

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 |
| <i>81kcal</i> | |
| Porridge with Fruit Compote [FRS] [N] GF | £5.50 |
| <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 | £5.50 |
| <i>Chilled overnight organic oats, coconut, pomegranate, mango, almond milk, maple syrup. 521kcal.</i> | |

| | |
|---------------------------------------------------------------------------------------------------|-------|
| Raspberry Chia Pudding [N] [VE] GF | £5.50 |
| <i>Chilled chia seeds, raspberries, coconut milk, berry compote and coconut yoghurt. 370kcal.</i> | |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Lola's Grain-free Granola [FRS] [N] [V] GF | £5.50 |
| <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

PANCAKES AND FRENCH TOAST

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

| | |
|---------------------------------------------------------------------------------|--------|
| Pancakes with Seasonal Fruit Compote [V] GF | £11.50 |
| <i>Pancakes stacked with seasonal fruit compote and crème fraiche. 493kcal.</i> | |

| | |
|---------------------------------------------------------------------------------------------------------|--------|
| Pancakes with Banana and Maple Syrup [V] [N] GF | £11.50 |
| <i>Pancakes stacked with banana, maple syrup, chai spiced yoghurt, and toasted pecan nuts. 468kcal.</i> | |

| | |
|----------------------------------------------------------------------------|--------|
| Pancakes with Chocolate Nutella sauce with Banana Slices [V] [N] GF | £11.50 |
| <i>413kcal.</i> | |

| | |
|------------------------------------------------------------------|--------|
| Blueberry Pancakes with Grilled Bacon and Maple Syrup GF | £11.50 |
| <i>Served with fresh blueberries and crème fraiche. 628kcal.</i> | |

| | |
|-------------------------------------------------------------------|--------|
| Cinnamon French Toast [V] | £11.50 |
| <i>Served with apple compote and three mini brioche. 525kcal.</i> | |

| | |
|-------------------------------------------------------------|--------|
| French Toast Nice and Plain with Sugar and Lemon [V] | £11.50 |
| <i>Served with three mini brioche. 794kcal.</i> | |

| | |
|--------------------------------------------------------|--------|
| French Toast with Maple Syrup and Grilled Bacon | £11.50 |
| <i>Served with three mini brioche. 885kcal.</i> | |

| | |
|----------------------------------------------------------------------|--------|
| French Toast with Bananas and Chocolate Nutella Sauce [V] [N] | £11.50 |
| <i>Served with three mini brioche. 787kcal.</i> | |

CLASSIC BRUNCH

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Classic English Breakfast | £14.00 |
| <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] | £13.50 |
| <i>Vegan sausage, grilled tomato, mushroom, 2 eggs (poached or scrambled), baked beans, sauted spinach. Toast served with butter and jam. 1035kcal.</i> | |

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Vegan English Breakfast [VE] | £13.50 |
| <i>Field mushroom, grilled tomato, vegan sausage, scrambled tofu, baked beans, sauted spinach. Toast served with butter and jam. 1035kcal.</i> | |

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

VEGAN BRUNCH

Gluten Free version available

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Vegan English Breakfast [VE] | £13.50 |
| <i>Field mushroom, grilled tomato, vegan sausage, scrambled tofu, baked beans, sauted spinach. Toast served with butter and jam. 1035kcal.</i> | |

| | |
|-----------------------------------------------------------------------------------------------------------------------------|--------|
| Vegan Shakshuka [VE, N] | £13.50 |
| <i>Harrisa tomato sauce, courgette, onion, peppers, coriander and vegan feta cheese served with sourdough toast. 443kcl</i> | |

| | |
|-----------------------------------------------------------------------------------------------------------------|--------|
| Roast Vegetable Open Sandwich [VE] | £13.50 |
| <i>Vegan green pesto, aubergine, red onion courgette, cherry tomatoes and capers on sourdough toast. 322kcl</i> | |

| | |
|------------------------------------------------------------------------------------------------------------------|--------|
| Avocado and mushroom on toast [VE] | £12.50 |
| <i>Crushed avocado with sliced mushroom topped with mixed pumpkinand sunflower seeds served on toast. 657kcl</i> | |

| | |
|------------------------------------------------------------|-------|
| NEW Scrambled Tofu on toast [VE] | £9.25 |
| <i>Scrambled tofu on toast with grilled tomato. 501kcl</i> | |

