# **BREAKFAST PASTRIES**

Our Breakfast Pastries are all baked from scratch by Lola's Bakers only using the finest ingredients and Organic Flour and Free Range Eggs.

Breakfast Muffins [V] [N] 🕕 Choose from our daily selection	£2.50
Vegan Croissant [VE] With jam and dairy-free butter	£2.25 £3.00
Croissant [V] With jam and butter	£2.25 £3.00
Almond Croissant $[V]$	£2.75
Pain Au Chocolate[V]	£2.50
Pain Au Raisin[V]	£2.50
Cinnamon Buns [V] 🕕	£3.50
Simply Toast $[V]$ With jam and butter	£2.50
Savoury Filled Croissant	£3.95

# LIGHT BREAKFAST

Fresh Fruit Salad [VE]	£4.50
Porridge with Fruit Compote [FRS] [N] Organic oats cooked with almond milk and served with fruit compote OR choose from our range of milks	£4.50
<b>Overnight Oats</b> [FRS] [N] [VE] <i>Chilled overnight organic oats, coconut, pomegranate, mango, chia seed, almond milk, maple syrup</i>	£4.50
<b>Raspberry Chia Pudding</b> [N] [VE] (F) Chilled chia seeds, raspberries, coconut milk, berry compote and coconut yoghurt	£4.50
Lola's Grain-free Granola [FRS] [N] [V] Granola of cashew, walnuts, pumpkin seeds, coconut honey. Served with Greek style yoghurt, organic seasonal fruit compote, honey, bee pollen	£4.50

Light breakfast is served till midday

# PANCAKES AND FRENCH TOAST

Pancakes with Seasonal Fruit Compote [V] (F) Pancakes stacked with seasonal fruit compote and crème fraiche	£8.75
Pancakes with Banana and Maple Syrup [V] [N] Pancakes stacked with banana, maple syrup, chai spiced yoghurt, and toasted pecan nuts	£8.75
Pancakes Nutella with Banana Slices[7][N]	<b>£8.75</b>
Blueberry Pancakes with Grilled Bacon and Maple Syrup Served with fresh fruit and crème fraiche	£9.75
Cinnamon French Toast [V] Served with apple compote and three mini brioche	£7.75
French Toast Nice and Plain with Sugar and Lemon [V] Served with three mini brioche	£7.75
French Toast with Maple Syrup and Grilled Bacon Served with three mini brioche	£8.75
French Toast with Bananas and Chocolate Sauce [V] Served with three mini brioche	£8.75

## **CLASSIC BRUNCH**

0 1	sage [GF] or Free s (poached or scr	akfast e-range chicken sausage [( rambled), baked beans, fiel	- · ·
Vegan mushroom, co grilled tomato, mush	nrot and tomato room, 2 eggs (poo sauce, dukkah veg	Breakfast [V] with parsley and sage saus ached or scrambled), gan yoghurt, houmous.	£10.50 age [GF],
0 00	n feta, harissa ton	shuka [V] [N] mato sauce, onion, peppers almond flatbread or brown	
,	ato sauce, roaste	a [V] [N] d aubergine topped with cl h gluten free almond flatb	

#### EGGS

Boiled Eggs With Soldiers [V] eggs soft-boiled, served with toasted soldiers	£4.50
Scrambled Eggs on Toast [V] 8 free-range scrambled eggs served on toast with grilled tomato	£6.75
Scrambled Eggs on Toast Jith Smoked Salmon Smoked salmon, grilled tomato, 3 free-range scrambled eggs erved on toast	£9.75
Smoked Salmon Royale moked salmon, free-range poached eggs and hollandaise sauce erved on toast	£10.50
Eggs Florentine [V] poached eggs on a bed of sauteed spinach with hollandaise sauce on Toast	£9.75
ggs Benedict liced ham with poached free-range eggs served on toast	£9.75
Iushrooms And Poached Eggs on Toast [V]	£9.00
crispy Bacon Open Sandwich ree-range eggs fried or poached with crispy bacon served on toast	£9.00
Eggs Omelette Nice and Plain [V]	£7.50
Egg Veggie Omelette [V] Chopped tomato, grated Cheddar cheese and sautéed mushrooms ith toast on the side	£9.75
<b>Egg Bacon and Sausage Omelette</b> s the name suggests with chopped pork or chicken sausage nd bacon pieces with toast on the side	£10.50
Replace Toast with 2 Potato Rostis for £2.00 extra	

