

Cold Drinks

- Iced Green Maté... 2.00
- Mango Maté ... 2.75
- Peach Maté..... 2.75
- Hibiscus Deli Cooler...2.75
- Root Beer ...2.50
- Sparkling Water...1.00
- Banana Milk...2.75
- Milk.....2.00
- Cold Cloudy Apple..2.75
- Almond Milk...2.25

Smoothies

- Piña Colada.... 5.50
- Strawberry...5.50

Made only from fresh fruit, juice and honey.

Just Juices

- Apple.....2.25
- Orange.....2.25
- 6 fresh from the Juicer
- Carrot.....3.75

Non-Dairy Option
Almond
Soya or
Oat Milk
in Teas...50

Old St. Joe 3.25

Chai Latte' 3.25

Coffee...2.25

Fresh Green Mate...2.25

Hot Drinks

Carob Steamer...2.75

Hot Cloudy Apple...2.75

Hot Teas1.75
(see beverage list on table)

Breakfast

served all day

Spinwich

Omelette with Spinach, Parmesan, feta, cheddar & pepper jack cheese, onions, red peppers, our own special sauce, on a buttered Egg Roll

7.25

Egg & Cheese

Two Egg Omelette, Cheddar and Provolone Cheese on a buttered Egg Roll 5.25

Yoghurt Parfait

Lots of fresh seasonal fruit with yoghurt and granola sprinkles, coconut, sweetened with honey....6.75

FRESH from our OVEN

Muffin of the Day...2.25

Cinnamon Roll.... 3.50

Homemade Granola...4.50

Served with fresh fruit & milk non-dairy milk...add 1.00

Whole Wheat Toast...1.75

with jam or marmalade..2.00

Breakfast Sandwich

2 egg omelette, cheddar and hot pepper cheeses, roast beef or turkey, onions, peppers and our own special sauce on an egg roll

7.25

Deli Waffle 5.50

(served with butter and real maple syrup)

with fresh fruit 6.25
blueberry sauce..50p

100% Spelt

Two Poached Eggs with Whole Wheat Toast & Jam or marmalade

5.00