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 |
| <i>2 eggs soft-boiled, served with toasted soldiers. 460kcal.</i> | |

| | |
|----------------------------------------------------------------------------------|-------|
| Scrambled Eggs on Toast [V] | £9.25 |
| <i>3 free-range scrambled eggs served on toast with grilled tomato. 534kcal.</i> | |

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

| | |
|-----------------------------------------------------------------------------------------------|--------|
| Smoked Salmon Royale | £13.00 |
| <i>Smoked salmon, free-range poached eggs and hollandaise sauce served on toast. 642kcal.</i> | |

| | |
|--------------------------------------------------------------------------|--------|
| Eggs Benedict | £13.00 |
| <i>Sliced ham with poached free-range eggs served on toast. 568kcal.</i> | |

| | |
|-----------------------------------------------------------------------------------------------|--------|
| Mushrooms And Poached Eggs on Toast [V] | £13.00 |
| <i>Trio of cheese sautéed field mushrooms with poached free-range eggs on toast. 624kcal.</i> | |

| | |
|-------------------------------------------------------------------------------------|--------|
| Crispy Bacon Open Sandwich | £12.50 |
| <i>Free-range eggs fried or poached with crispy bacon served on toast. 493kcal.</i> | |

AVOCADO DISHES *Gluten Free version available*

| | |
|-----------------------------------------------------------------------------------------------------------------------------------|--------|
| Avocado with Mushroom and Poached Eggs on Toast [V] | £13.00 |
| <i>Crushed avocado with sliced mushroom and free-range eggs topped with pumpkin and sunflower seeds served on toast. 689kcal.</i> | |

| | |
|---------------------------------------------------------------------------------|--------|
| Crushed Avocado with a Touch of Chilli Oil and Poached Eggs on Toast [V] | £12.50 |
| <i>790kcal.</i> | |

| | |
|----------------------------------------------------------------------------------------------------------|--------|
| Avocado Shakshuka [V] | £12.50 |
| <i>Sliced avocado on a bed of warm tomato and peppers shakshuka with poached eggs on toast. 638kcal.</i> | |

| | |
|-----------------------------------------------------------------------------------------|--------|
| Avocado Smoked Salmon | £13.00 |
| <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 | £12.50 |
| <i>994kcal</i> | |

SIDES

| | |
|-----------------------------------------------|----------------------------------------------------------------------------------------------|
| £2.50 | £3.50 |
| Grilled Tomato [GF] [VE] 37kcal. | 3 Eggs of your choice [GF] [V] (fried, 311kcal. scrambled, 207kcal. poached 133kcal.) |
| Portobello Mushrooms [GF] [VE] 28kcal. | Crispy Bacon [GF] 163kcal. Pork Sausage [GF] 208kcal. |
| Baked Beans [GF] [VE] 56kcal. | Half Avocado [GF] [VE] 303kcal. Smoked Salmon [GF] 140kcal. |
| 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 58kcl

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

| | |
|------------------------------------------------------------------------------------------|--------|
| NEW Butternut Squash Open Sandwich [N] [V] | £13.50 |
| <i>Butternut squash puree, kale, feta and walnut relish on sourdough toast. 467kcal.</i> | |

| | |
|-------------------------------------------------------------------------------------------------------------------|--------|
| Roast Vegetable Open Sandwich [NF] [VE] [DF] | £13.50 |
| <i>Vegan geen pesto, aubergine, red onion, courgette, cherry tomatoes and capers on sourdough toast. 322kcal.</i> | |

