



## TO DRINK

### COFFEE

*Decaf on request*

*Served with your choice of soya, oat or almond milk.*

Cappuccino	£2.50
Latte	£2.50
Flat White	£2.50
Mocha	£2.75
Americano	£2.00
Espresso	£2.00
Extra Shot	£0.50
Extra Milk	£0.30
Hot Chocolate	£2.75

### TEA

Irish Breakfast	£2.25
Earl Grey	£2.25
Delicious Berry	£2.25
Japanese Green	£2.25
Peppermint	£2.25
Zesty Lemon	£2.25
Hibiscus	£2.25
Spiced Apple	£2.25
Masala Chai	£2.25

*Please order at the counter*

## COFFEE & TEA



## TO DRINK

### SMOOTHIES

*Freshly made in the Vitamix*

Blueberry Kale	£4.50
Hi-Energy	£4.50
Glasgow Green	£4.50
Coconut Berry Booster	£4.50
Yellow by Yellow	£4.50

### JUICES

*Freshly made*

Orange Juice	£3.50
Orange & Carrot	£4.00
Lean Green	£4.00

### FROM THE FRIDGE

Whole Earth Cola	£2.00
Whole Earth Lemon	£2.00
Apple & Pear	£1.50
Coconut Water	£2.50
St Helier Lemon	£2.00
St Helier Orange	£2.00
Ginger Beer	£2.00
100 Plus	£2.00
Kombucha	£3.00
Still Water	£1.50
Sparkling Water	£1.50

*Please order at the counter*

## COLD DRINKS, SMOOTHIES & JUICES



## HOT FOOD

**Soup** £3.50

*Soup of the day (see blackboard) with bread or oatcakes.*

**Curry of the Day** £7.50

*A delicious, authentic Indian curry served with Basmati rice.*

**Picnic Burger** (served weekends & public holidays only) £7.00

*A satisfying black rice, kale and basil burger with chutney, tomato, lettuce and mayo, served in a pretzel bun with our chilli & mint chunky cucumber side salad.*

**Baked Sweet Potato** £6.50 / £7.50

*Baked potato or sweet potato topped with the curry of the day (£7.50), hummus with sundried tomatoes, pesto and rocket or cream cheese and rocket.*

**Baked Potato** £5.50 / £7.50

*Baked potato topped with the curry of the day (£7.50), hummus with sundried tomatoes, pesto and rocket or cream cheese and rocket.*

## HOT FOOD



## **SALAD & SANDWICHES**

**Pesto Pasta Salad Bowl** £5.50

*Gluten free pasta with home made pesto, roasted butternut squash on a bed of rocket & spinach with a balsamic dressing.*

**Asian Beets & Zoodles Salad Bowl** £5.50

*Courgette & carrot zoodles, shredded sesame beets, nori and exotic leaves served with a miso dressing.*

**Pad Thai Bowl** £5.50

*A delicious and refreshing combination of cucumber, red cabbage, courgette, red pepper and ginger with a cashew soy lime dressing.*

**Spicy Bean Wrap** £5.75

*A signature Picnic dish! A mouth watering combination of beans, salsa, spinach and cheese get together for a party in your mouth.*

**Crunchy Quinoa & Hummus Wrap** £5.75

*A mouth watering wrap with carrots, cucumber, cos lettuce, red pepper and harissa.*

**Cream Cheese Bagel** £4.00

*Home made tofu cream cheese with rocket served on a warm bagel.*

**Mediterranean Vegetable Panino** £5.75

*Mediterranean vegetables with home-made pesto and cheese in Italian bread, served toasted.*

**Pastramheat Salad Sandwich** £6.00

*Locally sourced, award winning pastramheat combined with cashew crème, spinach and sauerkraut in a toasted rye roll.*

**No Egg Mayo Roll** £5.00

*A rustic brown roll, filled with tasty tofu 'egg', mixed with vegan mayo, lettuce and tomato.*

## **SALAD & SANDWICHES**



## **BREAKFAST**

**8am to 11am (all day on weekends)**

**Porridge** £3.50 / £4.50

*Jumbo oats with your choice of almond milk, oat milk, soya milk or water, topped with bananas and raisins. Maple syrup on request (add £0.50).*

**Full Breakfast** (served weekends & public holidays only) £9.00

*Delicious and healthy cooked breakfast with sausages, mushrooms, baked beans, spinach, tomatoes, asparagus, beetroot and a potato scone.*

**B.L.T.** £4.50

*Locally made, award winning bhacon with fresh lettuce, tomato and mayo in a rustic brown roll. The perfect way to start any day!*

**Cream Cheese Bagel** £4.00

*Home made tofu cream cheese with rocket served on a warm bagel.*

**Croissant** £3.00

*The classic French bakery item, served with jam.*

**Yoghurt & Granola Pot** £3.00

*Soya yoghurt, topped with granola and fresh fruit.*

**BREAKFAST**



## CAKES & SNACKS

**Banana Muffin** £2.50

*Homemade banana and walnut muffin. Light, tasty and addictive!*

**Cake Slice** £3.75

*Luscious, locally made cakes free from wheat, gluten, soya and dairy. Check counter for today's cakes.*

**Raw Cake Slice** £3.75

*A rotating selection of beautifully crafted cakes, made from 100% raw ingredients.*

**Croissant** £3.00

*The classic French bakery item served with jam.*

**Empire Biscuit** £3.00

*Everybody's favourite. A scrumptious iced biscuit, jam sandwich.*

**Snowball** £3.00

*A perfect vegan version of the famous Scottish bakery item. Coconut covered sponge with a jam centre.*

**We also offer a seasonal selection of other bakery items,  
please check at the counter.**

*Please order at the counter.*

### ALLERGIES / DIETARY REQUIREMENTS

*If you have any allergies or other dietary requirements, please advise a member of staff before ordering.*

**CAKES & SNACKS**