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FRESH FILLINGS

Allergies / Food intolerance - Please inform a member of staff if you have food allergies or intolerance. All food is prepared in a shared kitchen.

ICONIC

SMOKED SALMON + CREAM CHEESE	
CLASSIC - Oak-smoked salmon and cream cheese	6.90
FANCY - Our classic + cucumber, capers and dill salad + rocket NEW	8.50
EGG MAYO V	5.20
Free-range egg, mayo, chives + tomato	
CREAM CHEESE V	
Plain	4.50
Plant-based	4.50
Jalapeño 🔥	5.50
Chives + garlic	5.50
Sundried tomato	5.50
SALT BEEF	8.50
Salt beef, mustard mayo + pickles	
CORONATION CHICKEN NEW	6.50
Tender chicken, spiced curry mayo with dried apricots + chutney on a bed of lettuce	
TUNA MAYO	6.90
House special tuna mayo mix + cucumber	
BUTTER + JAM V	3.50

HOUSE SPECIALS

HOT NOLA CHICKEN 🔥 NEW	8.50
New Orleans spiced buttermilk chicken, hot mayo, pickles + crunchy coleslaw	
PASTRAMI	7.20
Shaved pastrami, mustard mayo, pickles + sauerkraut	
NEW YORK NEW YORK	7.50
Roasted turkey breast, coleslaw, mustard mayo + pickles	
TUNA MELT	7.90
Tuna mix, pickled onion + melted cheddar cheese	
CHICKEN AVOCADO	7.90
Chicken breast, avocado, tomato, parmesan, olive tapenade + basil mayo	
EGGPLANT SUNSHINE (SABICH) V	6.90
Roasted aubergine, hummus, boiled egg, caramelised onion, pickles + spinach	
REUBEN	8.50
Pastrami, melted cheddar, sauerkraut, mustard mayo, our Reuben sauce + pickles	

BREAKFAST STYLE

OMELETTE V	6.70
Omelette, cream cheese, lettuce, tomato + pickles	
FRIED EGG	7.20
Fried egg, cheddar cheese + turkey bacon on a buttered bagel	
DIRTY BREAKFAST	7.90
Egg mayo topped with melted cheddar, turkey bacon, caramelised onion + dirty breakfast sauce	
AVOCADO + VEGAN CREAM CHEESE PB	6.50

PLANT-BASED

LOUISIANA TOFU 🔥 PB NEW	8.50
Tofu in a rich, sticky hot Cajun sauce, spicy vegan mayo, pickles + crunchy coleslaw	
BBQ PULLED MUSHROOM PB	6.90
Pulled oyster mushrooms, vegan mayo, lettuce, tomato + pickles	
AUBERGINE HEAVEN PB	6.90
Roasted aubergine, hummus, caramelised onion, spinach + pickles	

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FRESHLY BAKED BAGELS

Subject to availability

							
PLAIN	WHEATMEAL +10p	SESAME +10p	POPPY +10p	EVERYTHING +10p	ONION +10p	CINNAMON RAISIN +25p	GLUTEN-FREE +£1 <small>Fillings may contain gluten</small>

FRESH JUICE

🍏 APPLE

🍋 SQUEEZED ORANGE

🥕 CARROT

🌿 ADD GINGER · 60P

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L

4.80

5.95

RECOMMENDED MIXES

APPLE + CARROT + SQUEEZED ORANGE

APPLE + CARROT + GINGER

1 LITRE ORANGE JUICE

13.50

Hot drink on us for app members until 10:00am with any breakfast or smoked salmon bagel

ALSO AVAILABLE: COFFEE, TEA & MANY MORE. SEE YOU INSIDE!

MADE-TO-ORDER SMOOTHIES

Choose your base: Milk / Orange juice / Apple juice / Yogurt / Almond milk

SUPER GREENS V	6.65
Kale, spinach, avocado, banana, cacao nibs, chia seeds, goji berries, nut mix, ground flax seeds, coconut oil + honey Recommended with almond milk base	
BERRIES V	6.30
Strawberries, blueberries, blackberries, raspberries + banana Recommended with milk + honey base	
TROPICAL PB	5.95
Papaya, mango, passion fruit + pineapple Recommended with apple juice base	
MIXED FRUITS PB	5.95
Banana, mango + strawberry Recommended with apple juice base	
BREAKFAST-Y PB	
Oats, banana, peanut butter, maple syrup, cinnamon + vanilla, with almond milk base.....	6.30
Go 40g Protein	7.80

SALADS

CHICKEN & AVOCADO SALAD	8.20
Roasted chicken, avocado, cherry tomatoes, cucumber & red onion, mixed leaves, mixed seeds + B Vinaigrette	
TUNA SALAD	8.20
House special tuna mix, lettuce, cherry tomatoes, cucumber, red onion, boiled egg & briny kalamata olives + B Vinaigrette	
QUINOA SALAD PB	7.90
Marinated tofu, mixed leaves, quinoa tabouleh, cucumber, peppery radish & flaked almonds + tahini ginger dressing	
SALMON CEASER	8.20
Oak-smoked salmon, mixed leaves, bagel crisps, cherry tomatoes, cucumber, peppery radish, capers & shaved parmesan + caesar dressing	

V - Vegetarian **PB** - Plant-based **🔥** - Spicy