

FROM OUR KITCHEN

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

BREAKFAST PASTRIES	
<i>Our Breakfast Pastries are all baked from scratch by Lola's Bakers only using the finest ingredients and Organic Flour and Free Range Eggs.</i>	
Breakfast Muffins [V] [N] GF	£2.50
<i>Choose from our daily selection: blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal.</i>	
Vegan Croissant [VE]	423kcal. £2.50
<i>With jam and dairy-free butter</i>	
	£3.25
Croissant [V]	434kcal. £2.50
<i>With jam and butter</i>	
	£3.25
Almond Croissant [V]	526kcal. £3.00
Pain Au Chocolate [V]	385kcal. £2.75
Pain Au Raisin [V]	478kcal. £2.75
Cinnamon Buns [V] GF	£3.75
<i>apple 623kcal., pecan 599kcal., chocolate 699kcal.</i>	
Simply Toast [V]	478kcal. £2.50
<i>With jam and butter</i>	
Savoury Filled Croissant	478kcal. £4.25
<i>tomato 436kcal., ham 439kcal., mushroom 418kcal.</i>	

LIGHT BREAKFAST

Fresh Fruit Salad [VE] GF	£4.50
<i>81kcal</i>	
Porridge with Fruit Compote [FRS] [N] GF	£4.50
<i>Organic oats cooked with almond milk and served with fruit compote</i>	
<i>OR choose from our range of milks. Whole: 557kcal, Almond: 410kcal, Soya: 467kcal, Skimmed: 473kcal</i>	
Overnight Oats [FRS] [N] [VE] GF	£4.50
<i>Chilled overnight organic oats, coconut, pomegranate, mango, chia seed, almond milk, maple syrup. 591kcal.</i>	
Raspberry Chia Pudding [N] [VE] GF	£4.50
<i>Chilled chia seeds, raspberries, coconut milk, berry compote and coconut yoghurt. 370kcal.</i>	
Lola's Grain-free Granola [FRS] [N] [V] GF	£4.50
<i>Granola of cashew, walnuts, pumpkin seeds, coconut honey. Served with Greek style yoghurt, organic seasonal fruit compote, honey, bee pollen. 447kcal.</i>	

Light breakfast is served till midday

The menu items From Our Kitchen are served: Monday - Thursday till 3pm. Friday - Sunday till 4pm

PANCAKES AND FRENCH TOAST

Pancakes with Seasonal Fruit Compote [V] GF	£9.75
<i>Pancakes stacked with seasonal fruit compote and crème fraîche. 523kcal.</i>	
Pancakes with Banana and Maple Syrup [V] [N] GF	£10.00
<i>Pancakes stacked with banana, maple syrup, chai spiced yoghurt, and toasted pecan nuts. 477kcal.</i>	
Pancakes Nutella with Banana Slices [V] [N] GF	£10.00
<i>568kcal.</i>	
Blueberry Pancakes with Grilled Bacon and Maple Syrup GF	£10.50
<i>Served with fresh blueberries and crème fraîche. 368kcal.</i>	
Cinnamon French Toast [V]	£9.75
<i>Served with apple compote and three mini brioche. 525kcal.</i>	
French Toast Nice and Plain with Sugar and Lemon [V]	£9.50
<i>Served with three mini brioche. 794kcal.</i>	
French Toast with Maple Syrup and Grilled Bacon	£10.50
<i>Served with three mini brioche. 885kcal.</i>	
French Toast with Bananas and Nutella [V] [N]	£9.75
<i>Served with three mini brioche. 787kcal.</i>	

CLASSIC BRUNCH

Classic English Breakfast	£12.50
<i>Free-range pork sausage [GF], bacon, grilled tomato, 2 eggs (poached or scrambled), baked beans, field mushroom. Toast served with butter and jam. 1442kcal (based on poached egg).</i>	
Vegetarian English Breakfast [V]	£12.50
<i>Peppery mushroom and pea protein sausage, grilled tomato, mushroom, 2 eggs (poached or scrambled), quinoa burger, paprika spiced yoghurt, sweet potato houmous. Toast served with butter and jam. 962kcal.</i>	
Vegan English Breakfast [VE]	£12.50
<i>Field mushroom, quinoa burger, paprika spiced yoghurt, grilled tomato, peppery mushroom and pea protein sausage, baked beans, sweet potato houmous. Toast served with butter and jam. 987kcal.</i>	
Mediterranean Shakshuka [V] [N]	£12.50
<i>Free-range eggs with feta, harissa tomato sauce, aubergine, onion, peppers and coriander served with brown pitta bread. 590kcal.</i>	

