

1 CHOOSE YOUR FILLING

CLASSIC

Served with a Side Salad (Eat-in)

	TA	Eat-in
SMOKED SALMON & CREAM CHEESE Premium Smoked Salmon with Cream Cheese	6.60	8.50
SALT BEEF Hot Salt Beef with Mustard Mayo & Pickles	8.45	10.50
EGG MAYO Chopped Free-range Egg, Mayo, Chives & Tomato	4.60	6.50
CHICKEN AVOCADO Roasted Chicken, Avocado, Tomato, Parmesan, Tapenade & Basil Mayo <small>Recommended on Sesame Bagel</small>	7.45	9.90
REUBEN Pastrami, Melted Cheddar Cheese, Sauerkraut, Mustard Mayo, House Reuben Sauce & Pickles	7.45	9.90
CREAM CHEESE		
Plain Cream Cheese	3.95	5.75
Jalapeño Cream Cheese <small>NEW</small> / Chives & Garlic	5.00	6.50
Vegan Cream Cheese	3.95	5.75

B SPECIAL

Served with a Side Salad (Eat-in)

	TA	Eat-in
TUNA MELT Tuna Mix, Pickled Onion & Melted Cheddar Cheese	7.20	9.65
TUNA MAYO & CUCUMBER Tuna Mix & Cucumber Slices	6.30	8.45
SABICH <small>Recommended on Sesame Bagel</small> Hummus, Roasted Aubergine, Boiled Egg, Caramelised Onion, Pickles & Spinach	6.30	8.45
NEW YORK, NEW YORK Roasted Turkey Breast, Coleslaw, Mustard Mayo & Pickles	7.30	9.65
CHICKEN SCHNITZEL Chicken Schnitzel, Lettuce, Tomato, Mayo & Sliced Pickles	7.80	10.30

BREAKFAST

Early birds - Free hot drink (Small or Regular) till 08:30 with any Breakfast Bagel

	TA	Eat-in
OMELETTE BAGEL Omelette, Cream Cheese, Lettuce, Tomato & Pickles	6.45	8.80
FRIED EGG BAGEL Toasted Buttered Bagel with Fried Egg, Cheddar Cheese & Turkey Bacon	6.85	9.25
DIRTY BREAKFAST Egg Mayo topped with Melted Cheddar, Turkey Bacon, Caramelised Onion & Dirty Breakfast Sauce	7.45	9.95
CREAM CHEESE & AVOCADO Toasted Bagel with Cream Cheese & Avocado	5.80	7.95

PLANT-BASED

Served with a Side Salad (Eat-in)

	TA	Eat-in
BBQ PULLED MUSHROOM Vegan Mayo, Pulled BBQ Oyster Mushrooms, Lettuce, Tomato & Pickles	5.80	7.95
AUBERGINE HEAVEN Hummus, Roasted Aubergine, Caramelised Onion, Spinach & Pickles	5.95	8.20
AVOCADO HARISSA Vegan Cream Cheese, Avocado, Pickled Onion, Lettuce, Cucumber & Sesame Harissa	5.95	8.20
AVOCADO & VEGAN CREAM CHEESE Vegan Cream Cheese & Avocado	5.80	7.95

2 CHOOSE YOUR BAGEL



PLAIN



WHEATMEAL
+10p



SESAME
+10p



POPPY
+10p



EVERYTHING
+10p



ONION
+10p



CINNAMON
RAISIN
+25p



GLUTEN-FREE
+£2

SWEET

Served in a plain toasted bagel

	TA	Eat-in
NUTELLA BAGEL Add Jam - 50P	3.50	4.50
PEANUT BUTTER BAGEL Add Jam - 50P	3.50	4.50
BLUEBERRY CREAM CHEESE BAGEL Add Banana - 50P / Add Strawberry - £1	5.00	6.00

