



# Breakfast

PLEASE ORDER AT THE COUNTER

Served from 9am till 11.45am

<b>EGGS ON TOAST (V)</b>	<b>£6.50</b>
Scrambled, poached or fried eggs with chives and rocket on toasted bloomer bread	
<b>VEGAN BREAKFAST (Ve)</b>	<b>£10.95</b>
Scrambled tofu, avocado, cherry and sunblushed tomatoes, herb mushrooms on sourdough toast with rocket	
<b>BREAKFAST BAGELS</b>	<b>all £9.95</b>
Open toasted bagel, choose from:	
· Bacon, scrambled eggs, spinach, herb mushrooms	
· Smoked salmon, scrambled eggs, avocado, rocket	
· Smashed avocado, grilled halloumi, chilli flakes, sunblushed tomatoes, rocket	
<b>BEANS ON TOAST (V)</b>	<b>£5.50</b>

<b>KIDS BREAKFAST</b>	
<b>EGG ON TOAST (V)</b>	<b>£3.60</b>
Scrambled, poached or fried. Add bacon +£1.70   beans +£1.20	
<b>YOGHURT AND FRUIT (V)</b>	<b>£3.30</b>
Add honey +45p	
<b>AVOCADO ON TOAST (Ve)</b>	<b>£3.90</b>
<b>TOAST (V)</b>	<b>£2.00</b>
Add jam or peanut butter +45p	
<b>BACON SANDWICH</b>	<b>£4.00</b>
<b>BEANS ON TOAST (V)</b>	<b>£3.40</b>

<b>Add to any breakfast:</b>	
<b>Smoked Salmon £3.10</b>	<b>Bacon £2.85</b>
<b>Halloumi £2.85</b>	<b>Tomatoes £1.75</b>
<b>Mushrooms £1.75</b>	<b>Poached Egg £1.60</b>
<b>Feta cheese £1.60</b>	<b>Beans £1.30</b>

# All Day Food

Served from 9am till 2.45pm

<b>PLANKS GRANOLA BOWL (Ve)* (GF)</b>	<b>£7.50</b>
Homemade maple and cinnamon granola, natural or dairy free* yoghurt, fresh berries, with a topping of chia seeds, desiccated coconut and a drizzle of honey. Add peanut butter +45p	
<b>AÇAÍ BOWL (Ve) (GF)</b>	<b>£8.65</b>
Superfood smoothie bowl. Amazonia Acai pulp blended smoothie topped with fresh berries, banana slices, coconut, goji berries, and a sprinkle of our homemade maple and cinnamon granola	
<b>YOGHURT AND FRUIT (V)</b>	<b>£4.95</b>

<b>ALL DAY BACON ROLL</b>	<b>£6.00</b>
Honeywells smoked bacon on a freshly baked soft roll <i>Add: Fried egg £1.40   Herb mushroom £1.75   Tomatoes £1.75   Halloumi £2.85</i>	
<b>AVOCADO ON TOAST (Ve)</b>	<b>£9.00</b>
Smashed avocado served on toasted sourdough, chilli flakes, sunblushed tomatoes and rocket <i>Add: Smoked salmon £3.10   Halloumi £2.85   Ham £2.85 Bacon £2.85   Feta £1.60</i>	

<b>PLANKS BAKERY</b>	
Two thick slices of toast (V)	£2.75
Toasted bagel (V)	£2.75
Toasted teacake (V)	£3.95
<i>Add: Jam, honey, marmalade or peanut butter +45p</i>	

<b>KIDS LUNCH</b>	
<b>SANDWICHES</b>	<b>£4.40</b>
All served with veggie sticks. Choose from: Tuna, sweetcorn and mayo Cheese (V)   Ham   Jam (V)   Cream cheese (V)	
<b>KIDS VEGGIE PLATE (Ve)</b>	<b>£4.00</b>
Hummus, warm pitta bread, cucumber, carrot sticks	
<b>CHEESE ON TOAST</b>	<b>£4.00</b>



All Day Food

Served from 9am till 2.45pm

### PLANKS KITCHEN DELI COUNTER

Our deli counter changes weekly. We love to fill the counter with delicious plant based, nutritious salads and other tasty dishes.

THE DELI BOWL .....£9.95

Includes all four of our weekly deli specials, plus our house side salad.

