

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

LIGHT BREAKFAST

Fresh Fruit Salad [VE] [GF] **£5.50**
81kcal

Porridge with Fruit Compote [FRS] [N] [GF] **£5.50**
Organic oats cooked with almond milk and served with fruit compote OR choose from our range of milks. Whole: 557kcal, Almond: 410kcal, Soya: 467kcal, Skimmed: 473kcal

Overnight Oats [FRS] [N] [VE] [GF] **£5.50**
Chilled overnight organic oats, coconut, pomegranate, mango, chia seed, almond milk, maple syrup. 591kcal.

Raspberry Chia Pudding [N] [VE] [GF] **£5.50**
Chilled chia seeds, raspberries, coconut milk, berry compote and coconut yoghurt. 370kcal.

Lola's Grain-free Granola [FRS] [N] [V] [GF] **£5.50**
Granola of cashew, walnuts, pumpkin seeds, coconut honey. Served with Greek style yoghurt, organic seasonal fruit compote, honey, bee pollen. 447kcal.

Light breakfast is served till midday

PANCAKES AND FRENCH TOAST

All our pancakes are Gluten Free, French Toast not available in Gluten Free version

Pancakes with Berry Fruit Compote [V] [GF] **£11.50**
Pancakes stacked with seasonal fruit compote and crème fraiche. 564kcal.

Pancakes with Banana and Maple Syrup [V] [N] [GF] **£11.50**
Pancakes stacked with banana, maple syrup, chai spiced yoghurt, and toasted pecan nuts. 539kcal.

Pancakes Nutella with Banana Slices [V] [N] [GF] **£11.50**
504kcal.

Blueberry Pancakes with Grilled Bacon and Maple Syrup [GF] **£11.50**
Served with fresh blueberries and crème fraiche. 763kcal.

Cinnamon French Toast [V] **£11.50**
Served with apple compote and three mini brioche. 525kcal.

French Toast Nice and Plain with Sugar and Lemon [V] **£11.50**
Served with three mini brioche. 794kcal.

French Toast with Maple Syrup and Grilled Bacon **£11.50**
Served with three mini brioche. 885kcal.

French Toast with Bananas and Nutella [V] [N] **£11.50**
Served with three mini brioche. 787kcal.

CLASSIC BRUNCH

Gluten Free version available

Classic English Breakfast **£14.00**
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).

Vegetarian English Breakfast [V] **£13.50**
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.

Vegan English Breakfast [VE] **£13.50**
Field mushroom, quinoa burger, vegan paprika spiced yoghurt, grilled tomato, peppery mushroom and pea protein sausage, baked beans, sweet potato houmous. Toast served with butter and jam. 987kcal.

Mediterranean Shakshuka [V] [N] **£13.50**
Free-range eggs with feta, harissa tomato sauce, courgette, onion, peppers and coriander served with sourdough toast. 590kcal.

VEGAN BRUNCH

Gluten Free version available

Vegan English Breakfast [VE] **£13.50**
Field mushroom, quinoa burger, vegan paprika spiced yoghurt, grilled tomato, peppery mushroom and pea protein sausage, baked beans, sweet potato houmous. Toast served with jam and butter. 962kcal

Vegan Shakshuka [VE, N] **£13.50**
Harrisa tomato sauce, courgette, onion, peppers, coriander and vegan feta cheese served with sourdough toast. 443kcal

Avocado Shakshuka with vegan feta cheese [VE] **£12.50**
Sliced avocado on a bed of warm tomato and peppers shakshuka with vegan feta on toast. 612kcal

Roast Vegetable Open Sandwich [VE] **£13.50**
Green pesto, aubergine, red onion courgette, cherry tomatoes and capers on sourdough toast. 322kcal

Mushroom on toast [VE] **£11.00**
Trio of sauteed field mushrooms on toast. 491kcal

The menu items From Our Kitchen are served: Monday to Friday till 3pm. Saturday and Sunday till 4pm.

EGGS Gluten Free version available

Boiled Eggs With Soldiers [V] **£6.00**
2 eggs soft-boiled, served with toasted soldiers. 460kcal.

Scrambled Eggs on Toast [V] **£9.25**
3 free-range scrambled eggs served on toast with grilled tomato. 534kcal.

