



JUICE & SMOOTHIE

HOT

Red Juice; carrot, apple, beetroot <i>vg/gf</i>	£5.5	Tea by Tea Palace; English Breakfast / Earl Grey / chamomile / mango / sencha / peppermint /	£3.2
Gold Juice; coconut, carrot, orange, turmeric <i>vg/gf</i>	£5.5		
Single Speed; apple, carrot or pineapple <i>vg/gf</i>	£4.8		
Berry Smoothie; strawberry, raspberry, pineapple, banana, date, coconut, vanilla <i>vg/gf</i>	£5.5	Coffee by Allpress; espresso / macchiato / cortado / cappuccino / flat white / latte / americano	£2.6-£3.5
Goji Smoothie; acai, blueberry, banana, date, almond milk, vanilla <i>vg/gf/n</i>	£5.5	Masala Chai Latte	£3.5

house muesli; nuts, seeds, honey <i>v/n</i>	£5
smashed avocado, sourdough, dill salsa, chilli, coriander, hazelnut dukkah <i>vg/n</i>	£8.8
scrambled eggs, sourdough, confit cherry tomatoes <i>v</i>	£6.8
full English; smoked streaky Dingley Dell bacon, Old Spot sausage, black pudding, fried egg, field mushroom, confit cherry tomatoes, baked beans, toast	£14.5
smoked cajun pepper stew; egg, avocado, coconut, christophine, okra, sourdough <i>v</i>	£11.5
buttermilk pancakes;	
smoked streaky Dingley Dell bacon, maple berry compote, clotted cream, maple <i>v</i>	£10.5
toasted marshmallows, coconut clotted cream, white chocolate, banana maple <i>v</i>	£9.8 / £12

SIDES

HOLLANDAISE

oak-smoked salmon <i>gf</i>	£4	avocado & chard Florentine; poached egg, hollandaise, buckwheat, toasted seeds, muffin <i>v</i>	£6.5 / £11
smoked streaky Dingley Dell bacon <i>gf</i>	£3.5	oak-smoked salmon Royale; poached egg, hollandaise, muffin	£8.2 / £12.7
Old Spot sausages	£3.5	Kassler ham Benedict; poached egg, hollandaise, muffin	£7 / £11.5
free-range eggs <i>v/gf</i>	£3.5	Burgerdict; poached egg, dry-aged beef patty, special hollandaise, tomato, muffin	£10
grilled halloumi <i>v/gf</i>	£3.5		
confit cherry tomatoes <i>vg/gf</i>	£2.5		
field mushrooms <i>vg/gf</i>	£3.5		

100% OF SERVICE CHARGE GOES TO THE TEAM

SMALL

sourdough roll, black tahini butter <i>v</i>	£3.5
artichoke dip, flame-grilled sourdough <i>v</i>	£6.8
chicken buttered flatbread	£4
seared squid & Korean fishcakes, spring onion, pepper, chilli	£8.8

BOWLS

S/L

SKEWERS

black quinoa & mango salad, corn, black beans, cashews, endive <i>v/n/gf</i>	£8 / £13.2	jerk chicken thigh, BBQ, spring onions	£3.8
coconut & cardamom dhal, roast peppers, cauliflower, sugar snaps <i>vg/gf</i>	£8.5 / £13.8	tempura broccoli, sesame glaze <i>vg</i>	£2.8
truffled mac & cheese, shallot rings, crispy rocket, capers <i>v</i>	£8 / £13.2	panko halloumi, mojo rojo <i>v</i>	£3.5
falafel, burnt lemon labneh, courgettes, broad beans <i>v/gf</i>	£8.5 / £13.8	octopus, 'nduja, lime yoghurt <i>gf</i>	£7.5
		king prawns, fennel, sesame, Aleppo chilli	£5.8

ADD SKEWERS TO YOUR BOWLS

hake, Singapore noodles, prawn gyoza, pak choi	£19.5
peanut, cashew & coconut chicken, grilled spring onions <i>n</i>	£16.5
sandwich la sandwich; buttermilk chicken, Comté, chipotle mayo	£12.8
soul burger; beef patty, smoked cheddar, jerk quince mayo, pink pickled onion, ackee & callaloo, smoked streaky Dingley Dell bacon	£13
400g rib eye, 40 day aged, native breed, East Anglia <i>gf</i>	£33
500g côte de boeuf, 40 day aged, native breed, East Anglia <i>gf</i>	£38.5

SIDES

AFTER

chips <i>vg</i>	£3.8	crispy new potatoes, mustard, chilli <i>vg</i>	£4.5	hot lemon doughnuts, coconut cream <i>v</i>	£6.8
kale, chilli, garlic <i>vg/gf</i>	£4				
creamed corn <i>v/gf</i>	£3.5	fennel salad, citrus, candied walnuts <i>vg/n/gf</i>	£4	Riding House sundae, macarons, honeycomb <i>v/n</i>	£9.5