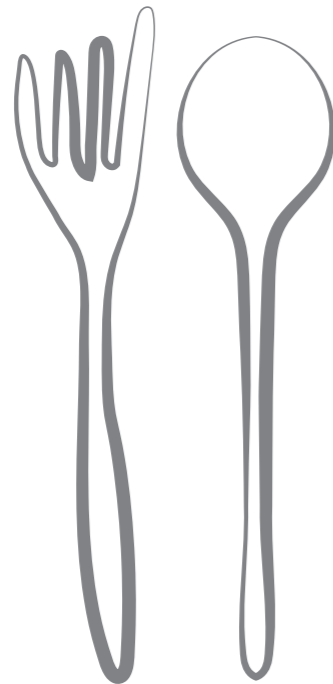


MENU



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 £9.50
Tuna with herb garlic butter, capers and Barbers English mature cheddar. 554kcal.

Mozzarella, Tomato, Rocket, and Pesto [V] 840kcal. £9.50

Garlic Mushrooms, Caramelised Onions, Swiss Cheese [V] 710kcal. £9.50

Smoked Bacon, Brie and Cranberry Chutney. 651kcal. £9.50

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
Cucumber, cherry tomatoes, feta cheese, capers, olives. 486kcal.

Asian Noodle Salad [GF] [VE] [NF] with soya sweet chilli dressing. 724kcal

NEW Roast Veggie Pasta Salad [GF] [VE] [NF] roasted peppers, courgettes and aubergine and black olives with Greek dressing. 389kcal,

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. Calories 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 mayonnaise. 674kcal

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 £9.50
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 £9.50
Tenderstem broccoli, cherry tomatoes, feta cheese and rocket, baked into a tart with free-range eggs. 522kcal.

Roast Vegetable Tart [V] GF £9.50
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
£40.00 for 2. £50.00 for 2 with a Glass of Prosecco per person.
average calories per person 964kcal.

SAVOURY ROLLS

Smoked Salmon With Cream Cheese Egg Mayonnaise 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



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.	£3.75	
Latte 181kcal.	£3.75	
Chai Latte 410kcal.	£4.25	
Flat White 175kcal.	£3.75	
Americano 69kcal.	£3.25	
Macchiato 36kcal. / 64kcal.	£2.90	£3.05
Caffé Mocha 292kcal.	£4.50	
Blended Iced Coffee 191kcal.	£4.00	
NEW Iced Latte 250kcal.	£3.75	
Babycino 75kcal.	£1.50	

ORGANIC TEAS per single pot £3.25

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 2kcal

HOT CHOCOLATE

Belgian Hot Chocolate 280kcal. £4.00
Deluxe Hot chocolate 290kcal. £4.50
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.	£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. [VE] [FRS]

Work-Out Refresher 83kcal. £5.25
Celery, cucumber, apple, lemon

Power House 85kcal. £5.25
Beetroot, carrot, cucumber, apple, lime, mint, ginger

Fresh Organic Carrot Juice 91kcal. £5.25

SMOOTHIES

Pineapple Passion 94kcal. £5.25
Pineapple, passion fruit juice, lime

Daily Booster 120kcal. £5.25
Carrot, banana, pineapple, ginger, turmeric

NEW Spinach and Ginger 158kcal. £5.25
Spinach, apple juice, ginger, passion fruit

SHAKES £5.25

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 £5.25

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

SOFT DRINKS

Still / Sparkling Water £3.25

Fentiman's Botanical Drinks £3.75
Victorian Lemonade 107kcal., Wild English Flower 88kcal., Rose Lemonade 112kcal.

Cawston Sparkling Drinks £3.75
Apple & Rhubarb 76kcal., Cloudy Apple 79kcal., Elderflower 73kcal.

Orange Juice 95kcal. £4.25

Apple Juice 116kcal. £4.25

The menu items above are served till Close

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.