EGGS

Boiled Eggs With Soldiers [V]	£5.00
<i>2 eggs soft-boiled, served with toasted soldiers. 460kcal.</i>	
Scrambled Eggs on Toast [V]	£7.50
<i>3 free-range scrambled eggs served on toast with grilled tomato. 534kcal.</i>	
Scrambled Eggs on Toast With Smoked Salmon	£11.25
<i>Smoked salmon, grilled tomato, 3 free-range scrambled eggs served on toast. 664kcal.</i>	
Smoked Salmon Royale	£11.25
<i>Smoked salmon, free-range poached eggs and hollandaise sauce served on toast. 642kcal.</i>	
Eggs Benedict	£10.75
<i>Sliced ham with poached free-range eggs served on toast. 568kcal.</i>	
Mushrooms And Poached Eggs on Toast [V]	£10.50
<i>Trio of sautéed field mushrooms with poached free-range eggs on toast. 624kcal.</i>	
Crispy Bacon Open Sandwich	£10.50
<i>Free-range eggs fried or poached with crispy bacon served on toast. 493kcal.</i>	
3 Eggs Omelette Nice and Plain [V]	£8.00
<i>With a toast on the side. 454kcal.</i>	

AVOCADO DISHES

Avocado and Poached Eggs on Toast [V]	£10.50
<i>Sliced avocado with poached free-range eggs served on toast with paprika spiced yoghurt. 725kcal.</i>	
Crushed Avocado with a Touch of Chilli Oil and Poached Eggs on Toast [V]	£10.50
<i>790kcal.</i>	
Avocado Shakshuka [V]	£10.75
<i>Sliced avocado on a bed of warm tomato shakshuka with poached eggs on toast. 638kcal.</i>	
Avocado Smoked Salmon	£12.00
<i>Sliced avocado, smoked salmon and poached eggs with toast on the side. 1030kcal.</i>	
Crushed Avocado with Grilled Bacon and Poached Eggs on Toast.	£11.50
<i>994kcal.</i>	

SOUP OF THE DAY

Served with Organic Bread	£6.50
<i>Please ask your waiter for details</i>	

SIDES

£2.00	£3.00
Baked Beans 156kcal.	2 Eggs of your choice (fried, 311kcal. scrambled, 207kcal. poached 133kcal.)
Grilled Tomato 37kcal.	Crispy Bacon 163kcal.
Portobello Mushrooms 28kcal.	Pork Sausage [GF] 208kcal.
Quinoa Burger 154kcal.	Avocado 303kcal.
Mushroom and pea protein sausage [VE] 73kcal.	Smoked Salmon 140kcal.
Hollandaise Sauce 42kcal.	Halloumi 216kcal.



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 V GF	£1.75
<i>double chocolate 374kcal., white chocolate 371kcal., cranberry and oat 312kcal.,</i>	
Muffins V GF	£2.50
<i>blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal.</i>	
Brownies V GF	£3.50
<i>Served warm with Ice Cream</i>	
	£4.20
<i>chocolate 408kcal., salted caramel 501kcal.</i>	
Cupcakes V GF	£3.95
<i>average of 450kcal.</i>	
Plain Scones 311kcal.	V £2.75
<i>Served with Jam & Butter/Clotted Cream</i>	
	V £3.95
Cinnamon Buns V GF	£3.75
<i>apple 623kcal., pecan 599kcal., chocolate 699kcal.</i>	
LOAF / BUNDT SLICES £3.75	
Vegan Carrot Cake 576kcal.	Va GF FRS
Coffee Walnut 657kcal.	V GF
Chocolate Beetroot 582kcal.	V GF
Marble 686kcal.	V GF
MINI CHEESECAKES £4.75	
Original 514kcal.	V GF NF
Blueberry 529kcal.	V GF NF
Chocolate 587kcal.	V GF NF

LOLA'S

· B A K E R Y ·

WE LOVE TO BAKE

GLUTEN FREE

DAIRY FREE

VEGAN

REFINED SUGAR FREE

EGG FREE

Vegan Toasted Almond with Raspberry and Chocolate 646kcal.