SIDES	
£2.00	£3.00
Baked Beans Poached Egg Fried Egg Grilled Tomato Portobello mushrooms Pork Sausage [GF] Chicken Sausage [GF] Vegan mushroom, carrot and tomato with parsley and sage sausage [GF] Hollandaise Sauce	Scrambled Eggs Crispy Bacon Avocado Smoked Salmon Halloumi 2 Potato Rostis

The menu items From Our Kitchen are served till 4pm midweek and 6pm weekends

#### The menu items From Our Kitchen are served till 4pm midweek and 6pm weekends

Please inform a member of our team if you suffer from any food allergies. All of our bread and baked goods use organic flour. Due to cross contamination, our food may contain traces of nuts and gluten. At busy times we apologise that we may not be able to alter or adjust our dishes. 12.5% optional service charge will be added to your bill.

# **AVOCADO DISHES**

Avocado and Poached Eggs on Toast [V] Sliced avocado with poached free-range eggs served on toast with dukkah yoghurt	£9.75
Avocado Crushed with a Touch of Chilli Oil, Poached Eggs on Toast[V]	£9.75
Avocado Shakshuka [V] Sliced avocado on a bed of warm tomato shakshuka with poached eggs on	£9.75 toast
Avocado Smoked Salmon Sliced avocado, smoked salmon and poached eggs with toast on the side	£11.50
Avocado, Mozzarella and Tomato [V] Sliced avocado, beef tomatoes and mozzarella with a balsamic dressing with toast on the side	£9.75
Avocado Chicken Grilled Middle Eastern spiced chicken slices on crushed avocado on toast	£10.50
Avocado Crushed with Grilled Bacon and Poached Eggs on Toast	£10.50

Replace Toast with 2 Potato Rostis for £2.00 extra

# RAREBITS

Welsh Rarebit [V] (F) Traditional Welsh rarebit on toast with caramelised onions, served with roasted tomato	£7.75
Poached Egg Rarebit [V] (F) Our Welsh rarebit with poached eggs on top , and roasted tomato	£9.75
Bacon Rarebit () Our Welsh rarebit with grilled streaky bacon and roasted tomato	£9.75
And if you are really hungry	
Full English Rarebit () Our Welsh rarebit with crispy bacon, grilled pork sausage or chicken sausage, poached egg, grilled portobello mushroom and roasted tomato	£12.50
Full Veggie Rarebit [V]	£12.50

Our Welsh rarebit with veggie sausage, roasted tomato, grilled portobello mushroom, poached egg and green shakshuka sauce

#### TOASTS

BLT Crispy bacon, avocado, rocket lettuce, and tomato on toasted bread	£8.50
Tarragon, Chicken and Mushrooms with Taleggio	£10.50

Sautéed mushrooms free-range pulled chicken, Taleggio cheese, herb salad, tarragon dressing on toasted bread

# **VEGAN BRUNCH SPECIALS**

Gluten Free versions of all these dishes are available.

Vegan English Breakfast [VE] Vegan mushroom, carrot and tomato with parsley and sage sausage [GF],	£10.50		
vegan musmoon, canot and tonato with parsey and sage sausage [31], grined tomato, mushroom, vegan quinoa courgette rosti, chickpeas in harissa sauce, dukkah vegan yoghurt, houmous and campaillou toast			
Avocado on Toast [VE] Avocado with vegan dukkah yoghurt, served on campaillou toast with herb	£7.25 salad garnish		
Mushrooms on Toast [VE] Sautéed mushrooms in a chive and vegan cheese sauce, served on campaill with herb salad garnish	£7.25 ou toast		

## SOUP OF THE DAY

Served with Organic	Bread	£5.00
Please ask your waiter for details		



The GF symbol refers to dishes made with measures in place to avoid gluten contamination, as accredited by Coeliac UK. Processes and training are in place to ensure that the meals on the menu are gluten free. Gluten free describes foods that contain gluten at a level of no more than 20 parts per million (ppm).

