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

#### LIGHT BREAKFAST

Fresh Fruit Salad [VE]

Porridge with Fruit Compote[FRS][N] £5.75 Organic oats cooked with almond milk and served with fruit compote OR choose from our range of milks. Whole: 557kcal, Almond: 410kcal, Sova: 467kcal, Skimmed: 473kcal

Overnight Oats[FRS][N][VE] Chilled overnight organic oats, coconut, pomegranate, mango almond milk, maple syrup. 521kcal.

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

Lola's Grain-free Granola[FRS][N][V] \$5.75 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 £12.00 Fruit Compote[V] Pancakes stacked with seasonal fruit compote and crème fraiche. 493kcal.

Pancakes with Banana and £12.00 Maple Syrup[V][N]

Pancakes stacked with banana, maple syrup, chai spiced yoghurt, and toasted pecan nuts 468kcal

Pancakes with Chocolate Nutella £12.00 sauce with Banana Slices [V][N] 413kcal.

Blueberry Pancakes with Grilled £12.00 Bacon and Maple Syrup @

Served with fresh blueberries and crème fraiche, 628kcal

Cinnamon French Toast [V] £12.00 Served with apple compote and three mini brioche. 525kcal.

French Toast Nice and Plain with £12.00 Sugar and Lemon [V] Served with three mini brioche. 794kcal.

French Toast with Maple Syrup and Grilled Bacon Served with three mini brioche 885kcal

French Toast with Bananas £12.00 and Chocolate Nutella Sauce [V][N] Served with three mini brinche 787kcal

#### **CLASSIC BRUNCH**

£5.75 Gluten Free version available

Classic English Breakfast £14.75 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] £14.25 \$5.75 Vegan sausage, grilled tomato, mushroom, 2 eggs (poached or scrambled), baked beans, sauted spinach, Toast served with butter

£5.75 Vegan English Breakfast [VE] £14.25 Field mushroom, grilled tomato, vegan sausage, scrambled tofu, baked beans, sauted spinach. Toast served with butter and jam. 1035kcal

> Mediterranean Shakshuka[V][N] £14.25 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] £14.25 Field mushroom, grilled tomato, vegan sausage, scrambled tofu, baked beans, sauted spinach. Toast served with butter and jam. 1035kcal

Vegan Shakshuka[VE, N] £14.25 Harrisa tomato sauce, courgette, onion, peppers, coriander and vegan feta cheese served with sourdough toast. 443kcl

Roast Vegetable Open £14.50 Sandwich[VE]

Vegan green pesto, aubergine, red onion courgette, cherry tomatoes and capers on sourdough toast. 322kcl

Avocado and mushroom on toast[VE] £13.00 Crushed avocado with sliced mushroom topped with mixed pumpkinand sunflower seeds served on toast. 657kcl

NEW Scrambled Tofu on toast[VE] £9.75 Scrambled tofu on toast with grilled tomato. 501kcl

# **EGGS** Gluten Free version available

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

£9.75 Scrambled Eggs on Toast[V]  $3\,free-range\,scrambled\,eggs\,served\,on\,to ast\,with\,grilled\,tomato.\,534kcal.$ 

Scrambled Eggs on Toast With Smoked Salmon

Smoked salmon, grilled tomato, 3 free-range scrambled eggs served on toast, 664kcal.

Smoked Salmon Rovale £13.75 Smoked salmon, free-range poached eggs and hollandaise sauce served on toast. 642kcal.

Eggs Benedict £13.75 Sliced ham with poached free-range eggs served on toast. 568kcal.

Mushrooms And Poached Eggs on Toast[V]

Trio of cheese sautéed field mushrooms with poached free-range eggs on toast. 624kcal.

served on toast. 493kcal

Crispy Bacon Open Sandwich Free-range eggs fried or poached with crispy bacon

#### AVOCADO DISHES Gluten Free version available

Avocado with Mushroom and Poached Eggs on Toast[V]

Crushed avocado with sliced mushroom and free-range eggs topped with pumpkin and sunflower seeds served on toast. 689kcal.

Crushed Avocado with a Touch of Chilli £13.25 Oil and Poached Eggs on Toast [V] 790kcal.

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

Avocado Smoked Salmon Sliced avocado, smoked salmon and poached eaas with toast on the side 1030kcal

Crushed Avocado with Grilled Bacon £13.75 and Poached Eggs on Toast. 994kcal

#### **OPEN SANDWICHES**

£6.25 All open sandwiches served with side of Green Salad with roasted Gluten Free version available

> Roast Beef Open Sandwich [NF] £14.50 Sliced roast beef, auberaine, plum tomato, mozarella with drizzle of

Ricotta and cherry tomato Bruschetta 222kcl. Caramelised onion and aoat's cheese Bruschetta 204kcl, Roast aubergine and parmesan Bruschetta 296kcl.

