



In support of being kinder to our planet and your healthier lifestyles, we offer a selection of Vegan Dishes for your delight.

Additionally we also cook up a weekly 'Vegan Hot Special' which might be Thai, Indian, Moroccan, Mediterranean or Asian inspired. Please check boards for this week's offering.

From our regular Menu:

Toasted Multigrain Bagel -
with Peanut butter and Banana or Marmite
2.95

Two slices Wholewheat or Sourdough Toast
with:

Marmite 2.95

Mashed avocado 3.25

Baked beans 3.50

Hummus, confit red pepper, carrot, tahini 3.95

Peanut butter, banana, Welch's grape jelly 3.25

Avocado, alfalfa sprouts, red onion, salad 4.25

add Pipers crisps & salad garnish for extra .95

Our homemade soups are usually dairy free -
just check!

A selection of Salad Bar items to make up a
Deli-salad bowl, with vegan dressings
4.95

Our Protein Pancakes are made with almond or
soy milk and served with maple syrup,
blueberries banana and or peanut butter

4.50