SALAD PLATES

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

| | |
|---------------------------------------------------------------------------|--------|
| Grilled Halloumi Salad [V] GF | £13.50 |
| <i>Served on a bed of green salad with balsamic vinaigrette. 315kcal.</i> | |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Salmon Fillet Salad [NF] GF | £13.50 |
| <i>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.</i> | |

SOUP OF THE DAY

| | |
|-------------------------------------------|-------|
| Served with Organic Bread | £7.00 |
| <i>Please ask your waiter for details</i> | |

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 |
| <i>Choose from our daily selection: blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal.</i> | |

| | |
|------------------------------------------------|-------|
| Spelt and Quinoa Vegan Croissant [VE] | £3.00 |
| <i>259kcal. With jam and dairy-free butter</i> | |

| | |
|-------------------------------|-------|
| Croissant [V] 236kcal. | £3.00 |
| <i>With jam and butter</i> | |

| | |
|--------------------------------------|-------|
| 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 |
| <i>apple 999kcal., pecan 999kcal., chocolate 999kcal.</i> | |

| | |
|----------------------------------|-------|
| Simply Toast [V] 478kcal. | £3.50 |
| <i>With jam and butter</i> | |

| | |
|------------------------------------------------------------------------------------------|-------|
| Savoury Filled Croissant | £4.75 |
| <i>tomato and cheese 382kcal., ham and cheese 385kcal., mushroom and cheese 377kcal.</i> | |

BAKERY COUNTER

| | | |
|-----------------------------------------------------------------------------------------|------|-------|
| Cookies | V GF | £2.50 |
| <i>double chocolate 374kcal., white chocolate 371kcal., cranberry and oat 312kcal.,</i> | | |

| | | |
|----------------------------------------------------------------------------|------|-------|
| Muffins | V GF | £3.50 |
| <i>blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal.</i> | | |

| | | |
|------------------------------------------|------|-------|
| Brownies | V GF | £4.35 |
| <i>Served warm with Ice Cream</i> | | |
| chocolate | V GF | £5.85 |
| <i>408kcal., salted caramel 501kcal.</i> | | |

| | | |
|----------------------------|------|-------|
| Cupcakes | V GF | £4.50 |
| <i>average of 450kcal.</i> | | |

| | | |
|---------------------------------------------------|---|-------|
| Plain Scone 384kcal. | V | £3.50 |
| <i>Served with Jam & Butter/Clotted Cream</i> | | |
| | V | £4.50 |

| | | |
|-----------------------------------------------------------|------|-------|
| Cinnamon Buns | V GF | £4.50 |
| <i>apple 999kcal., pecan 999kcal., chocolate 999kcal.</i> | | |

LOAF / BUNDT SLICES £4.50

| | |
|-----------------------------------|-----------|
| Vegan Carrot Cake 576kcal. | Va GF FRS |
|-----------------------------------|-----------|

| | |
|-------------------------------|------|
| Coffee Walnut 657kcal. | V GF |
|-------------------------------|------|

| | |
|------------------------------------|------|
| Chocolate Beetroot 582kcal. | V GF |
|------------------------------------|------|

| | |
|------------------------|------|
| Marble 686kcal. | V GF |
|------------------------|------|

| | |
|-----------------------------------------|------|
| NEW Lemon and Poppyseed 623kcal. | V GF |
|-----------------------------------------|------|

| | |
|---------------------------------|------|
| NEW Banana Loaf 582kcal. | V GF |
|---------------------------------|------|

