

# 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

English Breakfast / Earl Grey	£2.00
Green Tea / Rooibos	
Fruit Tea	
Chamomile / Peppermint	
Fresh Mint	

## HOT CHOCOLATE

Belgian Hot Chocolate	£2.95
Deluxe Hot chocolate	£3.45
<i>With marshmallow and chocolate sauce</i>	

## HOT OR ICED TONICS

**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	
<i>Victorian Lemonade, Wild English Flower, Rose Lemonade</i>		
Cawston Sparkling Drinks	£1.75	
<i>Apple &amp; Rhubarb, Cloudy Apple, Elderflower</i>		
Kombucha Remedy Sparkling Drinks	£3.75	
<i>Original, Apple Crisp, Ginger, Raspberry Lemonade, Cherry Plum</i>		

## JUICES

*All our juices and smoothies are vegan and made with organic fruit and vegetables.  [VE][FRS]*

**Work-Out Refresher** £4.95  
*Celery, cucumber, apple, lemon*

**Power House** £4.95  
*Beetroot, carrot, cucumber, apple, lime, mint, ginger*

**Fresh Organic Carrot Juice** £4.25

**Organic Cold Press Orange Juice** £2.75

**Organic Cold Press Apple Juice** £2.75

## SMOOTHIES

**Pineapple Passion** £4.95  
*Pineapple, passion fruit juice, lime*

**Daily Booster** £4.95  
*Carrot, banana, pineapple, ginger, turmeric*

## SHAKES

**Berry Magic [N] [FRS] [VE]** £3.50  
*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	£3.95	£16.95
Organic House White Wine	£3.95	£16.95
Organic House Rose Wine	£3.95	£16.95
Prosecco	£3.95	£16.95
<b>BEER</b>		<b>330ml</b>
IPA Beer		£4.25
<i>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.</i>		

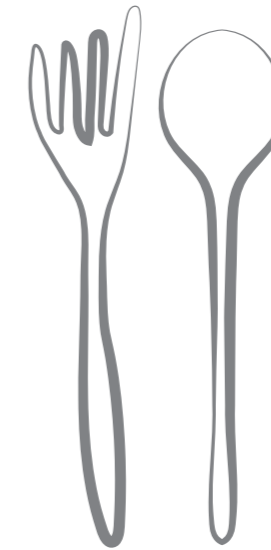
[VE] Vegan [N] Contains Nuts [FRS] Refined Sugar Free

# POST 4TH JULY MINI MENU

We hope to bring back our Brunch Menu soon but for now to help us keep social distancing in our kitchen we will only be serving this Mini Menu.

Thank you for your understanding.

# MENU



**LOLA'S**  
· BAKERY ·

# 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...

## FILLED ROLLS

Served with a Side Salad of Your Choice

**Smoked Salmon With Cream Cheese And Dill** £6.95

Smoked salmon with dill and cream cheese, sliced boiled egg, served in a charcoal brioche roll

**Tuna With Fresh Green Salad** £6.95

Tuna mayonnaise with salad, served in a charcoal brioche roll

**Mozzarella With Basil And Tomato [V]** £6.95

Buffalo mozzarella, tomato and basil, served in a charcoal brioche roll

**Cheese Ploughman's [V]** £6.95

Barbers Cheddar, tomato and piccalilli, sliced boiled egg, served in a campaillou roll or granary baguette

**Ham And Cheese Ploughman's** £6.95

Ham, Barbers Cheddar and piccalilli, sliced boiled egg, served in a campaillou roll or granary baguette

**Quinoa And Sweet Potato Houmous Burger [VE]** £6.95

Served in a campaillou roll with sweet potato, houmous and chickpeas

**Chicken Mayo** £6.95

Free-range chicken, sun-dried tomato mayo with basil pesto, fresh tomatoes and salad. Served in a charcoal brioche roll

## SOUP OF THE DAY

Served with Organic Bread £5.00

Please ask your waiter for details

## 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 Broccoli and Tomato [V]** £6.50

Tenderstem broccoli, cherry tomatoes, feta cheese and rocket, baked into a tart with free-range eggs

**Tart of the Day** £6.50

**SEASONAL SALADS** £7.50

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] GF**

Green leaves with seasonal vegetables and a light dressing

**Greek Salad [V] GF**

Traditional Greek salad with herb dressing feta cheese, olives, cucumber and tomatoes

**Tuna Nicoise GF**

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

**Pesto Pasta Salad [V]**

Served with sun dried tomatoes and mozzarella



# SWEET TREATS

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

<b>Cookies</b>	V GF	£1.75	<b>LOLA'S BAKERY SINGLE LAYER CAKE</b> £4.75
<b>Muffins</b>	V GF	£2.50	Vegan Toasted Almond with Raspberry and Chocolate (Ve GF FRS)
<b>Brownies</b>	V GF	£3.25	Vegan Courgette with Lime and Basil (Ve GF FRS)
Served warm with Ice Cream	V GF	£3.95	Vegan Lemon Polenta with Blueberry Compote (Ve GF)
<b>Cupcakes</b>	V GF	£3.95	Vegan Pear and Hazelnut (Ve GF)
<b>Gluten Free Scones</b>	V GF	£2.75	Vegan Apple Pie (Ve GF)
Served with Jam & Butter/Clotted Cream	V GF	£3.95	Truffle Cake (V GF)
<b>Cinnamon Buns</b>	V GF	£3.50	<b>LOLA'S BAKERY LAYER CAKES</b> £4.75
<b>LOAF / BUNDT SLICES</b>		£3.50	Carrot Cake (V GF)
<b>Vegan Carrot Cake</b>	(Ve GF FRS)		Natural Red Velvet (V GF NF)
<b>Coffee Walnut</b>	(V GF)		Victoria Sponge (V GF NF)
<b>Chocolate Beetroot</b>	(V GF)		Lola's Vegan Fudge (Ve GF NF FRS)
<b>Marble</b>	(V GF)		Vegan Lemon and Raspberry (Ve GF)
<b>MINI CHEESECAKES</b>		£4.50	<b>Cake of the Week</b> (For allergens please ask waiter)
<b>Original</b>	(V GF NF)		
<b>Blueberry</b>	(V GF NF)		
<b>Chocolate</b>	(V GF NF)		



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.

