

1 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.

Eat-in dishes are served with a side salad or crisps

See below for nutritional info

ICONIC

TA Eat-in

SMOKED SALMON + CREAM CHEESE

CLASSIC - Oak-smoked salmon and cream cheese 6.90 9.30
FANCY - Our classic + cucumber, capers and dill salad + rocket **NEW** 8.50 10.90

EGG MAYO **V** 5.20 7.20
 Free-range egg, mayo, chives + tomato

CREAM CHEESE **V**

Plain 4.50 6.50
 Plant-based 4.50 6.50
 Jalapeño **🔥** 5.50 7.50
 Chives + garlic 5.50 7.50
 Sundried tomato 5.50 7.50

SALT BEEF 8.50 10.90
 Salt beef, mustard mayo + pickles

CORONATION CHICKEN **NEW** 6.50 8.50
 Tender chicken, spiced curry mayo with dried apricots + chutney on a bed of lettuce

TUNA MAYO 6.90 9.30
 House special tuna mayo mix + cucumber

BUTTER + JAM **V** 3.50 5.50

HOUSE SPECIALS

TA Eat-in

HOT NOLA CHICKEN **🔥 NEW** 8.50 10.90
 New Orleans spiced buttermilk chicken, hot mayo, pickles + crunchy coleslaw

PASTRAMI 7.20 9.60
 Shaved pastrami, mustard mayo, pickles + sauerkraut

NEW YORK NEW YORK 7.50 9.90
 Roasted turkey breast, coleslaw, mustard mayo + pickles

TUNA MELT 7.90 10.50
 Tuna mix, pickled onion + melted cheddar cheese

CHICKEN AVOCADO 7.90 10.50
 Chicken breast, avocado, tomato, parmesan, olive tapenade + basil mayo

EGGPLANT SUNSHINE (SABICH) **V** 6.90 9.30
 Roasted aubergine, hummus, boiled egg, caramelised onion, pickles + spinach

REUBEN 8.50 10.90
 Pastrami, melted cheddar, sauerkraut, mustard mayo, our Reuben sauce + pickles

BREAKFAST STYLE

TA Eat-in

OMELETTE **V** 6.70 8.90
 Omelette, cream cheese, lettuce, tomato + pickles

FRIED EGG 7.20 9.60
 Fried egg, cheddar cheese + turkey bacon on a buttered bagel

DIRTY BREAKFAST 7.90 10.50
 Egg mayo topped with melted cheddar, turkey bacon, caramelised onion + dirty breakfast sauce

AVOCADO + VEGAN CREAM CHEESE **PB** 6.50 8.50

PLANT-BASED

TA Eat-in

LOUISIANA TOFU **🔥 PB NEW** 8.50 10.90
 Tofu in a rich, sticky hot Cajun sauce, spicy vegan mayo, pickles + crunchy coleslaw

BBQ PULLED MUSHROOM **PB** 6.90 9.30
 Pulled oyster mushrooms, vegan mayo, lettuce, tomato + pickles

AUBERGINE HEAVEN **PB** 6.90 9.30
 Roasted aubergine, hummus, caramelised onion, spinach + pickles

2 FRESHLY BAKED BAGELS

Subject to availability



PLAIN



WHEATMEAL
+10p



SESAME
+10p



POPPY
+10p



EVERYTHING
+10p



ONION
+10p



CINNAMON
RAISIN
+25p



GLUTEN-FREE
+£1
Fillings may contain gluten

FRESH JUICE

- 🍷 SQUEEZED GRAPEFRUIT**
- 🍏 APPLE** **🍊 SQUEEZED ORANGE**
- 🥕 CARROT** **🌿 ADD GINGER · 60P**

R L
 TA 4.80 5.95
 Eat-in 5.75 7.20

RECOMMENDED MIXES

SQUEEZED ORANGE + SQUEEZED ORANGE

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

TA Eat-in

SUPER GREENS **V** 6.65 7.65
 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 7.30
 Strawberries, blueberries, blackberries, raspberries + banana
 Recommended with milk + honey base

TROPICAL **PB** 5.95 6.95
 Papaya, mango, passion fruit + pineapple
 Recommended with apple juice base

MIXED FRUITS **PB** 5.95 6.95
 Banana, mango + strawberry
 Recommended with apple juice base