Scrambled Eggs on Toast With Smoked Salmon **£13.00**
Smoked salmon, grilled tomato, 3 free-range scrambled eggs served on toast. 664kcal.

Smoked Salmon Royale **£13.00**
Smoked salmon, free-range poached eggs and hollandaise sauce served on toast. 642kcal.

Eggs Benedict **£13.00**
Sliced ham with poached free-range eggs served on toast. 568kcal.

Mushrooms And Poached Eggs on Toast [V] **£12.50**
Trio of sauteed field mushrooms with poached free-range eggs on toast. 624kcal.

Crispy Bacon Open Sandwich **£12.50**
Free-range eggs fried or poached with crispy bacon served on toast. 493kcal.

AVOCADO DISHES Gluten Free version available

Avocado and Poached Eggs on Toast [V] **£12.50**
Sliced avocado with poached free-range eggs served on toast with paprika spiced yoghurt. 725kcal.

Crushed Avocado with a Touch of Chilli Oil and Poached Eggs on Toast [V] **£12.50**
790kcal.

Avocado Shakshuka [V] **£12.50**
Sliced avocado on a bed of warm tomato and peppers shakshuka with poached eggs on toast. 638kcal.

Avocado Smoked Salmon **£13.00**
Sliced avocado, smoked salmon and poached eggs with toast on the side. 1030kcal.

Crushed Avocado with Grilled Bacon and Poached Eggs on Toast **£12.50**
994kcal

SIDES

£2.50
Grilled Tomato [GF] [VE] 37kcal.
Portobello Mushrooms [GF] [VE] 28kcal.
Quinoa Burger [VE] 154kcal **Baked Beans** [GF] [VE] 156kcal.
Vegan sausage [GF] [VE] 73kcal.
Hollandaise Sauce [GF] [V] 42kcal.

OPEN SANDWICHES

Gluten Free version available

All open sandwiches served with side of Green Salad with roasted peppers, cucumber, cherry tomatoes and mustard dressing 58kcal

Roast Beef Open Sandwich [NF] **£13.50**
Sliced roast beef, aubergine, plum tomato, mozzarella with drizzle of balsamic vinegar on sourdough toast. 276kcal.

Sweet Potato Houmus Open Sandwich [N] [V] **£13.50**
Sweet potato houmus, kale, feta and walnut relish on sourdough toast. 467kcal.

Roast Vegetable Open Sandwich [NF] [VE] [DF] **£13.50**
Green pesto, aubergine, red onion, courgette, cherry tomatoes and capers on sourdough toast. 322kcal.

SALAD PLATES Gluten Free version available

Roast Chicken Salad [N] [DF] [GF] **£13.50**
Cold grilled chicken with shredded carrots and cabbage, cherry tomatoes, tendersteam broccoli, edemame beans, almond flakes, sweetcorn with sesame dressing. 460kcal.

Roast Beef Salad [NF] **£13.50**
Cold sliced roast beef served on a bed of green salad with roasted peppers, cherry tomatoes, red onion, edemame beans with lemon dressing and side of horseradish sauce. 262kcal.

Salmon Fillet Salad [NF] [GF] **£13.50**
Cold salmon filet served on bed of green salad with new potatoes, green beans, red onion, fennel, capers and orange with balsamic vinegrette and basil aioli on side. 677kcal.

Burrata Salad [V] **£13.50**
Italian Buffalo Milk Burrata cheese on bed of rocket, cherry tomatoes, walnuts, croutons dressed with pesto. 320kcal.

Tuna Nicoise [VE] [GF] **£13.50**
Green leaves, tuna chunks, boled egg, boiled potatoes, green beans. 436kcal

SWEET TREATS

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

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] [GF] **£3.50**
Choose from our daily selection: blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal.

Spelt and Quinoa Vegan Croissant [VE] **£3.00**
259kcal.
With jam and dairy-free butter **£3.75**

Croissant [V] 236kcal. **£3.00**
With jam and butter **£3.75**

Almond Croissant [V] 320kcal. **£3.50**

Pain Au Chocolate [V] 293kcal. **£3.50**

Pain Au Raisin [V] 320kcal. **£3.50**

Cinnamon Buns [V] [GF] **£4.50**
apple 999kcal., pecan 999kcal., chocolate 999kcal.

Simply Toast [V] 478kcal. **£3.50**
With jam and butter

Savoury Filled Croissant **£4.75**
tomato and cheese 382kcal., ham and cheese 385kcal., mushroom and cheese 377kcal.

