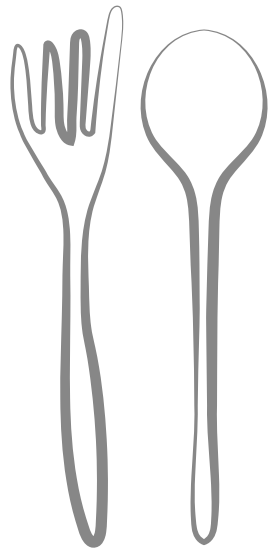


MENU



LOLA'S
· BAKERY ·

FROM OUR KITCHEN

Gluten Free versions of most these dishes are available, please ask your waiter

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]  £2.50

Choose from our daily selection

Vegan Croissant [VE] £2.25

With jam and dairy-free butter

£3.00

Croissant [V] £2.25


With jam and butter

£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] £2.50


With jam and butter

Savoury Filled Croissant £3.95


PANCAKES AND FRENCH TOAST


Pancakes with Seasonal Fruit Compote [V]  £8.75

Pancakes stacked with seasonal fruit compote and crème fraiche

Pancakes with Banana and Maple Syrup [V] [N]  £8.75

Pancakes stacked with banana, maple syrup, chai spiced yoghurt, and toasted pecan nuts

Pancakes Nutella with Banana Slices [M] [N]  £8.75

Blueberry Pancakes with Grilled Bacon and Maple Syrup  £9.75

Served with fresh fruit and crème fraiche

Cinnamon French Toast [V] £7.75

Served with apple compote and three mini brioche

French Toast Nice and Plain with Sugar and Lemon [V] £7.75

Served with three mini brioche

French Toast with Maple Syrup and Grilled Bacon £8.75

Served with three mini brioche

French Toast with Bananas and Chocolate Sauce [V] £8.75

Served with three mini brioche

CLASSIC BRUNCH

Classic English Breakfast £10.50

Free-range pork sausage [GF], bacon, grilled tomato, 2 eggs (poached or scrambled), baked beans, field mushroom. Toast served with butter and jam

Vegetarian English Breakfast [V] £10.50


Vegan mushroom, carrot and tomato with parsley and sage sausage [GF], grilled tomato, mushroom, 2 eggs (poached or scrambled), quinoa burger, dukkah vegan yoghurt, Mediterranean sauce. Toast served with butter and jam

Mediterranean Shakshuka [V] [N] £10.50

Free-range eggs with feta, harissa tomato sauce, onion, peppers and coriander served with brown pitta bread

LIGHT BREAKFAST


Fresh Fruit Salad [VE]  £4.50

Porridge with Fruit Compote [FRS] [N]  £4.50


Organic oats cooked with almond milk and served with fruit compote OR choose from our range of milks

Overnight Oats [FRS] [N] [VE]  £4.50

Chilled overnight organic oats, coconut, pomegranate, mango, chia seed, almond milk, maple syrup

Raspberry Chia Pudding [N] [VE]  £4.50

Chilled chia seeds, raspberries, coconut milk, berry compote and coconut yoghurt

Lola's Grain-free Granola [FRS] [N] [V]  £4.50

Granola of cashew, walnuts, pumpkin seeds, coconut honey. Served with Greek style yoghurt, organic seasonal fruit compote, honey, bee pollen

Light breakfast is served till midday

The menu items From Our Kitchen are served till 3pm

EGGS

Boiled Eggs With Soldiers [V]	£4.50
<i>2 eggs soft-boiled, served with toasted soldiers</i>	
Scrambled Eggs on Toast [V]	£6.75
<i>3 free-range scrambled eggs served on toast with grilled tomato</i>	
Scrambled Eggs on Toast With Smoked Salmon	£9.75
<i>Smoked salmon, grilled tomato, 3 free-range scrambled eggs served on toast</i>	
Smoked Salmon Royale	£10.50
<i>Smoked salmon, free-range poached eggs and hollandaise sauce served on toast</i>	
Eggs Benedict	£9.75
<i>Sliced ham with poached free-range eggs served on toast</i>	
Mushrooms And Poached Eggs on Toast [V]	£9.00
<i>Trio of sautéed field mushrooms with poached free-range eggs on toast</i>	
Crispy Bacon Open Sandwich	£9.00
<i>Free-range eggs fried or poached with crispy bacon served on toast</i>	
3 Eggs Omelette Nice and Plain [V]	£7.50
<i>With a toast on the side</i>	

