

# FOOD

BEAR  
+ WOLF

SERVED TIL 430PM.

PLEASE PLACE YOUR ORDER AT THE TILL.

<b>WHOLEMEAL SOURDOUGH TOAST</b> (V/VO)	<b>£2</b>
<b>HOME-MADE GRANOLA</b> , NATURAL YOGHURT + BANANA , MAPLE DRIZZLE	<b>£5</b>
<b>BRIOCHE BREAKFAST ROLLS</b> (ADD POACHED EGG £1)	
<b>DOUBLE EGG</b> - 2 POACHED EGGS	<b>£4</b>
<b>BACON</b> - 3 STREAKY BACON	<b>£5</b>
<b>BACON + EGG</b> - 3 STREAKY BACON, 1 POACHED EGG	<b>£5.50</b>
<b>ULTIMATE BACON</b> - STREAKY BACON, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS	<b>£9.5</b>
<b>ULTIMATE HALLOUMI</b> - HALLOUMI, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS (V)	<b>£9.5</b>
<b>ULTIMATE TOFU</b> - SMOKED TOFU, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS (V/VO)	<b>£9.75</b>
<b>POACHED EGGS</b> ON SOURDOUGH TOAST WITH LEAVES AND SEEDS. (V)	<b>£7</b>
WITH STREAKY BACON	<b>£9</b>
WITH SMOKED SALMON	<b>£11.5</b>
<b>TOASTED SANDWICHES</b> ON WHOLEMEAL SOURDOUGH WITH LEAVES+SEEDS	
<b>CHEESE</b>	<b>£6</b>
<b>CHEESE + ROASTED CHERRY TOMATO</b>	<b>£7.50</b>
<b>CHEESE + MARMITE</b>	<b>£6.5</b>
<b>CHEESE + HAM + MUSTARD</b>	<b>£8</b>
<b>TUNA MELT</b> - CHEDDAR, BASIL, RED ONION, LEMON ZEST	<b>£8.50</b>
<b>ULTIMATE FISH-FINGER SANDWICH (VG)</b> PLANT-BASED FINGERS IN TOASTED WHITE SOURDOUGH WITH HOMEMADE TARTARE SAUCE, LEAVES & SEEDS.	<b>£8.50</b>
<b>TUNA OPEN-FACE</b> - SPICY TUNA MAYO WITH RED PEPPER, CELERY, CUCUMBER, RED ONION & POPPY SEEDS, ON TOASTED WHOLEMEAL SOURDOUGH WITH SPRING ONIONS & SRIRACHA	<b>£8</b>
<b>AVOCADO OPEN-FACE</b> - WITH HOUMOUS, CARROT , ROASTED ALMONDS, TAHINI DRESSING (VG)	<b>£8.50</b>
<b>QUESADILLAS</b> - BLACK BEAN, RED PEPPER, SWEETCORN + TOMATO WITH CHEDDAR CHEESE IN A CRISPY TORTILLA, SERVED WITH LEAVES AND PICO DE GALLO SALSA.	<b>£8.50</b>
<b>HOUSE SALAD</b> - GRILLED HALLOUMI <b>OR</b> SMOKED TOFU <b>OR</b> AVOCADO, WITH CUCUMBER, CELERY, TOASTED SEEDS AND A MINT-TAHINI DRESSING, SOURDOUGH TOAST. (V/VO)	<b>£9.50</b>

(V - VEGETARIAN / VO - VEGAN OPTION / VG - VEGAN)

