

FOOD

BEAR
+ WOLF

SERVED TIL 430PM.

WHOLEMEAL SOURDOUGH TOAST (V/VO)	£2.50
HOME-MADE GRANOLA , NATURAL YOGHURT + BANANA , MAPLE DRIZZLE	£5
BRIOCHE BREAKFAST ROLLS (ADD POACHED EGG £1)	
DOUBLE EGG - 2 POACHED EGGS	£5
BACON - 3 STREAKY BACON	£6
BACON + EGG - 3 STREAKY BACON, 1 POACHED EGG	£6.5
SALMON + AVOCADO + EGG - SMOKED SALMON, AVOCADO, 1 POACHED EGG	£9
ULTIMATE BACON - STREAKY BACON, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS	£10
ULTIMATE HALLOUMI - HALLOUMI, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS (V)	£10
ULTIMATE TOFU - SMOKED TOFU, AIOLI, ROAST TOMATOES, AVOCADO, LEAVES, SEEDS (V/VO)	£11
POACHED EGGS ON SOURDOUGH TOAST WITH LEAVES AND SEEDS. (V)	£7
WITH STREAKY BACON	£9
WITH SMOKED SALMON	£12.5
TOASTED SANDWICHES ON WHOLEMEAL SOURDOUGH WITH LEAVES+SEEDS	
CHEESE	£6.5
CHEESE + ROASTED CHERRY TOMATO	£8
CHEESE + MARMITE	£7
CHEESE + HAM + MUSTARD	£8.50
TUNA MELT - CHEDDAR, BASIL, RED ONION, LEMON ZEST	£9
ULTIMATE FISH-FINGER SANDWICH (VG) PLANT-BASED FINGERS IN TOASTED WHITE SOURDOUGH WITH HOMEMADE TARTARE SAUCE, LEAVES & SEEDS.	£9
SOUP OF THE DAY - WITH WHOLEMEAL SOURDOUGH TOAST	£6
TUNA OPEN-FACE - SPICY TUNA MAYO WITH RED PEPPER, CELERY, CUCUMBER, RED ONION & POPPY SEEDS, ON TOASTED WHOLEMEAL SOURDOUGH WITH SPRING ONIONS & SRIRACHA	£8.50
AVOCADO OPEN-FACE - WITH HOUMOUS, CARROT , ROASTED ALMONDS, TAHINI DRESSING (VG)	£9.50
QUESADILLAS - BLACK BEAN, RED PEPPER, SWEETCORN + TOMATO WITH CHEDDAR CHEESE IN A CRISPY TORTILLA, SERVED WITH LEAVES AND PICO DE GALLO SALSA.	£9
HOUSE SALAD - GRILLED HALLOUMI OR SMOKED TOFU OR AVOCADO, WITH CUCUMBER, CELERY, TOASTED SEEDS AND A MINT-TAHINI DRESSING, SOURDOUGH TOAST. (V/VO)	£10

(V - VEGETARIAN / VO - VEGAN OPTION / VG - VEGAN. AN OPTIONAL 12.5% SERVICE CHARGE WILL BE ADDED TO ALL DINE-IN TABLES.)

