

Simple Bites

Warm Wild Mushroom Roll – 5

Hamblin Sourdough – 2.50

**The Full Monty – 13.95**

Legendary Plant-Based Fry-up

Sausage, 'THIS' Isn't Bacon, Black Pudding, Chestnut Mushrooms, Hash Brown, Scrambled Tofu,  
Cherry Vine Tomatoes, Garlicky Greens, Baked Beans, Local Sourdough.Allergens – **Gluten, Soya, Barley, Legumes**Sourdough Brunch

Foragers Toast – 9

Creamed Wild Mushrooms, Slow Roasted Vine Tomatoes, Garlic Kale &amp; Balsamic Glaze on top of Hamblin Sourdough

Allergens – **wheat (gluten), oats, sulphates, mustard**

Oxford Rarebit – 9

Hamblin Sourdough, Smoked Gouda, Caramelised Onions, Sauteed Sprouts &amp; Bacon

Allergens – **wheat (gluten), sulphates, mustard, soya**

The Highlander – 9

Vegan Haggis, Swiss Chard, Kale Crisp, Brown Sauce &amp; a Runny Tomato Egg on top of Hamblin Sourdough

Allergens – **wheat (gluten), oats, sulphates, mustard**Bagels

Bagel of Wisdom – 5.5

'THIS' Isn't Bacon, FYH Smoked Gouda, Rocket &  
Cranberry JamAllergens: **Gluten, Soya, Celery.**

Salt Beef Bagel – 6

Salted Beef Seitan with Pickles, Mustard & Red Onion  
in a Toasted BagelAllergens: **Gluten, Sulphates, Mustard.**Subs

Sloppy Joe – 7

Plant-Based Ragu, Spinach & Crispy Onions, Chipotle Mayo  
in a Sourdough Sub Roll.Allergens: **Gluten, Soya, Celery.**

Philly Cheesesteak – 7.5

Shredded Seitan Beef, Caramelised Onions, Goopy Cheese  
Sauce Topped with Crispy Onions,Allergens: **Gluten, Soya, Mustard.**Muffins

The Breakfast Bap – 5

Greenbox Spiced Breakfast Patty, Hash Brown, Spinach,  
Ketchup & Mayo. Allergens – **Gluten, Soya**

The Royale – 6.5

Greenbox Spiced Breakfast Patty, Hash Brown, 'THIS' isn't  
bacon jam, Chipotle Mayo & Crispy Onions.Allergens – **Wheat (gluten), Soya, Sulphates**Sweets

Fig &amp; Caramel French Toast – 8

Roasted Fig, Rosemary &amp; Grand Marnier Caramel

Allergens – **wheat (gluten), soya, sulphates**

Biscoff Banoffee Pancakes – 7.5

Chocolate, Biscoff, Bananas &amp; Biscuit Crumb.

Allergens – **Wheat (gluten), Oats, Soya.**

Apple &amp; Blackberry Crumble Porridge – 6

Creamy Gluten free porridge, Apple & Blackberry Crumble topped with  
a cinnamon crumb.Allergens **Oats, Almonds, Cashews, Walnuts**

Chocolate Orange &amp; Pretzel Pancakes – 7.5

Chocolate &amp; Orange Mouse &amp; Salted Pretzels

Allergens – **Wheat (gluten), Oats, Soya**Chefs SpecialsOur amazing chefs work hard to bring you new and delicious specials.  
Please ask your lovely server for this weeks delights.

Weekly One Pot – 8

Seasonal Salad – 7

Seasonal Soup – 6

Extras

Hash Browns – 3

Black Pudding – 1.50

Baked Beans – 1.50

Sausage – 2

Bacon – 2

Please inform staff of any allergies. Nuts and other allergens are handled in our kitchen.