

£9.50

547 KCALS - CARBON RATING E

ARROZ CON MARISCOS - MIXED  
FISH & SEAFOOD STEW, BRAISED  
CORIANDER RICE, APRICOT  
PUREE

£9.95

562 KCALS - CARBON RATING D

POTATO, ROAST PEPPER &  
ONION TORTILLA, BRAISED  
CORRIANDER RICE, CHIMICHURRI  
SAUCE

£9.50

589 KCALS - CARBON RATING B

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



# FIRE'D

**GLUTEN FREE BASES & VEGAN CHEESE AVAILABLE**

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