

smörgås

Breakfast until 11:00

Cinnamon bun (V) £2.00

Breakfast open-faced sandwiches

(gluten free bread available on request)

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| Smoked salmon with scrambled eggs on toasted sourdough | £6.00 |
| Avocado topped with tomato on toasted sourdough (VG) | £5.50 |
| ...add crumbled feta (V) | £6.00 |
| Avocado with 2 poached or 2 scrambled eggs (V) | £7.50 |
| Boiled egg with Kalles on toasted seeded rye | £5.00 |
| Nutella/vegan chocolate spread with banana & hazelnut on rye (V/VG) | £3.50 |
| Cream cheese topped with fruit & granola on rye (V) | £3.50 |
| Peanut butter & banana with maple syrup on rye (VG) | £3.50 |

Toast

2 slices of Gerry's sourdough (gluten free bread available) served with butter/vegan spread

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| And a choice of: jam, marmalade, honey, peanut butter, marmite, nutella/vegan chocolate spread (V/VG) | £2.50 |
| Toast with banana, honey/maple syrup and cinnamon (V/VG) | £4.50 |
| Toast with 2 free range eggs (poached or scrambled) (V) | £4.50 |
| Toast with Jarlesberg cheese (V) | £4.50 |

Porridge (VG,GF) £3.00

Made with gluten free oats and served with a splash of cold milk (non dairy milk +20p)

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| Add: jam, honey/maple syrup, peanut butter, nutella/vegan chocolate spread, banana, toasted seeds (V/VG,GF) | +50p each |
| Porridge with banana, toasted seeds and honey/maple syrup (VG,GF) | £4.00 |
| Porridge with fruit compote and granola (VG,GF) | £4.50 |

Granola (VG,GF) £3.50

Made with gluten free oats and served with a splash of cold milk (non dairy milk +20p, skyr +£1.00).

Skyr (V) Icelandic cultured yoghurt, high protein, fat free £3.00

Add: jam, honey/maple syrup, peanut butter, nutella/vegan chocolate spread, banana, toasted seeds (V/VG,GF) +50p each

If you have any food allergies or intolerances please speak to a member of staff about the ingredients in your meal when placing your order. V=Vegetarian; VG=Vegan; GF=free from ingredients that naturally contain gluten, note that allergens may be present in the environment so we cannot guarantee that cross contamination will never occur.

smörgås

Lunch from 11:30

Smorgas

Choose from today's selection of open-face sandwiches, on Gerry's Rye, Seeded Rye or Sourdough bread (gluten free bread available on request)

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|---|--------------|
| New potato with egg & horseradish cream (V/VG*) | £2.80 |
| Smoked salmon with horseradish cream | £3.70 |
| Prawn and egg salad | £3.70 |
| Houmous & roasted peppers (VG) | £2.80 |
| Jarlsberg and Salami | £3.50 |
| Cheese salad (V) | £2.80 |
| Goats cheese with walnut & maple syrup (V) | £3.50 |
| Mozzarella, tomato and basil pesto (V) | £3.50 |
| Add a side salad (VG,GF) | £2.00 |

See counter for today's specials

If you'd prefer a closed sandwich just ask, no additional charge

Salad selection (VG) (GF) £3.50

We make a minimum of 3 salads daily, the selection varies, some examples are shown below

Nordic quinoa

with kale, red cabbage, celery & apple in a cider vinegar, maple syrup & mustard dressing

Beetroot and apple

with a caraway seed & balsamic vinegar dressing

Slaw with toasted seeds

with carrot, red & white cabbage, red onion in a white wine vinegar & mustard dressing

Moroccan chickpea

with carrot, date and mint in a pomegranate molasses dressing

Potato salad with green beans

with cherry tomatoes & vegan pesto dressing

Nicoise-ish

beluga lentils, new potato, green beans and radish in a red wine vinegar & mustard dressing

Add boiled egg

£1.00

Add feta, mozzarella, goats cheese

£1.50 each

Add smoked salmon, prawns

£2.00 each

Soup of the day (VG) (GF) £3.80

Served with Gerry's sourdough bread & butter (gluten free bread available)

Add a side salad (VG,GF)

£2.00

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