AVOCADO DISHES

Avocado and Poached Eggs on Toast [V]	£9.75
<i>Sliced avocado with poached free-range eggs served on toast with dukkah yoghurt</i>	
Avocado Crushed with a Touch of Chilli Oil, Poached Eggs on Toast [V]	£9.75
Avocado Shakshuka [V]	£9.75
<i>Sliced avocado on a bed of warm tomato shakshuka with poached eggs on toast</i>	
Avocado Smoked Salmon	£11.50
<i>Sliced avocado, smoked salmon and poached eggs with toast on the side</i>	
Avocado Crushed with Grilled Bacon and Poached Eggs on Toast	£10.50

SIDES

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



The menu items From Our Kitchen are served till 3pm

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

Tuna Ciabatta £7.50

Tuna with herb garlic butter, capers and Barbers English mature cheddar

Mozzarella, Tomato, Rocket, and Pesto [V] £7.50

Garlic Mushrooms, Caramelised Onions, Swiss Cheese [V] £7.50

Smoked Bacon, Brie and Cranberry Chutney £7.50

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

Vegan Mediterranean [VE] £6.95

Avocado, black olive tapenade, sun dried tomatoes and spinach leaves served in a vegan campaillou 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

Butternut Squash Salad [M] GF

Butternut squash with mixed leaves, feta cheese and mustard vinaigrette 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] £3.25

The menu items above are served till Close

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

* An ingredient we use where our supplier has guaranteed this product is Gluten Free, but may be cross contaminated with other products in our kitchen.

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	Ⓥ Ⓞⓕ	£1.75
Muffins	Ⓥ Ⓞⓕ	£2.50
Brownies	Ⓥ Ⓞⓕ	£3.25
Served warm with Ice Cream	Ⓥ Ⓞⓕ	£3.95
Cupcakes	Ⓥ Ⓞⓕ	£3.95
Gluten Free Scones	Ⓥ Ⓞⓕ	£2.75
Served with Jam & Butter/Clotted Cream	Ⓥ Ⓞⓕ	£3.95
Cinnamon Buns	Ⓥ Ⓞⓕ	£3.50

LOAF / BUNDT SLICES

Vegan Carrot Cake	Ⓥ Ⓞⓕ ⓄⓑⓈ
Coffee Walnut	Ⓥ Ⓞⓕ
Chocolate Beetroot	Ⓥ Ⓞⓕ
Marble	Ⓥ Ⓞⓕ

MINI CHEESECAKES

Original	Ⓥ Ⓞⓕ Ⓞⓑ
Blueberry	Ⓥ Ⓞⓕ Ⓞⓑ
Chocolate	Ⓥ Ⓞⓕ Ⓞⓑ

LOLA'S BAKERY SINGLE LAYER CAKE £4.75

Vegan Toasted Almond with Raspberry and Chocolate	Ⓥ Ⓞⓕ ⓄⓑⓈ
Vegan Courgette with Lime and Basil	Ⓥ Ⓞⓕ ⓄⓑⓈ
Vegan Lemon Polenta with Blueberry Compote	Ⓥ Ⓞⓕ
Vegan Pear and Hazelnut	Ⓥ Ⓞⓕ
Vegan Apple Pie	Ⓥ Ⓞⓕ
Truffle Cake	Ⓥ Ⓞⓕ

LOLA'S BAKERY LAYER CAKES £4.75

Carrot Cake	Ⓥ Ⓞⓕ
Natural Red Velvet	Ⓥ Ⓞⓕ Ⓞⓑ
Victoria Sponge	Ⓥ Ⓞⓕ Ⓞⓑ
Lola's Vegan Fudge	Ⓥ Ⓞⓕ Ⓞⓑ ⓄⓑⓈ
Vegan Lemon and Raspberry	Ⓥ Ⓞⓕ
Cake of the Week <i>(For allergens please ask waiter)</i>	



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.



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

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

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 <i>Victorian Lemonade, Wild English Flower, Rose Lemonade</i>	£2.25	
Cawston Sparkling Drinks <i>Apple & Rhubarb, Cloudy Apple, Elderflower</i>	£1.75	
Kombucha Remedy Sparkling Drinks <i>Original, Apple Crisp, Ginger, Raspberry Lemonade, Cherry Plum</i>	£3.75	

JUICES

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

Work-Out Refresher <i>Celery, cucumber, apple, lemon</i>	£4.95
Power House <i>Beetroot, carrot, cucumber, apple, lime, mint, ginger</i>	£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 <i>Pineapple, passion fruit juice, lime</i>	£4.95
Daily Booster <i>Carrot, banana, pineapple, ginger, turmeric</i>	£4.95

SHAKES £3.50

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 £4.50

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

Please note wines 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