Roast Vegetable Open Sandwich [NF][VE][DF] £14.50 Vegan geen pesto, aubergine, red onion, courgette, cherry tomatoes and capers on sourdough toast. 322kcal.

#### **NEW LOLA'S CLUB SANDWICHES**

All Lola's Club Sandwiches served with side of lightly salted

Chicken and Bacon Club Sandwich[NF] Roast chicken, streaky bacon, cheddar cheese, tomato, lettuce dressed £13.75 with basil mayo 810kcl

Tuna, mayo, tomato, avocado, lettuce, 508kcl

Roast aubergine, courgette and carrots, whipped feta, lettuce, basil mayo, 678kcl

Roast aubergine, tomato, peppers, cucumber, tofu, vegan basil mayo, 509kcl

#### NEW LOLA'S POKE BOWLS

Sushi rice, tenderstem broccoli, edamame beans, avocado, shredded carrots, cherry tomato, kimchi, cucumber, pumpkin seeds, soya and ginger dressing, 477kcal.

Choose your protein:

Salmon 136kcal Roast Chicken 115kcal Tofu 116 kcal

### SOUP OF THE DAY

Served with Organic Bread £7.00 Please ask your waiter for detail

#### SIDES

£2.75 Grilled Tomato [GF][VE] 37kcal. Portobello Mushrooms [GF][VE] 28kcal. Baked Beans [GF][VE]156kca Vegan sausage [GF] [VE] 73kcal. Hollandaise Sauce [GF][V] 42kcal.

£3.75 3 Eggs of your choice [GF][V] (fried, 311kcol.scrambled, 207kcol. poached 133kcol.) Crispy Bacon [GF] 163kcal. Pork Sausage [GF] 208kcal. Half Avocado [GF][VE]303kcal Smoked Salmon [GF]140kcal Halloumi [GF] 216kcol. Scrambled Tofu[GF][VE] 144kcol. NEW Hash Brown [GF] 74kcal.

peppers, cucumber, cherry tomatoes and mustard dressing  $58\mbox{kcl}$ 

balsamic vinegar on sourdough toast. 276kcal.

**NEW** Trio of Bruschettas [V][NF] £14.50

crisps 77kcl. Club Sandwiches not available in Gluten Free version

Tuna Mayo Club Sandwich[NF] £14.50

Roast Vegetable Club Sandwich [V][NF] £14.50

Vegan Roast Vegetable Club Sandwich [Ve][NF] £14.50

#### **BAKERY COUNTER**

Served with Jam & Butter/Clotted Cream

apple 999kcal., pecan 999kcal., chocolate 999kcal

Cinnamon Buns

Savoury Filled Croissant

tomato and cheese 382kcal ham and cheese 385kcal

**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 Eqqs.

Spelt and Quinoa Vegan Croissant [VE] £3.00

Breakfast Muffins[V][N] \$3.50

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

259kcal

With jam and dairy-free butter

Croissant [V] 236kcal.

Almond Croissant [V] 320kcal.

Pain Au Chocolate [V] 293kcal.

apple 999kcal., pecan 999kcal., chocolate 999kcal

Pain Au Raisin [V] 320kcol.

Cinnamon Buns [V]

Simply Toast [V] 478kcal.

nushroom and cheese 377kcal.

With jam and butter

With jam and butter

**♥** £2.50 double chocolate 374kcal., white chocolate 371kcal. cranberry and oat 312kcal., **♥** £3.50 Muffins blueberry 511kcal., chocolate 519kcal., morning glory [VE] 594kcal. ♥**9** £4.50 ♥**⊕** £5.95 Served warm with Ice Cream chocolate 408kcal., salted caramel 501kcal ♥**④** £4.50 Cupcakes average of 450kcal. © £3.50 Plain Scone 384kcal.

(V)

£4.50

♥**9** £4.50

# **SWEET TREATS**

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

£3.75

£3.00

£3.75

£3.50

£3.50

£3.50

£4.50

£3.50

£4.75

LOAF / BUNDT SLICES	5
Vegan Carrot Cake 576kcol.	•
Coffee Walnut 657kcal.	(
Chocolate Beetroot 582kcal.	(
Marble 686kcal.	(
NEW Lemon and Poppyseed 623kcal.	(
NEWBanana Loaf 582kcal.	(
LOLA'S BAKERY SINGLE LAYER CAKE	
Vegan Plum and Almond 335kcal.	(1
Vegan Lemon Polenta with Blueberry Compote 553kcal.	(1
Vegan Pear and Hazelnut 433kcal.	(
Vegan Apple Tart 266kcal.	(1
NEW Basque Cheesecake 433kcal.	(
Truffle Cake 809kcal.	(
LOLA'S BAKERY	

