

British bread board, balsamic vinegar and olive oil- 3.50, add Mediterranean olives for 1.95

## **ALL DAY BREAKFAST**

Fresh fruit salad and berries- 6.75 VG

Ham and cheese croissant - 3.50

Pancakes with blueberries, crème fraiche and maple syrup -7.95 V

Scrambled egg, toasted bloomer and smoked streaky bacon -8.95

Poached eggs with avocado on seeded granary bread -8.95 V

Eggs Royale, toasted English muffin, poached egg, hollandaise sauce, smoked salmon – 8.95

Eggs benedict, toasted English muffin, poached egg, hollandaise sauce, hickory ham- 9.50

## **SUPER FOOD BOWLS**

**Our superfood bowls are designed to energise body and soul with special ingredients chosen specifically for their stimulating, healing and energy boosting qualities**

Matcha chia Pot- 7.95 VG, GF

Coconut, Matcha, agave and chia seeds with fresh berries – rich in fibre, protein and omega 3

Amazonia Acai bowl- 9.00

Banana, strawberry, homemade granola, coconut and pumpkin seeds- anti ageing and full of antioxidants

Deep blue bowl - 9.00 VG

Mango, banana, blue spirulina, blueberries , coconut and homemade granola – packed with nutrients, proteins and vitamins

Quinoa and sweet potato bowl 9.50 VG

Crispy kale and balsamic glaze- high in fibre and antioxidants

### **Feel free to add on :**

Grilled Chicken breast £ 5.00

Grilled Salmon £ 5.00

Poached egg £ 3.00

Avocado £ 5.00

## **STARTERS**

Summer asparagus soup, garlic croutons and crème fraiche- 5.25 V

Spicy avocado and broad bean toast, sunflower and pumpkin seeds- 6.95 VG

Chicken liver and brandy parfait, fig chutney, toasted granary bread- 7.25

Salt and pepper squid, garlic and lemon mayonnaise-8.50

## **SALADS**

Heritage tomato and garden salad – 11.50 VG, GF

Beetroot, strawberry, asparagus, sugar snaps, toasted sesame, tamari and ginger dressing

Avocado, bacon and spinach salad-12.50

garlic croutons, French dressing and parmesan cheese

Caesar salad 7.95

cos lettuce, croutons, parmesan cheese and Caesar dressing

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Grilled Salmon £ 5.00

Poached egg £ 3.00

Avocado £ 5.00

## **Wraps, Open Sandwiches and burgers**

Peri- peri Chicken wrap- 10.50

Baby spinach, spicy guacamole, and sour cream

Awesome avocado wrap- 9.25 VG

Avocado, mustard, mango chutney, pine kernels and baby leaf salad

### **Open sandwiches**

#### **Choose from sourdough, white bloomer or gluten free**

Urban meadow ham and cheese melt 8.95

Fish finger 9.50

Fried cod goujons, baby gem lettuce, tartare sauce and rocket

BLT 9.25

Streaky bacon, roast cherry tomatoes, lettuce and mayonnaise

## **Burgers**

Urban Meadow Pulled pork burger 12.50

BBQ marinated slow cooked pork shoulder, cabbage slaw and pickled cucumber and fries

Urban Meadow Beef Burger 12.50

Gem lettuce, tomato, red onion confit, brioche bun, spicy tomato mayonnaise and fries

Urban Meadow vegan burger 12.50 \* VG

Grilled black mushroom, tamari marinated tofu, avocado, sesame seeds, rocket and fries

**Gluten free buns available, or why not try it naked and wrapped in crispy lettuce**

## **MAINS**

Raw courgette "spaghetti" 10.50 VG, GF

basil pesto, cherry tomato, pine nuts and vegan feta cheese- low in calories, rich in nutrients

Sticky Black rice and salmon Poke bowl 14.00 \* GF

Raw salmon, sticky black rice, black sesame, tofu and pickled ginger \*- high in fibre

Lime and cumin grilled chicken breast 14.95

Mediterranean roast vegetables, minted yoghurt and grilled flat bread

Grilled salmon with caper and parley salsa verde- 15.95 GF

green asparagus, samphire and new potatoes

Fragrant sweet potato, vegetable and coconut curry - 14.50 V

basmati rice and nan bread

Egg free penne, cherry tomato and basil sauce with fresh Rocket- 10.50 VG

21 day aged British Rib eye with pink Himalayan salt fries - 22.50

Choose from crushed pepper, bearnaise or chimichurri sauce

## **SIDES**

Pink Himalayan salt fries 3.50 VG GF

Sweet Potato fries 3.95 VG GF

Buttered new potatoes 3.50 V GF GF

Tender stem broccoli and chilli 3.50 V GF

Heritage tomato and basil salad 4.50 VG GF

Macaroni cheese 4.25

## **DESSERTS**

Ultra protein choco bowl 6.95 VG, GF

Dates, cocoa, chia and coconut chips- energising and packed with protein

Lemon and blueberry posset, Homemade granola- 6.95

Vegan Flourless chocolate and orange cake 6.95VG, GF

Baked cookie cheese cake - 6.95

Selection of ice cream – 6.75 GF

Urban meadow cheese board 8.75

