

BREAKFAST SERVED TIL LUNCH.

PLEASE PLACE YOUR ORDER AT THE TILL

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| SOURDOUGH TOAST | £2 |
| GRANOLA, YOGHURT, STRAWBERRIES + BANANA | £4.50 |
| BUTTERMILK WAFFLES WITH SLICED BANANA + MAPLE SYRUP | £5.50 |
| BACON ROLL - STREAKY BACON, AIOLI + ROASTED CHERRY TOMATOES IN AN ONION BRIOCHE | £4 |
| BACON TOAST - STREAKY BACON WITH SLICED AVOCADO + TABASCO | £6 |
| AVOCADO ON SOURDOUGH TOAST | £6 |
| POACHED EGGS ON SOURDOUGH TOAST | £6 |
| WITH STREAKY BACON | £8 |
| WITH SMOKED SALMON | £9 |

LUNCH SERVED FROM 12PM TIL 5PM.

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| SOUP OF THE DAY WITH TOASTED CIABATTA | £5 |
| SANDWICHES ALL WITH LEAVES+SEEDS: | |
| STREAKY BACON, ROASTED CHERRY TOMATOES, AIOLI | £6.50 |
| GRILLED SMOKED TOFU, ROASTED CHERRY TOMATOES, AIOLI | £6.50 |
| GRILLED HALLOUMI, BASIL PESTO, ROASTED CHERRY TOMATOES | £7.50 |
| SMOKED SALMON, RED ONION & CAPER CREAM CHEESE, ROCKET | £8 |
| MARINATED PORTOBELLO MUSHROOM, GOAT'S CHEESE, MUSTARD, ROCKET | £6.50 |
| GRILLED HALLOUMI SALAD - TOASTED SEEDS, ORANGE-MISO DRESSING, CIABATTA | £8.50 |
| TART OF THE DAY WITH LEAVES+SEEDS | £7.50 |
| SHEPHERD'S PIE WITH LEAVES AND SEEDS | £8 |
| POACHED EGGS ON SOURDOUGH TOAST | £6 |
| WITH STREAKY BACON | £8 |
| WITH SMOKED SALMON | £9 |



DRINKS

BEAR
+ WOLF

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| ESPRESSO / MACCHIATO | £2 |
| LONG BLACK / AMERICANO | £2 |
| FLAT WHITE (6oz) | £2.30 |
| LATTE / CAPPUCINO (8oz/12oz) | £2.50/£3 |
| ICED COFFEE | £3 |
| COFFEE MILKSHAKE | £3.50 |
| HOT CHOC / PEPPERMINT HOT CHOC (12oz) | £3 |
| BASIC TEA - BREAKFAST, EARL GREY, DECAF BREAKFAST | £1.75 |
| TEAPIGS TEAS: CHAMOMILE, CHILI CHAI, LIQUORICE+PEPPERMINT, MAO FENG GREEN TEA, ROOIBOS | £2.25 |
| FRESH MINT TEA | £1.75 |
| HOT HONEY, LEMON+GINGER | £1.75 |

COLD DRINKS

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| COCA-COLA / DIET COKE | £2 |
| SAN PELLEGRINO ORANGE OR LEMON | £2 |
| VITACOCO COCONUT WATER | £2.50 |
| JEFFRIES VINTAGE DRINKS - CRANBERRY, ELDERFLOWER, RHUBARB+ROSEHIP | £2.50 |
| SPARKLING WATER | £1.50 |
| STILL WATER | £1 |

JUICES AND SMOOTHIES

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| ALL-DAY BREAKFAST SMOOTHIE: BANANA, DATES, OATS & YOGHURT | £4.50 |
| BREAKFAST BERRY SMOOTHIE: FROZEN BERRIES, DATES & YOGHURT | £4.50 |
| ORANGE, THAI BASIL, FROZEN STRAWBERRY & GINGER. | £4.50 |
| FROZEN MANGO, APPLE & MINT. | £4.50 |
| APPLE, PEAR, CARROT, FENNEL & GINGER | £4 |
| MELON, APPLE, LIME & PARSLEY | £4 |
| BETROOT, APPLE, CARROT, GINGER & MINT | £4 |
| PINEAPPLE, COCONUT WATER, FROZEN MANGO & MINT | £4.50 |
| THE MEAL-IN-A-GLASS: BANANA, AVOCADO, YOGHURT, MILK, VANILLA AND MAPLE SYRUP | £5 |

