

## VEGETARIAN MENU

### BREAKFAST

Monday - Friday 11.00am - 4.00pm  
Saturday - Sunday 10.00am - 4.00pm

**Organic Porridge** N 4.25

poached pears, chopped walnuts,  
pomegranate, orange blossom honey

**Avocado Smash** 7.95

toasted dark sourdough,  
roasted vine tomatoes, chilli  
**add a poached egg** 0.75

**Mushrooms on Toast** 6.25

sautéed mushrooms on  
toasted dark sourdough  
**add a poached egg** 0.75

**Buttermilk Stacked Pancakes** 7.50

topped with blueberries & banana

**Sunshine Brunch** N 8.95

2 free range eggs, avocado, hummus,  
roasted vine tomatoes, feta,  
toasted dark sourdough

**Open Pan Egg White Omelette** 7.95

avocado, spinach, kale & feta

**Red Shakshouka** N 8.95

slow roast tomato & pepper stew,  
grated feta, baked free-range eggs,

### DESSERTS

**Pear, Blueberry & Hazelnut Crumble** N 5.50

vanilla ice cream

**Chocolate Brownie** 5.65

melted chocolate sauce & vanilla ice cream

**Mountain Chocolate Cheesecake** N 5.25

dark chocolate sauce

**Lemon Sorbet** 3.95

refreshingly lemon with chopped mint

**Frozen Mixed Berries** 4.95

warm white chocolate sauce

### APPETIZERS

**Pea & Mint Soup**

creme fraiche

**Roasted Beetroot &**

**Goat's Cheese Salad** N 6.25

candied walnuts, honey mustard dressing

**Grilled Halloumi & Vegetable Skewers** 5.95

market greens & quinoa salad

**Edamame** 4.95

soy, chilli, mirin sauce

**Bob's Nachos** 8.25

melted cheese, roquito peppers, black beans, corn,  
avocado smash, sour cream & chipotle sauce

### MAINS

**Mushroom & Spinach Buckwheat Crêpes** 10.95

baked with wild & field mushrooms, spinach & gruyere  
cheese, served with crunchy green salad

**Chef's Market Salad** 8.95

market greens, vine tomato, artichokes,  
chopped cucumber, grated carrot & beetroot,  
quinoa, avocado & house vinaigrette

**Kale, Spinach & Feta Salad** N 8.95

avocado, pomegranate, butternut squash,  
pickled red onions, fresh dates,  
toasted walnuts & house vinaigrette

**Falafel & Halloumi Burger** N 10.95

roasted red peppers, grated carrot & beetroot,  
green chilli relish, hummus & herby yoghurt

**Risotto Verde** V 10.95

green risotto with peas, courgette,  
spinach, mint, basil, rocket

**Spinach & Ricotta Ravioli** 10.95

slow roasted spicy tomato sauce

N some dishes contain nuts - we're sorry but we can not guarantee the absence of nuts in our dishes

Please note: an optional service charge of 12.5% will be added to your bill for the benefit of our team. Our staff receive 100% of service charge.

## GLUTEN CONSCIOUS MENU

### BREAKFAST

Monday - Friday 11.00am - 4.00pm  
Saturday - Sunday 10.00am - 4.00pm

**Avocado Smash 7.95**  
toasted gluten free bread,  
roasted vine tomatoes, chilli  
**add a poached egg 0.75**

**Mushrooms on Toast 6.25**  
sautéed mushrooms on  
toasted gluten free bread  
**add a poached egg 0.75**

**Sunshine Brunch <sup>N</sup> 8.95**  
2 free range eggs, avocado, hummus,  
roasted vine tomatoes, feta  
& toasted gluten free bread

**Eggs Benedict 8.95**  
smoked ham, soft poached eggs,  
toasted gluten free bun  
& herby hollandaise

**Eggs Royal 8.95**  
smoked salmon, avocado, soft poached  
eggs, toasted gluten free bun  
& herby hollandaise

**Red Shakshouka <sup>N</sup> 8.95**  
slow roast tomato & pepper stew,  
grated feta, baked free-range eggs,  
chopped parsley & toasted gluten free bread

**Open Pan Egg White Omelette 7.95**  
avocado, spinach, kale & feta

### DESSERTS

**Lemon Sorbet 3.95**  
refreshingly lemon with chopped mint

**Frozen Mixed Berries 4.95**  
warm white chocolate sauce

Please inform your waiter or manager before ordering of any specific requirements that you may have. Many of our dishes are easily adjusted to suit allergies, please ask your waiter for more information. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen, gluten or wheat free environment; nor can we guarantee against the processes used by our suppliers, unless otherwise stated. Some dishes, whilst not containing any gluten in their ingredients are cooked in our fryers. Unfortunately, whilst our fryers are cleaned and filled with fresh oil regularly, they have also been used to cook wheat products during service, and the following dishes should be avoided if this level of cross contamination will affect you. Our recipes may change, so please check each time you visit us.

<sup>N</sup> some dishes contain nuts - we're sorry but we can not guarantee the absence of nuts in our dishes <sup>F</sup> contains food cooked in fryer

### APPETIZERS

**Pea & Mint Soup**  
creme fraiche

**Grilled Halloumi & Vegetable Skewers 5.95**  
market greens & quinoa salad

**Roasted Beetroot & Goat's Cheese Salad <sup>N</sup> 6.25**  
candied walnuts, honey mustard dressing

**Korean BBQ Chicken Wings <sup>N</sup> <sup>F</sup> 5.95**  
watercress salad

**Bob's Nachos <sup>F</sup> 8.25**  
melted cheese, roquito peppers, black beans,  
corn, avocado smash, sour cream & chipotle sauce

### LUNCH

**Chef's Market Salad 8.95**  
market greens, vine tomato, artichokes,  
chopped cucumber, grated carrot & beetroot,  
quinoa, avocado & house vinaigrette

**Kale, Spinach & Feta Salad 8.95**  
avocado, pomegranate, butternut squash,  
pickled red onions, fresh dates,  
toasted walnuts & house vinaigrette

**Mediterranean Chicken & Goat's Cheese Salad <sup>N</sup> 12.95**  
black olives, artichokes, sun dried tomatoes,  
pine nuts, zucchini, roast onion & olive oil dressing

**Grilled Salmon Nicoise 12.95**  
green beans, vine tomatoes, soft egg, new potatoes,  
red onion, cucumber, olive oil & balsamic dressing

**Bob's Beef Burger <sup>F</sup> 10.95**  
gherkins, pickled red onion, tomato,  
lettuce, house sauce, gluten free bun

**Falafel & Halloumi Burger <sup>N</sup> <sup>F</sup> 10.95**  
roasted red peppers, grated carrot & beetroot,  
green chilli relish, hummus & herby yoghurt,  
gluten free bun

**Pan Roasted Sea Bream Fillet 13.95**  
sage & lime butter with jersey royals

**Miso-Ginger Salmon <sup>N</sup> 14.95**  
wasabi & edamame fried rice