

<b>Toast / Crumpet / Toasted Tea Cake</b>	£3.00
<b>Freshly Baked Pastries</b>	£2.50
Please see our counter for today's selection	
<b>Baked Eggs (v)</b>	£8.95
Eggs baked in a rustic tomato sauce with garlic, herbs and olive oil, inspired by Mediterranean flavours. Served with sourdough	
<b>Seasonal Yoghurt Bowl (v)</b>	£5.95
Rich Greek yoghurt topped with seasonal fruit, house granola, and a drizzle of honey	
<b>American Pancakes (v)</b>	£8.95
Fluffy pancakes served with your choice of:	
<ul style="list-style-type: none"> <li>• Seasonal fruit, honey &amp; mascarpone</li> <li>• Nutella, white chocolate &amp; mascarpone</li> </ul>	
<b>Avocado on Sourdough (v)</b>	£8.95
Zesty smashed avocado on toasted sourdough, topped with feta, chilli flakes, and honey drizzle	

**Bar+**  
**Kitchen**  
 Heywood Civic

## Hot Drinks

<b>Americano</b>	£3.25
<b>Pot of Tea</b>	£3.00
<b>Latte / Cappuccino / Flat White</b>	£3.75
<b>Mocha</b>	£3.95
<b>Hot Chocolate</b>	£3.75
<b>Babyccino</b>	£2.00
<b>Espresso</b>	£2.75
<b>Milk Alternatives</b>	£0.50
Oat, coconut, soy & almond	
<b>Syrups</b>	£0.50
Caramel, vanilla & hazelnut. Also available in sugar free	

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## Milkshakes & Smoothies

### **Milkshakes** £5.95

Fully loaded shakes made with real ice cream & cream.

Choose from:

Nutella, strawberry, biscoff, chocolate, salted caramel

### **Smoothies** £5.95

All smoothies made with apple juice unless otherwise stated

- **Breakfast Smoothie** – gluten free rolled oats, flax seeds, blueberry, raspberry and banana
  - **Detox Zing** – Ginger, courgette, banana, carrot and blueberry
  - **Coco Loco** – Coconut, pineapple, mango with a dash of mint and lime
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## Soft Drinks & Cakes

Please see our counter display for today's selection

## Lunch Menu

### Bloomer Sandwiches

Lightly toasted, served with a side salad and crisps:

- Chicken, rocket & pesto £8.95
- Halloumi, chilli jam & roasted vegetables £8.95
- Cheese & ham £7.95
- Classic tuna mayo £7.95

### Pinsa Pizza

A lighter, crisp Roman-style pizza with an airy centre

- Margherita £7.95
- Spicy chicken with rocket £8.95
- Pepperoni £8.95

### Mezze Board

£9.95

Mediterranean selection:

Cured meats, tzatziki, hummus, feta, olives, cucumber, falafel & pitta  
(Vegetarian option available)

### Salad Selection

£8.95

See our fresh salads on the counter

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## Kids Menu

### Lunch Box

£5.95

Choice of sandwich, drink & snack:

Ham, cheese, ham & cheese, tuna or jam

### Little Pickers Board

£4.50

Carrot sticks, cucumber, hummus & pitta

### Vegetable Pasta

£5.50

Pasta in a homemade tomato sauce with hidden vegetables

### Mini Margherita Pizza

£6.50

Pinsa base with tomato & mozzarella