

# 1 CHOOSE YOUR FILLING

## CLASSIC

Served with a Side Salad (Eat-in)

	TA	Eat-in
<b>SMOKED SALMON &amp; CREAM CHEESE</b> Premium Smoked Salmon with Cream Cheese	6.60	8.50
<b>SALT BEEF</b> Hot Salt Beef with Mustard Mayo & Pickles	8.45	10.50
<b>EGG MAYO</b> Chopped Free-range Egg, Mayo, Chives & Tomato	4.60	6.50
<b>CHICKEN AVOCADO</b> Roasted Chicken, Avocado, Tomato, Parmesan, Tapenade & Basil Mayo Recommended on Sesame Bagel	7.45	9.90
<b>REUBEN</b> Pastrami, Melted Cheddar Cheese, Sauerkraut, House Reuben Sauce & Pickles	7.45	9.90
<b>CREAM CHEESE</b>		
Plain Cream Cheese	3.95	5.75
Jalapeño Cream Cheese  / 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
<b>TUNA MELT</b> Tuna Mix, Pickled Onion & Melted Cheddar Cheese	7.20	9.65
<b>TUNA MAYO &amp; CUCUMBER</b> Tuna Mix & Cucumber Slices	6.30	8.45
<b>SABICH</b> Hummus, Roasted Aubergine, Boiled Egg, Pickles & Spinach Recommended on Sesame Bagel	6.30	8.45
<b>NEW YORK, NEW YORK</b> Roasted Turkey Breast, Coleslaw, Mustard Mayo & Pickles	7.30	9.65
<b>CHICKEN SCHNITZEL</b> 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
<b>OMELETTE BAGEL</b> Omelette, Cream Cheese, Lettuce, Tomato & Pickles	6.45	8.80
<b>FRIED EGG BAGEL</b> Toasted Buttered Bagel with Fried Egg, Cheddar Cheese & Turkey Bacon	6.85	9.25
<b>DIRTY BREAKFAST</b> Egg Mayo topped with Melted Cheddar, Turkey Bacon & Dirty Breakfast Sauce	7.45	9.95
<b>CREAM CHEESE &amp; AVOCADO</b> Toasted Bagel with Cream Cheese & Avocado	5.80	7.95

## PLANT-BASED

Served with a Side Salad (Eat-in)

	TA	Eat-in
<b>BBQ PULLED MUSHROOM</b> Vegan Mayo, Pulled BBQ Oyster Mushrooms, Lettuce & Tomato	5.80	7.95
<b>AUBERGINE HEAVEN</b> Hummus, Roasted Aubergine, Roasted Onion, Spinach & Pickles	5.95	8.20
<b>AVOCADO HARISSA</b> Vegan Cream Cheese, Avocado, Pickled Onion, Lettuce, Cucumber & Sesame Harissa	5.95	8.20
<b>AVOCADO &amp; VEGAN CREAM CHEESE</b> 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
<b>NUTELLA BAGEL</b>	3.50	4.50
<b>PEANUT BUTTER BAGEL</b> Add Jam - 50P	3.50	4.50
<b>BLUEBERRY CREAM CHEESE BAGEL</b> 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
<b>SHAKSHUKA</b> Two Poached Eggs cooked in our Exquisite Tomato & Pepper Slow-cooked Sauce. Served with Tahini & a Bagel	12.50
<b>PORRIDGE</b> Porridge Oats, Honey, Banana & Cinnamon Go vegan - choose your alternative milk	7.50
<b>SCRAMBLED ON TOAST</b> Two Scrambled Eggs on a Toasted Buttered Bagel Served with a Side Salad	8.50
<b>AVOCADO ON TOAST</b> 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
<b>GREEN SUPER SHAKE</b> 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
<b>TROPICAL</b> Papaya, Mango, Passion Fruit & Pineapple Recommended with Apple Juice Base	5.95	6.95
<b>BERRY SMOOTHIE</b> Strawberries, Blueberries, Blackberries, Raspberries & Banana Recommended with Milk & Honey Base	6.30	7.30
<b>MIXED FRUITS</b> Banana, Mango & Strawberry Recommended with Apple Juice Base	5.95	6.95
<b>BREAKFAST SMOOTHIE</b> 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
<b>CHICKEN AVOCADO SALAD</b> 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
<b>TUNA SALAD</b> Tuna Mayo, Baby Potato, Green Beans, Boiled Egg, Pickled Onion & Capers, on a bed of Cos Lettuce. Dressing - Tonnato	9.50	11.50
<b>GIANT COUSCOUS &amp; BROCCOLI SALAD</b> Marinated Giant Couscous, Tenderstem Broccoli, Sundried Tomato, Kalamata Olives, Toasted Almonds & Hummus, on a bed of Green Leaves	8.50	9.95
<b>GREEK SALAD</b> 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



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TA	4.80	5.95
Eat-in	5.75	7.20

RECOMMENDED MIXES:

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



<b>GINGER &amp; LEMON SHOT</b>	2.50
<b>1 LITRE ORANGE JUICE</b>	13.50

## COFFEE & MORE

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

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