All our food is prepared in a kitchen where other cross contamination risks may occur. Full allergen information is available upon request. If you have a question, food allergy or intolerance please let us know before placing your order.



#### SWEET TREATS

At Lola's Bakery we bake everything from scratch. Free from additives, using organic flours, natural ingredients and a lot of love

Cookies	VGF	£1.75
Muffins	VGF	£2.50
Brownies Served warm with Ice Cream	VGF VGF	£3.25 £3.95
Cupcakes	VGF	£3.95
Loaf / Bundt slices Vegan Carrot Cake Coffee Walnut Chocolate Beetroot Marble	V GF V GF V GF V GF	£3.50
9	CF FR CF FR Ve CF Ve CF Ve CF Ve CF	£4.75
Victoria Sponge	V GP )GP NP )GP NP )GP NP )MP RS Ve GP waiter)	£4.75
Blueberry (V	)GF NF )GF NF )GF NF	£4.50
Gluten Free Scones Jam & Butter/Clotted Cream	VGF VGF	£2.75 £3.95
Cinnamon Buns	VGF	£3.50

#### Sweet treats are served till 8pm

[GF] Gluten Free\* - [VE] Vegan - [V] Vegetarian - [N] Contains Nuts - [DF] Dairy Free - [FRS] Refined Sugar Free

# FROM OUR COUNTER

All these menu items are served from our counter and subject to availability Please ask our member of staff as to what we have or pop up and have a look for yourself...

# TOASTED CIABATTA

Served with a Side Salad of Your Choice £7.50 Tuna Ciabatta Tuna with herb garlic butter, capers and Barbers English mature cheddar £7.50 Mozzarella, Tomato, Rocket, and Pesto[V] Garlic Mushrooms, Caramelised Onions, £7.50 Swiss Cheese [V] Smoked Bacon, Brie and Cranberry £7.50 Chutney

**FILLED ROLLS** 

Served with a Side Salad of Your Choice

Served with a Side Salad of Your Choice	
Smoked Salmon With Cream Cheese And Dill Smoked salmon with dill and cream cheese, sliced boiled egg, served in a charcoal brioche roll	£6.95
Tuna With Fresh Green Salad Tuna mayonnaise with salad, served in a charcoal brioche roll	£6.95
Mozzarella With Basil And Tomato [V] Buffalo mozzarella, tomato and basil, served in a charcoal brioche roll	£6.95
<b>Cheese Ploughman's</b> [V] Barbers Cheddar, tomato and piccalilli, sliced boiled egg, served in a campaillou roll or granary baguette	£6.95
Ham And Cheese Ploughman's Ham, Barbers Cheddar and piccalilli, sliced boiled egg, served in a campaillou roll or granary baguette	£6.95
Quinoa And Sweet Potato Houmous Burger [VE] Served in a campaillou roll with sweet potato, houmous and chickpeas	£6.95
<b>Chicken Mayo</b> Free-range chicken, sun-dried tomato mayo with basil pesto, fresh tomatoes and salad. Served in a charcoal brioche roll	£6.95
Vegan Mediterranean [VE] Avocado, black olive tapenade, sun dried tomatoes and spinach leaves served in a vegan campaillou roll	£6.95

# SOUP OF THE DAY

Served with Organic Bread Please ask your waiter for details	£5.00
SAVOURY TARTS	
Served with a Side Salad of Your Choice	

Mushroom and Red Onion Cheese Tart[V]	£6.50		
Mushrooms and red onions roasted with thyme and rosemary,			
baked into a tart with free-range eggs, mature cheddar and herbs			
Super Green Tart With Tenderstem	£6.50		
Broccoli and Tomato[V]			
Tenderstem broccoli, cherry tomatoes, feta cheese and rocket,			
baked into a tart with free-range eggs			
Tart of the Day	£6.50		