LOLA’S BAKERY SINGLE LAYER CAKE £5.25

| | |
|---------------------------------------|-------|
| Vegan Plum and Almond 335kcal. | Ve GF |
|---------------------------------------|-------|

| | |
|------------------------------------------------------------|-------|
| Vegan Lemon Polenta with Blueberry Compote 553kcal. | Ve GF |
|------------------------------------------------------------|-------|

| | |
|-----------------------------------------|-------|
| Vegan Pear and Hazelnut 433kcal. | Ve GF |
|-----------------------------------------|-------|

| | |
|----------------------------------|-------|
| Vegan Apple Tart 266kcal. | Ve GF |
|----------------------------------|-------|

| | |
|---------------------------------------|------|
| NEW Basque Cheesecake 433kcal. | V GF |
|---------------------------------------|------|

| | |
|------------------------------|------|
| Truffle Cake 809kcal. | V GF |
|------------------------------|------|

LOLA’S BAKERY LAYER CAKES £6.50

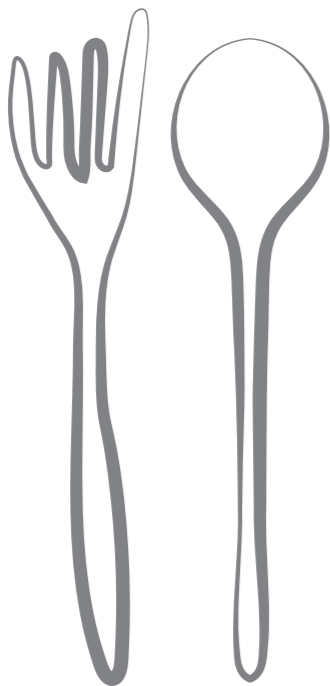
| | |
|-------------------------------------------|--------------|
| Carrot Cake 734kcal. | V GF |
| Natural Red Velvet 807kcal. | V GF NF |
| Victoria Sponge 639kcal. | V GF NF |
| Lola's Vegan Fudge 676kcal. | Va GF NF FRS |
| Vegan Lemon and Raspberry 981kcal. | Ve GF |

| | |
|-----------------------------------------------------------|--|
| Cake of the Week (For allergens please ask waiter) | |
|-----------------------------------------------------------|--|



The GF symbol refers to dishes made with measures in place to avoid gluten contamination, as accredited by Coeliac UK.

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] 840kcal. £9.00

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

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

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.

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

NEW Quinoa with Mint, Orange and Beetroot [Ve] GF 476kcal.
With lemon dressing.

NEW Ancient Grain Tabbouleh Salad [Ve] GF 389kcal.
Black rice, Puy lentils, tomato, cucumber, pomegranite seeds.

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

Green Side Salad [V] 58kcal. £3.25

BAGELS

Served with a Side Salad of your choice. Caleries below do not include
the Side Salad. A Vegan Green Side Salad contains 58kcal.

Smoked Salmon Bagel £8.00
with cream cheese. 503kcal

Chicken Pesto Mayo Bagel £8.00
Fresh tomato, lettuce, sundried tomato and mayonaise. 674kcal

NEW Faux Tuna & Sweetcorn Bagel [Ve] £8.00
Chickpeas, celery, red onion, mustard and mayonaise. 357kcal

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 964kcl.

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 | |
| NEW Iced Latte 250kcal. | £3.95 | |
| Babycino 75kcal. | £1.50 | |

ORGANIC TEAS per single pot £3.20

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.
Lemon Grass and Ginger 2kcl

HOT CHOCOLATE

Belgian Hot Chocolate 280kcal. £3.95

Deluxe Hot chocolate 290kcal. £4.30
With marshmallow and chocolate sauce

HOT OR ICED TONICS £4.10

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. | £6.50 | £25.00 |
| Organic House White 83kcal. / 500kcal. | £6.50 | £25.00 |
| Prosecco 95kcal. / 570kcal. | £6.50 | £25.00 |

COCKTAILS

NEW Aperol Spritz 105kcal. £8.95
NEW Mimosa 106kcal. £7.95

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

NEW Spinach and Ginger 158kcal. £4.95
Spinach, apple juice, ginger, passion fruit

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 £3.00

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

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