EAT-IN SPECIALS

Free hot drink (Small or Regular) till 12:00 with any Eat-in Special

	Eat-in
SHAKSHUKA Two Poached Eggs cooked in our Exquisite Tomato & Pepper Slow-cooked Sauce. Served with Tahini & a Bagel	12.50
PORRIDGE Porridge Oats, Honey, Banana & Cinnamon Go vegan - choose your alternative milk	7.50
SCRAMBLED ON TOAST Two Scrambled Eggs on a Toasted Buttered Bagel Served with a Side Salad	8.50
AVOCADO ON TOAST Avocado on a Toasted Bagel, topped with Toasted Seeds Served with a Side Salad	8.50

SMOOTHIES

Choose your Base:

Milk / Orange Juice / Apple Juice / Yogurt / Almond Milk

	TA	Eat-in
GREEN SUPER SHAKE Kale, Spinach, Avocado, Banana, Cacao Nibs, Chia Seeds, Goji Berries, Nut Mix, Ground Flax Seeds, Coconut Oil & Honey Recommended with Almond Milk Base	6.65	7.65
TROPICAL Papaya, Mango, Passion Fruit & Pineapple Recommended with Apple Juice Base	5.95	6.95
BERRY SMOOTHIE Strawberries, Blueberries, Blackberries, Raspberries & Banana Recommended with Milk & Honey Base	6.30	7.30
MIXED FRUITS Banana, Mango & Strawberry Recommended with Apple Juice Base	5.95	6.95
BREAKFAST SMOOTHIE Oats, Banana, Peanut Butter, Maple Syrup, Cinnamon & Vanilla, with Almond Milk Base	6.30	7.30

SALADS

Served with a Plain Bagel | Extra Bagel Topping: Sesame / Poppy Seed / Onion / Everything / Wheatmeal - 10p | Gluten-free Bagel - 2.00

	TA	Eat-in
CHICKEN AVOCADO SALAD Roasted Chicken Breast, Avocado, Harissa, Yogurt & Chickpeas, on a bed of Mixed Leaves, topped with Caramelized Onion and a wedge of Lemon	9.50	11.50
TUNA SALAD Tuna Mayo, Baby Potato, Green Beans, Boiled Egg, Pickled Onion & Capers, on a bed of Cos Lettuce. Dressing - Tonnato	9.50	11.50
GIANT COUSCOUS & BROCCOLI SALAD Marinated Giant Couscous, Tenderstem Broccoli, Sundried Tomato, Kalamata Olives, Toasted Almonds & Hummus, on a bed of Green Leaves	8.50	9.95
GREEK SALAD Cherry Tomatoes, Cucumber, Red Onion, Kalamata Olives & Feta Cheese, on a bed of Cos Lettuce. Dressing - Lemon Vinaigrette	8.25	9.75

FRESH JUICES

Squeezed Orange - Apple
Squeezed Grapefruit - Carrot
Add Ginger - 50p



	R	L
TA	4.80	5.95
Eat-in	5.75	7.20

RECOMMENDED MIXES:

Apple + Carrot + Orange
Grapefruit + Orange
Apple + Carrot + Ginger



GINGER & LEMON SHOT	2.50
1 LITRE ORANGE JUICE	13.50

COFFEE & MORE

	S	R	L
CAPPUCCINO	3.00	3.30	3.60
CAFÉ LATTE	3.00	3.30	3.60
AMERICANO	2.65	2.90	3.20
FLAT WHITE	3.30		
MOCHA	3.65	3.85	4.20
BABYCCINO	1.65		
HOT CHOCOLATE	3.30	3.65	4.00
MACCHIATO	Single 2.95	Double 3.20	
ESPRESSO	Single 2.45	Double 2.75	
TEA English Breakfast / Earl Grey / Camomile Tea	2.45	2.65	2.85
FRESH MINT TEA	3.10	3.30	3.60
FRESH GINGER, LEMON, HONEY TEA	3.30	3.50	3.70
CHAI LATTE	3.50	3.85	4.00
MATCHA LATTE	3.40	3.70	4.00

- Milk Substitutes: Coconut Milk / Soya Milk / Oat Milk / Almond Milk
- Flavours: Caramel / Hazelnut / Vanilla - 50p