£4.75

(Ve) (FRS)

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£6.75

£5.75

(v)Carrot Cake 734kcal (V) (I) (NF) Natural Red Velvet 807kcal. V OF NE Victoria Sponge 639kcal. Lola's Vegan Fudge 676kcal. We GENE (FRS) Vegan Lemon and Raspberry 981kcal. Ve

LAYER CAKES

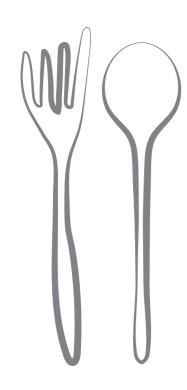
Cake of the Week (For allergens please ask waiter)



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

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

# MENU





## 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 £9.5
Tuna with herb garlic butter, capers and Barbers English
mature cheddar. 554kcal.

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

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

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

#### SEASONAL SALADS

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]

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

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] 58kcol. £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 58kcals.

Smoked Salmon Bage1 &8.00 with cream cheese. 503kcal

Chicken Pesto Mayo Bagel £8.0
Fresh tomato, lettuce, sundried tomato and mayonaise. 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.

£9.50 Mushroom and Red Onion Cheese Tart [V] £9.50

Mushrooms and red onions roasted with thyme and rosemary,
baked into a tart with free-ronge eggs, mature cheddar

Super Green Tart With Tenderstem  $$\pounds 9.50$$  Broccoli and Tomato[V]  $\P$ 

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

Roast Vegetable Tart[V] \$\mathbb{E}\$ \$9.5

Yellow and red peppers, courgette, onion baked into tart with free range eggs, mature cheddar and herbs. 703kcl.

#### 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 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	Dou
Espresso 3kcal. / 5kcal.	£2.85	£3.
Cappuccino 181kcal.	£3.75	
Latte 181kcal.	£3.75	
Chai Latte 410kcal.	£4.25	
Flat White 175kcol.	£3.75	
Americano 69kcal.	£3.25	
Macchiato 36kcal./64kcal.	£2.90	£3.
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

English Breakfast 2kcol. and served with milk 58kcol.

Earl Grey 2kcol. / Green Tea 2kcol.

Rooibos 2kcol. / Fruit Tea 2kcol.

Chamomile 2kcol. / Peppermint 2kcol.

Fresh Mint 2kcol.

Lemon Grass and Ginger 2kcl

#### HOT CHOCOLATE

HOT OR ICED TONICS	£4.50
Deluxe Hot chocolate 290kcal. With marshmallow and chocolate sauce	£4.50
Belgian Hot Chocolate 280kcol.	£4.00

Bullet Proof Coffee 249kcal.

Espresso, coconut oil, grass fed butter

 $\label{eq:matcha} \begin{tabular}{ll} Matcha Tea Latte [N] 96 kcal. \\ matcha green tea, almond milk, honey (optional) \\ \end{tabular}$ 

Golden Milk [N] 55kcal.

Unsweetened almond milk, fresh turmeric,

fresh ginger, honey

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

0	£6.50	£25.00
Organic House White 83kcal. /500kcal.	£6.50	£25.00
Prosecco 95kcal. / 570kcal.	£6.50	£25.00
COCKTAILS		

#### **JUICES**

All our juices and smoothies are vegan and made with organic fruit and vegetables. 

[VE] [FRS]

	Work-Out Refresher 83kcal.	£5.25
0	Celery, cucumber, apple, lemon	
	Power House 85kcal.	£5.25
	Beetroot, carrot, cucumber, apple, lime, mint, ginger	
5	Fresh Organic Carrot Juice 91kcal.	£5.25
	SMOOTHIES	
	Pineapple Passion 94kcal.	£5.25
	Pineapple Passion 94kcal. Pineapple, passion fruit juice, lime	£5.25
5	**	£5.2
5	Pineapple, passion fruit juice, lime	
5	Pineapple, passion fruit juice, lime  Daily Booster 120kcal.	

Berry Magic [N][FRS][VE] 99kcal.

**SHAKES** 

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**

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

£5.25

#### SOFT DRINKS

Still / Sparkling Water	£3.25
Fentiman's Botanical Drinks Victorian Lemonade 107kcal., Wild English Flower 88kcal., Rose Lemonade 112kcal.	£3.75
Cawston Sparkling Drinks  Apple & Rhubarb 76kcal., Cloudy Apple 79kcal.,  Elderflower 73kcal.	£3.75
Orange Juice 95kcal.	£4.25
Apple Juice 116kcal.	£4.25

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.