Vegan Courgette with Lime and Basil 405kcal.

Vegan Lemon Polenta with Blueberry Compote 553kcal.

Vegan Pear and Hazelnut 433kcal.

Vegan Apple Pie 266kcal.

Truffle Cake 809kcal.

LOLA'S

· B A K E R Y ·

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Carrot Cake 734kcal.

Natural Red Velvet 807kcal.

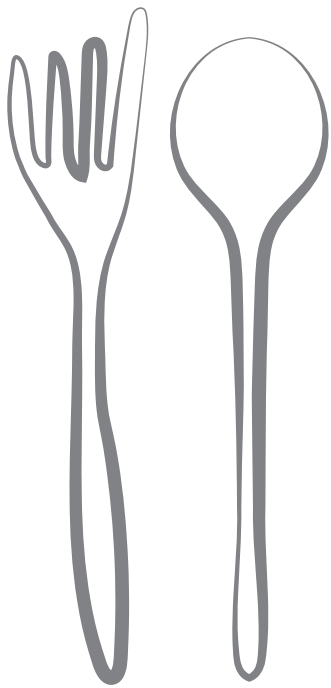
Victoria Sponge 639kcal.

Lola's Vegan Fudge 676kcal.

Vegan Lemon and Raspberry 981kcal.

Cake of the Week (For allergens please ask waiter)

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...

TOASTED CIABATTA

Served with a Side Salad of Your Choice. Calories below do not include the Side Salad. A vegan green side salad contains 58kcal.

Tuna Ciabatta <i>Tuna with herb garlic butter, capers and Barbers English mature cheddar. 554kcal.</i>	£8.00
Mozzarella, Tomato, Rocket, and Pesto [V]. 840kcal.	£8.00
Garlic Mushrooms, Caramelised Onions, Swiss Cheese [V]. 710kcal.	£8.00
Smoked Bacon, Brie and Cranberry Chutney. 651kcal.	£8.00

FILLED ROLLS

Served with a Side Salad of Your Choice. Calories below do not include the Side Salad. A vegan green side salad contains 58kcal.

Smoked Salmon With Cream Cheese And Dill <i>Smoked salmon with dill and cream cheese, sliced boiled egg, served in a charcoal brioche roll. 440kcal.</i>	£7.50
Tuna With Fresh Green Salad <i>Tuna mayonnaise with salad, served in a charcoal brioche roll. 505kcal.</i>	£7.50
Mozzarella With Basil And Tomato [V] <i>Buffalo mozzarella, tomato and basil, served in a charcoal brioche roll. 465kcal.</i>	£7.50
Cheese Ploughman's [V] <i>Barbers Cheddar, tomato and piccalilli, sliced boiled egg, served in a campaillou roll. 552kcal.</i>	£7.50
Ham And Cheese Ploughman's <i>Ham, Barbers Cheddar and piccalilli, sliced boiled egg, served in a campaillou roll. 687kcal.</i>	£7.50
Quinoa And Sweet Potato Houmous Burger [VE] <i>Served in a campaillou roll with sweet potato, houmous and chickpeas. 582kcal.</i>	£7.50
Chicken Mayo <i>Free-range chicken, sun-dried tomato mayo with basil pesto, fresh tomatoes and salad. Served in a charcoal brioche roll. 604kcal.</i>	£7.50

SAVOURY TARTS

Served with a Side Salad of Your Choice. Calories below do not include the Side Salad. A vegan green side salad contains 58kcal.

Mushroom and Red Onion Cheese Tart [V] <i>Mushrooms and red onions roasted with thyme and rosemary, baked into a tart with free-range eggs, mature cheddar and herbs. 440kcal.</i>	£6.50
Super Green Tart With Tenderstem Broccoli and Tomato [V] <i>Tenderstem broccoli, cherry tomatoes, feta cheese and rocket, baked into a tart with free-range eggs. 407kcal.</i>	£6.50

SEASONAL SALADS

£7.50

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

Classic Chicken Caesar Salad <i>with Lola's home-made Caesar dressing. 366kcal.</i>	
Green Salad [VE] GF <i>Green leaves with seasonal vegetables and a light dressing. 122kcal.</i>	
Asian Noodle Salad [VE] GF <i>with Soy Sweet Chilli Dressing. 742kcal.</i>	
Beetroot and Jackfruit Salad GF <i>Beetroot, jackfruit, feta cheese, rocket, walnuts with balsamic vinegar. 681kcal.</i>	
Today's Daily Special Salad <i>Please ask your waiter for details.</i>	

Green Side Salad [V]	£3.25
<i>58kcal.</i>	



ALL DAY CAFÉ

Each day our dedicated team of chefs focus on the finest natural ingredients to create great fresh and seasonal food for you to enjoy

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, oat milk, coconut milk. Decaffeinated available.