Add extra toppings:

+ Smoked Salmon (+ £3.10)	.....	+ Feta	.....	+ Olives	.....	+ Cashew nuts
+ Tuna	.....	+ Mozzarella	.....	+ Falafel	.....	+ Seed mix
+ Avocado	.....	+ Cheddar	.....	+ Hummus	.....	+ Veggie sticks
+ Halloumi	.....			+ Sunblushed Tomatoes	.....	+ Warm pitta
+ Ham	.....					+ Walnuts
+ Chicken	.....					
+ £2.85		+ £1.60		+ £1.40		+ £1.10

#### SANDWICH, WRAP, OR BAGEL

All served with our house salad

- Halloumi, smashed avocado, sunblushed tomatoes (V) £10.65
- Mozzarella, ham, sunblushed tomatoes, pesto £10.65
- Falafel, hummus, peppers and sunblushed tomatoes (Ve) £9.95
- Smoked salmon, smashed avocado or cream cheese £10.65
- Tuna sweetcorn mayo £9.50
- Chicken mayo £9.50
- Ham, cheese, chutney £9.50
- BLT (add chicken +£2.25) £9.75

#### ANTIPASTO PLATTER

£11.25

Selection of Italian meats, mozzarella, rocket and tomato balsamic salad, olives, sunblushed tomatoes, sourdough bread and an olive oil and balsamic dipping pot

#### PLANT BASED PLATTER (Ve)

£9.95

Falafel, hummus, avocado, rocket, warm pitta bread, sunblushed tomatoes and crudites

#### HOMEMADE SOUP OF THE DAY

£6.95

Served with bread and butter  
Add a ham or cheese sandwich with a side salad +£3.95

Add a small cup of soup +£2.95, a deli side +£3.50 or a cold-pressed mini +£3.00 to your meal (See juice list for options)

(V) Vegetarian (Ve) Vegan Gluten Free bread is available on request. Please inform the team of any allergies or intolerances. We follow the best practices in safe food handling to prevent cross contamination. However unfortunately, we cannot guarantee our products are 100% free of any specific allergen. This menu is 100% recycled and from an FSC approved supplier and can be recycled after use.

• A TASTE OF WELLNESS •



## HOT DRINKS

AMERICANO	£3.60
CAPPUCCINO	£3.85
FLAT WHITE	£3.70
LATTE	£3.85
ESPRESSO	£3.00
DOUBLE ESPRESSO	£3.50
POT OF ENGLISH BREAKFAST TEA	£3.40
POT OF TEA PIG HERBAL TEA	£3.50
<i>Earl grey, peppermint, chamomile, green tea, lemon and ginger or superfruit tea</i>	
HOT CHOCOLATE	£4.00
<i>Add whipped cream and marshmallows + £1</i>	
MOCHA	£4.20
BULLET PROOF COFFEE	£4.40
<i>The morning energy hit! Coffee blended with unsalted butter and coconut oil</i>	
TURMERIC LATTE	£4.00
CHAI LATTE	£4.00
MATCHA LATTE	£4.20
<i>All drinks are available iced!</i>	

*Syrups: vanilla, hazelnut, mint, caramel, gingerbread + 60p.*

*Plant based milks: Oat, coconut, almond milk +60p.*

*Decaf tea/coffee is available.*

## SMOOTHIES All £5.95

CHOCOLATE DREAM (Ve)
<i>Cacao, banana, nuts, dates, chia seeds, almond milk and ice</i>
PINA COLADA (Ve)
<i>Pineapple, banana, spinach, chia seeds, and coconut milk</i>
GREEN MACHINE (Ve)
<i>Apple, cucumber, celery, spinach, lemon, and avocado</i>
SUNSHINE SMOOTHIE (Ve)
<i>Pineapple, banana, turmeric, maca powder, and coconut milk</i>
KING OF THE SWINGERS (Ve)
<i>Peanut butter, banana, dates, flax seeds, almond milk and ice</i>
BERRY BLISS (V)
<i>Strawberries, blueberries, banana, chia seeds, honey and almond milk</i>

## COLD DRINKS

WATER - STILL / SPARKLING	£2.50
SANPELLEGRINO	£3.40
<i>Lemon, orange, blood orange, orange and pomegranate</i>	
KOMBUCHA	£4.00
DIET COKE	£3.70
COCA COLA	£3.75
CAWSTON PRESS CAN	£3.40
<i>Elderflower, apple, rhubarb</i>	

## COLD PRESSED JUICES

DETOX	£4.95
<i>Apple, cucumber, celery, spinach, lemon and mint</i>	
ROOTS	£4.95
<i>Beetroot, carrot, apple and ginger</i>	
IMMUNITY	£4.95
<i>Orange, carrot, ginger and lemon</i>	
STRAIGHT UP JUICE	£4.50
<i>Orange or apple</i>	

## KIDS DRINKS

RISE AND SHINE	£4.95
<i>Strawberries, banana, honey, milk (V)</i>	
POPEYE	£4.95
<i>Pineapple, banana, spinach, coconut milk</i>	
MONKEY NUTS	£4.95
<i>Peanut butter, banana, dates, milk (V)</i>	
CHOC BLAST	£4.95
<i>Chocolate, banana, honey, milk (V)</i>	
KIDS MILK	£2.50
BABYCINO	£1.75
KIDS HOT CHOCOLATE	£3.65
<i>with whipped cream, marshmallows</i>	
KIDS FRESH PRESSED JUICE	£3.95
<i>Orange or apple</i>	
CAWSTON PRESS JUICE CARTON	£1.95