BAKERY COUNTER

Cookies **£2.50** V GF
double chocolate 374kcal., white chocolate 371kcal., cranberry and oat 312kcal.,

Muffins **£3.50** V GF
blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal.

Brownies **£4.35** V GF
Served warm with Ice Cream **£5.85** V GF
chocolate 408kcal., salted caramel 501kcal.

Cupcakes **£4.50** V GF
average of 450kcal.

Plain Scones 384kcal. **£3.50** V
Served with Jam & Butter/Clotted Cream **£4.50** V

Cinnamon Buns **£4.50** V GF
apple 999kcal., pecan 999kcal., chocolate 999kcal.

LOAF / BUNDT SLICES **£4.25**

Vegan Carrot Cake 576kcal. Ve GF FRS

Coffee Walnut 657kcal. V GF

Chocolate Beetroot 582kcal. V GF

Marble 686kcal. V GF

MINI CHEESECAKES **£5.40**

Original 514kcal. V GF NF

Blueberry 529kcal. V GF NF

Chocolate 587kcal. V GF NF

LOLA'S BAKERY SINGLE LAYER CAKE **£5.25**

Vegan Plum and Almond 335kcal. Ve GF

Vegan Courgette with Lime and Basil 405kcal. Ve GF FRS

Vegan Lemon Polenta with Blueberry Compote 553kcal. Ve GF

Vegan Pear and Hazelnut 433kcal. Ve GF

Vegan Apple Pie 266kcal. Ve GF
Served warm with Ice Cream **£6.75** V GF
chocolate 408kcal., salted caramel 501kcal.

Truffle Cake 809kcal. V GF

LOLA'S BAKERY LAYER CAKES **£6.50**

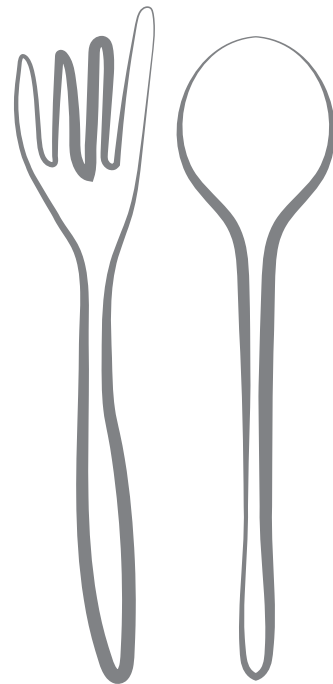
Carrot Cake 734kcal. V GF
Natural Red Velvet 807kcal. V GF NF
Victoria Sponge 639kcal. V GF NF
Lola's Vegan Fudge 676kcal. Ve GF NF FRS
Vegan Lemon and Raspberry 981kcal. Ve GF

Cake of the Week *(For allergens please ask waiter)*

We advise you to speak to a member of staff if you have any food allergies or intolerances. Whilst we have strict controls in our kitchens, please be aware that all of our food is prepared and cooked in the same kitchen and cross contamination may take place and our food may contain traces of nuts, milk, eggs, soya, sesame, peanuts, celery, sulphites and fish. However, processes are in place to ensure that meals on this menu are gluten free. Gluten free describes foods that contain gluten at a level of no more than 20 parts per million (ppm). Full allergen information is available upon request. Adults need around 2000kcal a day. At busy times we apologise that we may not be able to alter or adjust our dishes. 7.5% optional service charge and 5% cover charge will be added to your bill.

[GF] Gluten Free* - [VE] Vegan - [V] Vegetarian - [N] Contains Nuts - [DF] Dairy Free - [FRS] Refined Sugar Free
GF* denotes an ingredient we use where our supplier has guaranteed this product is Gluten Free

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 £9.00
Tuna with herb garlic butter, capers and Barbers English mature cheddar. 554kcal.

Mozzarella, Tomato, Rocket, and Pesto [V] £9.00
840kcal.

Garlic Mushrooms, Caramelised Onions, Swiss Cheese [V] £9.00
710kcal.

Smoked Bacon, Brie and Cranberry Chutney £9.00
651kcal.

SEASONAL SALADS £11.00

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

Classic Chicken Caesar Salad
with Lola's home-made Caesar dressing. 366kcal.