# SEASONAL SALADS

Choose from our counter to mix & match and create your own salad plate

Classic Chicken Caesar Salad with Lola's home-made Caesar dressing

Green Salad [VE] 💽 Green leaves with seasonal vegetables and a light dressing

Greek Salad [V] 💽 Traditional Greek salad with herb dressing feta cheese, olives, cucumber and tomatoes

Tuna Nicoise 📭 Tuna chunks, lettuce, eggs, olives and tomato, with a lemon dressing

Pesto Pasta Salad [V] Served with sun dried tomatoes and mozzarella

Today's Daily Special Salad Please ask your waiter for details

Green Side Salad [V]



The menu items above are served till Close

# OUR HOT AND COLD DRINKS

#### ORGANIC COFFEES double shot

Drink it with: organic milk (whole or skimmed), soya milk, almond milk, coconut milk. Decaffeinated available.

	Single	Double
Espresso	£1.80	£2.40
Cappuccino		£3.00
Latte		£3.00
Chai Latte		£3.00
Flat White		£2.70
Americano		£2.30
Macchiato	£1.80	£2.40
Caffé Mocha		£3.25
Blended Iced Coffee		£3.25
Babycino		£0.50

#### ORGANIC TEAS per single pot £2.00

English Breakfast / Earl Grey Green Tea / Rooibos Fruit Tea Chamomile / Peppermint Fresh Mint

#### HOT CHOCOLATE

£7.50

£3.25

Belgian Hot Chocolate &	22.95
Deluxe Hot chocolate £	23.45

#### HOT OR ICED TONICS £3.50

Bullet Proof Coffee Espresso, coconut oil, grass fed butter

Matcha Tea Latte [N] matcha green tea, almond milk, honey (optional)

Golden Milk[N] Unsweetened almond milk, fresh turmeric, fresh ginger, honey

Hot Cacao Tonic [N] Cacao powder, almond milk, honey

#### SOFT DRINKS

33cl 75cl

Still / Sparkling Water £1.95 £3.95

Fentiman's Botanical Drinks £2.25 Victorian Lemonade, Wild English Flower, Rose Lemonade

Cawston Sparkling Drinks £1.75 Apple & Rhubarb, Cloudy Apple, Elderflower

Kombucha Remedy Sparkling Drinks £3.75 Original , Apple Crisp , Ginger , Raspberry Lemonade, Cherry Plum

#### JUICES

All our juices and smoothies are vegan and made with organic fruit and vegetables. **(FRS)** 

Work-Out Refresher Celery, cucumber, apple, lemon	£4.95
Power House Beetroot, carrot, cucumber, apple, lime, mint, ginger	£4.95
Fresh Organic Carrot Juice	£4.25
Organic Cold Press Orange Juice	£2.75
Organic Cold Press Apple Juice	£2.75

#### SMOOTHIES

Pineapple Passion Pineapple, passion fruit juice, lime	£4.95
Daily Booster Carrot, banana, pineapple, ginger, turmeric	£4.95

#### SHAKES

£3.50

£4.50

Berry Magic [N] [FRS] [VE] Raspberries, strawberries, blueberries, blackberries, date syrup, coconut yoghurt, almond milk

Green Monster [N] [FRS] [VE] Banana, spinach, date syrup, almond milk

Choka Chocolate [N] [FRS] [VE] Cocoa powder, medjool date, almond milk, coconut yoghurt

#### CUPCAKE MILKSHAKES

Add your Favourite Cupcake to organic ice cream and milk... for an irresistible treat [N]

WINES	12.5cl	75cl	
Organic House Red Organic House White Wine Organic House Rose Wine Prosecco		£16.95 £16.95 £16.95 £16.95	
BEER		330ml	
IPA Beer		£4.25	
Please note wines and beers can only be served with a full meal and			

to customers over the age of 18. ID may be requested.

[VE] Vegan [N] Contains Nuts [FRS] Refined Sugar Free

# MENU



