

COCKTAILS

always alcohol-free

PICOSO SPICY MARG.....4

mango or lime, tajin rim, hint of chilli

SIP FRENCH MARTINI.....6

pineapple, raspberry & lime

SIP NEGRONI.....6

bitter orange, aromatic herbs

PENTIRE PALOMA.....6

pink grapefruit, lime, agave, soda

PENTIRE COASTAL SPRITZ.....6

blood orange, sea rosemary & oakwood

BLOODY MARY.....5.6

tomato, horseradish, lemon juice

BEERS

always alcohol-free

ON DRAUGHT.....3/6

CRAFT IN A CAN.....from 5

check out all the options in the fridge!

WHAT'S ON

BOTTOMLESS BREAKFAST

upgrade your breakfast for a fiver!

unlimited filter or breakfast tea

with granola or sourdough

**last orders for bottomless at 10am*

SATURDAY SOCIAL

Salsa, Sauna & £5 pints.

from 5pm Saturday evenings

GOOD STUFF

COFFEE

espresso.....	2.8
americano.....	2.8
filter <i>*ask for today's roast</i>	3
cortado.....	3.3
flat white.....	3.3
latte.....	3.4
cappuccino.....	3.4
mocha.....	3.8
dirty chai.....	4.2
espresso & tonic.....	4.2

NOT COFFEE

chai latte.....	3.8
matcha.....	4.2
raspberry matcha.....	4.6
tumeric latte.....	3.8
<i>with vanilla syrup & coconut milk</i>	
beetroot latte.....	4
<i>with vanilla syrup & oat milk</i>	

TEA

by the cup

breakfast or decaf.....	2.6
earl grey, green, berry, roobos, peppermint, chamomile, lemon & ginger.....	2.9

by the pot (0.6l)

green.....	3.4
------------	-----

HOT CHOC

white, milk or dark.....	4.2
add cream or marshmallows.....	0.5
both.....	0.8

SYRUP & COLD FOAM

all home-made & seasonal

**ask the team for today's options*

syrup.....	0.7
cold foam.....	1

MILK

dairy, oat or coconut

SOFTS

living things <i>prebiotic soda</i>	3.2
coconut water.....	3.2
trip <i>cbd, calm or magnesium</i>	3.2
daily dose <i>juice</i>	4.5
charitea.....	3.5
tenzing.....	3.3
ginger beer.....	3.6
oichi kombucha.....	4.2

SEASONAL FAVOURITES

mixed berry smoothie.....	4.6
cloudy lemonade.....	3
humantra electrolytes.....	3
<i>apricot or berry pomegranate, served bottled or as sachets</i>	

-
let us know if you'd like your drink iced!

REFRESH



BREAKFAST

from 7am to 11am

help yourself to sourdough & granola from the breakfast station

SIMPLY SOURDOUGH.....2.2
one slice with your choice of toppings

veo

HOUSE GRANOLA.....4.5
with your choice of seasonal toppings, yogurt, hot or cold milk

gf veo

SMOOTHIE BOWL.....6.5
seasonal fruits, banana, vanilla protein & our choice of toppings
add homemade nut butter.....1

gf ve

SALADS

from 12pm to 5pm

GRAIN BOWL.....8.5
tricolour quinoa, beetroot houmous, spinach, heritage tomatoes, pomegranate, za'atar, jammy boiled egg, whipped feta, pickled red onions

gfo v

SEASONAL CHOPPED SALAD...8.5
seasonal & local

**ask the team for today's choice*

veo

BRUNCH

from 8am to 5pm

SIMPLY SOURDOUGH & EGGS...5.9
choose from poached, scrambled or fried **v** or scrambled silken tofu with kala namak **ve gfo**

SOURDOUGH & STAITHE SMOKED SALMON.....7.9
whipped cream cheese, pickled beetroot, dill oil

gfo

SOURDOUGH & WILD MUSHROOMS.....7.9
pangratatto, salsa verde, parmesan

gfo veo

TURKISH EGGS.....8.5
lemon yoghurt, house chilli crisp, dill & parley sauce, poached eggs, house foccacia

v

ADD-ONS

avocado.....2
bacon.....2
chicken.....2
egg.....1.5
halloumi.....3
staithe smoked salmon.....5

TOASTED SANDOS

from 12pm to late

all served with a side salad & vinaigrette

CLASSIC.....7
norfolk ham, cheddar, pickle

MEDITERRANEAN.....7
mozzarella, sundried tomatoes, balsamic mayo, olive tapenade, rocket

v

PULLED BBQ JACKFRUIT.....7
red cabbage sauerkraut, pineapple salsa

ve

BOWLS

from 12pm to late

SOUL BOWL.....5.5
always homely & hearty!

**ask the team for today's choice*

gfo ve

homemade pastry & bakery items available at the counter