Spring Greens [GF][VE]
Green beans, green peas, edamame, red radish, green pesto, baby spinach. 249kcal.

Cauliflower with Lemon [GF][VE]
Roast cauliflower, fresh parsley, pomegranate, lemon, almond flakes 267kcal.

Greek Salad [GF][V]
Cucumber, cherry tomatoes, feta cheese, capers, olives. 486kcal.

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

Green Side Salad [V] 58kcal. £3.25

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][GF] £7.95
Mushrooms and red onions roasted with thyme and rosemary, baked into a tart with free-range eggs, mature cheddar and herbs. 665kcal.

Super Green Tart With Tenderstem Broccoli and Tomato [V][GF] £7.95
Tenderstem broccoli, cherry tomatoes, feta cheese and rocket, baked into a tart with free-range eggs. 522kcal.

Roast Vegetable Tart [V][GF] £7.95
Yellow and red peppers, courgette, onion baked into tart with free range eggs, mature cheddar and herbs. 703kcal.

LOLA'S AFTERNOON TEA FOR 2

Available for pre-booking only
£35.00 for 2. £45.00 for 2 with a Glass of Prosecco per person.
average calories per person 964kcal.

SAVOURY ROLLS

Smoked Salmon With Cream Cheese Egg Mayonaise
Cheddar Cheese and Chutney
Six open sandwiches served on brioche bun

SWEET TREATS

2 Cupcakes
2 Brownie Bites

SCONES AND JAM

2 Scones with Clotted Cream and Jam

POT OF TEA FOR TWO OR HOT DRINK OF YOUR CHOICE



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.	£2.85	£3.00
Cappuccino 181kcal.	£3.65	
Latte 181kcal.	£3.65	
Chai Latte 410kcal.	£4.10	
Flat White 175kcal.	£3.30	
Americano 69kcal.	£3.15	
Macchiato 36kcal. / 64kcal.	£2.90	£3.05
Caffé Mocha 292kcal.	£4.30	
Blended Iced Coffee 191kcal.	£3.65	
Babycino 75kcal.	£0.50	

Add Mini Chocolate Cookie for £0.75 94kcal.

ORGANIC TEAS per single pot £3.00

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.
Lemongrass, Citrus and Ginger Tea 2kcal.

HOT CHOCOLATE

Belgian Hot Chocolate 280kcal. £3.95
Deluxe Hot chocolate 290kcal. £4.30
With marshmallow and chocolate sauce

HOT OR ICED TONICS £4.50

Bullet Proof Coffee 249kcal.
Espresso, coconut oil, grass fed butter
Matcha Tea Latte [N] 96kcal.
matcha green tea, almond milk, honey (optional)

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

Hot Cacao Tonic [N] 131kcal.
Cacao powder, almond milk, honey

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

Please note wines can only be served with a full meal and to customers over the age of 18. ID may be requested.

JUICES

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

Work-Out Refresher 83kcal. £4.95
Celery, cucumber, apple, lemon

Power House 85kcal. £4.95
Beetroot, carrot, cucumber, apple, lime, mint, ginger

Fresh Organic Carrot Juice 91kcal. £4.95

SMOOTHIES

Pineapple Passion 94kcal. £4.95
Pineapple, passion fruit juice, lime

Daily Booster 120kcal. £4.95
Carrot, banana, pineapple, ginger, turmeric

SHAKES £4.95

Berry Magic [N][FRS][VE] 99kcal.
Raspberries, strawberries, blueberries, blackberries, date syrup, coconut yoghurt, almond milk

Green Monster [N][FRS][VE] 120kcal.
Banana, spinach, date syrup, almond milk

Choka Chocolate [N][FRS][VE] 87kcal.
Cocoa powder, medjool date, almond milk, coconut yoghurt

CUPCAKE MILKSHAKES £4.95

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

SOFT DRINKS

Still / Sparkling Water 33cl 75cl
£3.00 £4.75

Fentiman's Botanical Drinks £3.50
Victorian Lemonade 107kcal., Wild English Flower 88kcal., Rose Lemonade 112kcal.

Cawston Sparkling Drinks £3.50
Apple & Rhubarb 76kcal., Cloudy Apple 79kcal., Elderflower 73kcal.

Orange Juice 95kcal. £3.95

Apple Juice 116kcal. £3.95