

THE COMMUTE

• S T I V E S •

See our Specials Board for seasonal Limited Editions

Served between 9am and 11:30am

Top Granola	6.00
Hearty Porridge	6.00

Served between 9am and 2:30pm

LOADED SOURDOUGH TOASTS

Rocket fuel <i>Smoked mackerel pate with sour cream and rocket</i>	8.95
Hearty vegan <i>Houmous with pickled red cabbage and rocket</i>	8.95
Cracking arvo <i>Smashed avocado with boiled eggs and petit pois</i>	8.95
Cowboys breaky <i>Smokey beans and cheese</i>	8.95

FULLY LOADED SANDWICHES

Halloumi ciabatta toasted <i>Halloumi, sundried tomatoes, pesto, tomatoes, cucumbers and leaves</i>	7.50
Salmon sandwich <i>Smoked salmon, cream cheese, avocado and leaves</i>	7.50
Ham and wensleydale <i>Ham, wensleydale cheese, tomatoes, cucumber and leaves</i>	6.95
Tuna mayonnaise <i>Tuna, mayonnaise, tomatoes, cucumber and leaves.</i>	6.95
Chicken & Ham salad <i>Chicken, ham, chutney, tomatoes, cucumber and leaves</i>	6.95

NUTRITIOUS SALAD BOWL

New potato, broccoli, sundried tomato, parmesan, pine nut and rocket leaf salad.

7.95

OTHER SCRUMMY OFFERINGS

Toast <i>Available with butter and a choice of Jams, Nutella, Honey and Marmite.</i>	3.85
Cheese on toast with tomato or chutney - 1 slice	3.50
Cheese on toast with tomato or chutney - 2 slices	5.50
Croissants & pastries from	2.75
Cheese & ham croissant	5.00
Cheese & tomato croissant	5.00
Toasted teacakes	3.50

SIT N CHILL OR GRAB N GO *All Paninis, Wraps and sourdough toasties available from the fridge*

Sourdough toasties various fillings from:	6.50
Wraps various fillings from:	5.50
Paninis various fillings from:	4.95

SNACKS

Pipers crisps <i>Variety of flavours</i>	1.10
Serious pig - sausage crisps	1.10
Snacking pickles	1.90
Snacking cheese caramelised onion	1.90
Snacking italian cheese	1.90
Almonds cornish sea salt	1.45

SERIOUS PIG



NORTHERN BLOC ICE CREAM

1 scoop with waffle cone or tub *Variety of flavours*

NORTHERN
BL°C

3.25

A WIDE VARIETY OF CAKES FROM

DRINKS MENU

COFFEE



CAPPUCCINO	3.30
LATTE	3.30
AMERICANO	3.20
FLAT WHITE	3.10
LONG BLACK	3.00
CHAI LATTE	3.50
MOCHA	3.60
ESPRESSO	2.20
MACCHIATO	2.50
BABYCHINO	0.85
HOT CHOCOLATE	3.30
FRAPPE	3.60
A RANGE OF ICED COFFEES FROM	3.00
EXTRA SHOT/SYRUP/CREAM	0.50
ALTERNATIVE MILK (OAT/SOYA)	0.30

ORGANIC TEA



EVER SO ENGLISH EVERYDAY	2.80
EVER SO ENGLISH EVERYDAY DECAF	2.80
THE EARL OF GREY	2.80
QUEEN OF GREEN	2.80
JASMINES GREEN	2.80
REST REPEAT ROOIBOS	2.80
PROPER PEPPERMINT	2.80
SWEET CHAMOMILE	2.80
ST.CLEMENTS LEMON	2.80
THE BERRY BEST	2.80

COLD BEVERAGES

FOLKINGTONS JUICE	3.00
<i>Orange, Apple, Pear, Mango, Lemonade</i>	
SANPELLEGRINO	2.00
<i>Rossa, Limanto, Orange</i>	
STILL WATER	1.50
SPARKLING WATER	1.50
COCA COLA	1.70
DIET COKE	1.70

KIDS JUICES

FRUITS SHOOTS	1.70
<i>Orange, Summer Fruits, Apple, Blackcurrant & Apple</i>	

SMOOTHIES

FRUITY	4.00
<i>Strawberries, raspberries and blackberries</i>	
HEALTH KICK	4.00
<i>Blueberry, carrot, ginger, courgette and banana</i>	
QUENCHER	4.00
<i>kiwi, pineapple, mango and strawberry</i>	
GO GREEN	4.00
<i>Kale, Spinach and Mango</i>	

KIDS JUICES

FRUITS SHOOTS	1.70
<i>Orange, Summer Fruits, Apple, Blackcurrant & Apple</i>	

SMOOTHIES

FRUITY	4.00
<i>Strawberries, raspberries and blackberries</i>	
HEALTH KICK	4.00
<i>Blueberry, carrot, ginger, courgette and banana</i>	
QUENCHER	4.00
<i>kiwi, pineapple, mango and strawberry</i>	
GO GREEN	4.00
<i>Kale, Spinach and Mango</i>	

WINE & BEERS AVAILABLE

PROSECCO - VINO SPUMANTE	8.60
STOUTS AND ALES FROM	4.00



**CHECK OUT OUR FRIDGE FOR
MORE ALCOHOLIC BEVERAGES!**