	Single	Double
Espresso 3kcal. / 5kcal.	£2.20	£2.40
Cappuccino 181kcal.	£3.50	
Latte 181kcal.	£3.50	
Chai Latte 410kcal.	£3.50	
Flat White 175kcal.	£3.25	
Americano 69kcal.	£2.80	
Macchiato 36kcal. / 64kcal.	£2.30	£2.60
Caffé Mocha 292kcal.	£3.80	
Blended Iced Coffee 191kcal.	£3.50	
Babycino 75kcal.	£0.50	

ORGANIC TEAS **per single pot**

£2.50

English Breakfast 2kcal. and served with milk 58kcal.	
Earl Grey 2kcal. / Green Tea 2kcal.	
Rooibos 2kcal. / Fruit Tea 2kcal.	
Chamomile 2kcal. / Peppermint 2kcal.	
Fresh Mint 2kcal.	

HOT CHOCOLATE

Belgian Hot Chocolate 280kcal.	£3.50
Deluxe Hot chocolate 290kcal.	£3.80
<i>With marshmallow and chocolate sauce</i>	

HOT OR ICED TONICS

£3.70

Bullet Proof Coffee 249kcal.
<i>Espresso, coconut oil, grass fed butter</i>

Matcha Tea Latte [N] 96kcal.
<i>matcha green tea, almond milk, honey (optional)</i>

Golden Milk [N] 55kcal.
<i>Unsweetened almond milk, fresh turmeric, fresh ginger, honey</i>

Hot Cacao Tonic [N] 131kcal.
<i>Cacao powder, almond milk, honey</i>

SOFT DRINKS

33cl

75cl

Still / Sparkling Water	£2.50	£4.75
Fentiman's Botanical Drinks £3.00		
<i>Victorian Lemonade 107kcal., Wild English Flower 88kcal., Rose Lemonade 112kcal.</i>		
Cawston Sparkling Drinks £2.50		
<i>Apple & Rhubarb 76kcal., Cloudy Apple 79kcal., Elderflower 73kcal.</i>		

JUICES

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

Work-Out Refresher 83kcal. <i>Celery, cucumber, apple, lemon</i>	£4.95
Power House 85kcal. <i>Beetroot, carrot, cucumber, apple, lime, mint, ginger</i>	£4.95
Fresh Organic Carrot Juice 91kcal.	£4.25
Organic Cold Press Orange Juice 95kcal.	£2.75
Organic Cold Press Apple Juice 116kcal.	£2.75

SMOOTHIES

Pineapple Passion 94kcal. <i>Pineapple, passion fruit juice, lime</i>	£4.95
Daily Booster 120kcal. <i>Carrot, banana, pineapple, ginger, turmeric</i>	£4.95

SHAKES

£3.50

Berry Magic [N] [FRS] [VE] 99kcal. <i>Raspberries, strawberries, blueberries, blackberries, date syrup, coconut yoghurt, almond milk</i>
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Green Monster [N] [FRS] [VE] 120kcal. <i>Banana, spinach, date syrup, almond milk</i>

Choka Chocolate [N] [FRS] [VE] 87kcal. <i>Cocoa powder, medjool date, almond milk, coconut yoghurt</i>
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CUPCAKE MILKSHAKES

£4.50

Add your Favourite Cupcake to organic ice cream and milk... for an irresistible treat [N] Average of 850kcal.

WINES	12.5cl	75cl
Organic House Red 83kcal. / 500kcal	£5.95	£22.00
Organic House White 83kcal./500kcal	£5.95	£22.00
Organic House Rose 83kcal. / 500kcal	£5.95	£22.00
Prosecco 95kcal. / 570kcal	£5.95	£22.00
<i>Please note wines can only be served with a full meal and to customers over the age of 18. ID may be requested.</i>		