



## BREAKFAST

Carrot, cinnamon, raisin, pumpkin seed muffin £2.75 VEG, GF, DF ALLERGEN: EGG, SULPHUR DIOXIDE

Courgette, spinach, cheddar and almond muffin £2.75 GF ALLERGEN MILK, EGG, NUTS

Pain au chocolat £2.20 ALLERGEN: SOYA, GLUTEN, MILK, EGG

Croissant £2.00 ALLERGEN: GLUTEN, MILK, EGG

Pain aux raisins £2.30 ALLERGEN: GLUTEN, MILK, EGG

Mushroom and miso roll £3.75 V ALLERGEN: NUTS, SESAME, GLUTEN, SOYA

## LUNCH

Lebanese spiced pumpkin soup, tahini drizzle, e5 sourdough £5.50 V, GF ALLERGEN SESAME, SOYA, CELERY, GLUTEN

Leek, spinach, cime di rapa, black garlic, basil and Parmesan quiche £6.25 VEG, GF ALLERGEN SESAME, MILK, EGG

Roasted pepper, roasted baby potato, smoked paprika, sundried tomato pesto, manchego, parsley frittata £6.00 VEG, GF ALLERGEN: EGG, MILK

E5 sourdough toastie with Montgomery Cheddar, apple and date chutney £4.95 VEG ALLERGEN GLUTEN, MILK, SULPHUR DIOXIDE

Chilli served with corn tortilla, cashew cream £6.50 V, GF ALLERGEN MUSTARD, NUTS, SOYA, SULPHUR DIOXIDE SERVED WARM

Parmesan and rosemary crusted chicken schnitzel, tartare sauce £6.50 GF ALLERGEN MILK, EGG, SULPHUR DIOXIDE, MUSTARD

## SALADS

One £3.95

Two £7.00

Buckwheat noodles, tenderstem broccoli, edamame with miso, walnut, kale and coriander pesto, £3.95 V, GF ALLERGEN NUTS, SOYA, SESAME

Carrot, salsify, swede, butternut squash, balsamic roasted red onions, celeriac, hazelnut, salsa verde £3.95 V, GF ALLERGEN SULPHUR DIOXIDE, NUTS, MUSTARD

All food and juices are freshly-made and free from preservatives and colouring. We use sustainably produced unaltered meat, fish and dairy products and source our ingredients locally within Britain and Europe where possible. We are committed to reducing our waste and carbon foot print: our dishes are predominantly vegan and vegetarian, we sparingly serve meat and fish and our kitchen is fully electric and uses 100% renewable energy. Allergens are clearly labelled. When in doubt, please ask a member of staff. Please note that food may contain traces of nuts.