BREAKFAST-Y **PB** 6.30 7.30
 Oats, banana, peanut butter, maple syrup, cinnamon + vanilla, with almond milk base...
Go 40g Protein 7.80 8.80

SALADS

TA Eat-in

CHICKEN & AVOCADO SALAD 8.20 9.80
 Roasted chicken, avocado, cherry tomatoes, cucumber & red onion, mixed leaves, mixed seeds + B Vinaigrette

TUNA SALAD 8.20 9.80
 House special tuna mix, lettuce, cherry tomatoes, cucumber, red onion, boiled egg & briny kalamata olives + B Vinaigrette

QUINOA SALAD **PB** 7.90 9.50
 Marinated tofu, mixed leaves, quinoa tabouleh, cucumber, peppery radish & flaked almonds + tahini ginger dressing

SALMON CAESAR 8.20 9.80
 Oak-smoked salmon, mixed leaves, bagel crisps, cherry tomatoes, cucumber, peppery radish, capers & shaved parmesan + caesar dressing

V - Vegetarian

PB - Plant-based

🔥 - Spicy

NUTRITIONAL TABLE

BAGELS

	Energy (kcal)	Protein	Fibre	Fat	of which saturates	Carbohydrate	of which sugars
CLASSIC SMOKED SALMON + CREAM CHEESE	438	21	3.1	12	5.1	62	9.1
FANCY SMOKED SALMON + CREAM CHEESE	525	21	3.7	22	9.8	62	9
EGG MAYO	512	20	3.3	22	3.8	59	7.4
PLAIN CREAM CHEESE	475	10	3.1	22	12	62	8.8
PLANT-BASED CREAM CHEESE	407	6.6	3.1	15	13	63	6.6
JALAPEÑO CREAM CHEESE	436	9.6	3.3	17	10	62	8.4
CHIVES + GARLIC CREAM CHEESE	472	10	3.1	21	12	62	8.8
SUNDRIED TOMATO CREAM CHEESE	436	9.6	3.3	17	10	62	8.4
SALT BEEF	548	33	3.3	19	3.4	66	13
CORONATION CHICKEN	605	23	3.7	29	2.6	65	13
TUNA MAYO	492	24	3.7	18	1.7	61	8.2
BUTTER + JAM	493	11	4	18	10	73	17
HOT NOLA CHICKEN	736	20	4.9	38	6.2	79	19
PASTRAMI	659	28	2.8	41	12	44	9.4
NEW YORK NEW YORK	581	26	4.2	23	2.4	69	15
TUNA MELT	619	31	3.6	28	8.2	62	9.4
CHICKEN AVOCADO	724	31	7	39	7.5	64	11
REUBEN	669	37	4.5	27	8.9	70	15
OMELETTE	642	26	3.6	31	6.9	66	12
FRIED EGG	554	33	3.1	30	12	59	6.6
DIRTY BREAKFAST	751	36	4.1	41	17	74	19
AVOCADO + VEGAN CREAM CHEESE	486	7.5	6.2	23	13	63	6.8
LOUISIANA TOFU	714	14	5.2	37	5.9	82	19
BBQ PULLED MUSHROOM	385	8.8	3.7	10	1.4	67	12

SALADS

	Energy (kcal)	Protein	Fibre	Fat	of which saturates	Carbohydrate	of which sugars
CHICKEN & AVOCADO SALAD	358	19	5.6	29	5.8	6.9	5.3
TUNA SALAD	531	24	2.2	45	4.3	9.1	7
QUINOA SALAD	301	14	6.3	19	2.5	19	3.5
SALMON CEASER	228	19	2.2	17	4.2	13	5.8

SMOOTHIES

	Energy (kcal)	Protein	Fibre	Fat	of which saturates	Carbohydrate	of which sugars
SUPER GREENS	352	8.2	6.3	29	6.5	18	8.1
BERRIES	178	1.9	4.1	0.4	0.1	42	41
TROPICAL	182	1.4	3.3	0.3	0.1	44	44
MIXED FRUITS	200	1.6	4.5	0.5	0.1	48	47
BREAKFAST-Y	502	16	8.3	24	5.3	55	23
PROTEIN BREAKFAST-Y	593	40	11.8	24	5.2	60	26