

BREAKFAST

AVOCADO ON TOAST (V) £9.80

Smashed avocado on sourdough toast with feta cheese and roasted cherry tomato.

Add an extra egg for £1.80.
Vegan option available.

EGGS BENEDICT (V) £12.50

Poached eggs on toasted sourdough bread with hollandaise sauce. Please select one: Bacon, Salmon, Ham or Spinach.

SHAKSHUKA (V) £13.50

Tomato, onion and pepper ragout, topped with poached egg, yoghurt, chilli oil and herb mix, served with homemade sourdough.

CHILLI POACHED (V) £13.90

Homemade sourdough bread with kale, whipped garlic yoghurt and poached eggs, served with chilli butter.

CHORIZO HASH £13.90

Sautéed potato and spinach, grilled smoked chorizo served with a poached egg, pesto, and homemade sourdough.

Vegetarian option available.

VEGETARIAN BREAKFAST (V) £14.50

Fried egg, mushroom, roasted and grilled tomato, baked beans, grilled halloumi, avocado, and homemade hash browns, served with homemade sourdough bread.

Vegan option available.

ROASTED AUBERGINE (V) £14.90

Roasted aubergine and pepper on sourdough bread, topped with two fried eggs, sumac garlic yoghurt and chilli butter.

FRY IT UP £15.50

Fried egg, Cumberland sausage, grilled streaky bacon, oven-roasted tomato, portobello mushroom, baked beans, and homemade hash browns.

MEDITERRANEAN BREAKFAST £15.50

Fried egg, feta cheese, grilled halloumi, spicy beef (sucuk), hummus, filo pastry, olives, fresh tomato, cucumber, rocket, jam, honey, and sourdough bread.

EXTRAS

Salmon - £4.00

Halloumi, Avocado, Spicy Beef Sausage and Bacon.- £3.00

Feta Cheese, Beans, Hash Browns - £2.00



SWEET BREAKFAST

GRANOLA (V) £9.00 FRENCH TOAST (V) £12.50

Greek or coconut yoghurt with fresh seasonal fruit, organic granola, maple syrup and date syrup.

Brioche loaf with cream, fresh seasonal fruit and maple syrup.
Add bacon for £3.00.

ACAI BOWL (VG) £11.50 PANCAKE (V) £12.50

Smoothie bowl with acai berries, banana and granola, served with peanut butter and fresh seasonal fruit.

Stacked layers of pancakes served with fresh seasonal fruit, Nutella and maple syrup on the side.

APPETISERS

OLIVES (VG) £4.00 PADRON PEPPERS (VG) £5.50

Marinated pitted olives.

Sea-salted fried peppers.

BREAD & OLIVE OIL £4.50 KING PRAWN £9.90

Homemade sourdough bread with olive oil, balsamic vinegar and herbs.

Sautéed king prawn with chilli butter and garlic.

HUMMUS (VG) £6.90 BUFFALO WINGS (V) £7.50

Served with roasted chickpeas and chilli butter.

Marinated crispy cauliflower served with buffalo and aioli sauces.

CROQUETTES (V) £8.00 MOZZARELLA GARLIC BREAD £6.50

Deep-fried mushroom croquettes with blue cheese served with aioli.

Sourdough garlic bread topped with mozzarella cheese.

CALAMARI £8.00 BURRATA SALAD (V) £12.00

Crispy fried calamari with tartare sauce.

Cherry tomatoes, avocado, basil, seasonal fruits, nuts, rocket with balsamic dressing.

MAINS

POLLO ALLA MILANESE £18.90 IZGARA KOFTE £17.90

Pan-fried chicken breast in seasoned breadcrumbs, served with spaghetti in a Napoli sauce.

Grilled meatballs made with beef and lamb, served with rice, chips, grilled tomato and grilled green pepper.

ISKENDER £19.90 TAGLIATELLE (V) £14.95

Grilled cubes of lamb, chicken and köfte with fresh tomato sauce, served on a bed of pitta bread topped with yoghurt and melted butter sauce.

Fresh tagliatelle with gorgonzola, onion, basil, mushroom, fresh thyme, and cream sauce.

SALMON £20.50 CHILLI TOFU (VG) £15.90

Baked salmon fillet served with mashed potato and sautéed creamy spinach.

Marinated chilli garlic tofu cooked with vegetables and spices, served with rice.

SALADS

CHICKEN CAESAR SALAD £15.50 GRILLED GOAT CHEESE SALAD (V) £14.00

Marinated grilled chicken, crispy gem lettuce, crunchy croutons, parmesan, and Caesar dressing.

Mixed leaf salad with roasted walnuts, avocado, apple, cherry tomatoes, olive oil and balsamic, served with toasted homemade sourdough bread.

GARDENER'S BOWL (VG) £15.50

Cabbage, mixed leaves, edamame, carrot, quinoa and falafel, served with hummus.

BURGERS & WRAPS

All burgers and wraps are served with wedges. Swap them for sweet potato fries for an extra £1.

HOMEMADE BEEF BURGER £15.90

Double smashed beef patty, lettuce, onion, tomato, and Gaia burger sauce.

SPICY BEEF BURGER £16.90

Double smashed beef patty with cheese, lettuce, fried onion, pickles, jalapeños, and Gaia burger sauce.

PLANT BASED BURGER £14.50

Vegan burger with vegan cheese, lettuce, tomato, onion, pickles, and vegan burger sauce.
Add vegan cheese for £1.80.

FALAFEL WRAP (VG) £12.50

Hummus, mixed leaves, pickles, onion, and tomato.

AVOCADO HALLOUMI WRAP (V) £12.50

With hummus, sun-dried tomato and mixed leaves, served with potato wedges.

GRILLED CHICKEN WRAP £13.50

With mixed leaves, tomato, melted mature cheese and dill mustard mayo, served with potato wedges.

ADD EXTRA

Bacon - £3.00 | Fried Egg, Cheese - £1.80

SIDE

FRENCH FRIES WITH PARMESAN CHEESE & TRUFFLE OIL £4.90

POTATO WEDGES £4.50

CHILLI CHEESE FRIES £6.50

Covered with cheese, crispy onions, pickled jalapeños, and mustard.

ROCKET SALAD £7.50

Baby rocket with cherry tomatoes, olives, and shaved Parmesan.

DESSERTS

BANOFFEE PIE £5.50

SAN SEBASTIAN CHEESECAKE £6.50

with chocolate sauce.

APPLE CRUMBLE £7.50

with ice cream or custard.

SALAD BAR AVAILABLE MONDAY TO FRIDAY

Enjoy our fresh and delicious salad bar, available every weekday!

Please inform a member of our staff if you have any allergies. Our dishes may contain the following 14 allergens: Gluten, crustaceans, eggs, fish, soya beans, milk, peanuts, celery and celeriac, nuts, mustard, sesame, sulphur dioxide, molluscs and lupin.
VG: Vegan | V: Vegetarian