







Cafe Bistro

BREAKFAST

Available from 8.30 to 11:45 am

SOMETHING FILLING

FULL CRIOLLO

FULL SCOTTISH

£8.25 (GF*)

£8.25(GF) Bacon, Link Sausage, Lorne Sausage, Black A traditional Venezuelan breakfast of Ham, Mozzarella, Black Beans & Fried Eggs with a fried cornmeal "arepa"

Pudding, Confit Tomato, Potato Terrine, Root Veg Hash, Mushroom, Poached Eggs & Toast

FULL VEGGIE £8.25 (V) (GF*)

Veggie Sausages, Spinach, Root Veg Hash, Confit Tomato, Potato Terrine, Mushrooms, Poached Eggs, & Toast

FULL VEGAN £8.25 (VE)(GF*)

Vegan Sausages, Spinach, Root Veg Hash, Confit Tomato, Potato Terrine, Mushrooms, Vegan Cheese & Toast

FULL VEGAN CRIOLLO £8.25 (VE) (GF)

Vegan "Feta" cheese, Mushrooms, Spinach, Black Beans, & Avocado Hummus with a fried cornmeal "arepa"

BREAKFAST BURRITO £6.80 (VE*)

Toasted tortilla wrap filled with Scrambled Eggs, Black Beans, Avocado Hummus, fresh Tomato Salsa & Cheese

SOMETHING LIGHTER

AVOCADO ON TOAST £6.60 (GF*) (VE*)

Avocado Hummus on Our Own Sundried Tomato Bread, Poached Eggs, Homemade Chili Oil and Toasted Seeds

BREAKFAST ROLL £3.50 (GF*) (VE*)

Choose From: Sausages (link, Lorne or veggie), Bacon, Eggs, Mushrooms, Black **Pudding**

Additional Fillings 50p each

EGGS YOUR OWN WAY £3.50 (GF*)

Fried, Poached, or Scrambled Eggs on your choice of toast

EGGS BENEDICT £6.50 (GF*)

Breakfast Muffin topped with Bacon, Poached Eggs & Hollandaise Sauce

EGG ROYALE £6.50 (GF*)

Breakfast Muffin topped with Smoked Salmon, Poached Eggs, & Hollandaise Sauce

EGG FLORENTINE £6.50 (GF*)

Breakfast Muffin topped with Spinach, Poached Eggs and Hollandaise Sauce

SOMETHING SWEET £6.50

BUTTERMILK PANCAKES

Fluffy pancakes with either:

- -Berry Compote & Yoghurt
- -Bananas & Nutella
- -Bacon & Maple Syrup

£2.95 (VE*) **GRANOLA**

Homemade seeded granola topped with Berry Compote & Natural Yoghurt

TOAST OR TEACAKE £2.10 (GF*)(VE*)

Toasted Brown, White or Sourdough Bread or a Teacake, served with Jam & Butter

If you have any allergies or dietary requirement, please speak to a member of staff about our menu

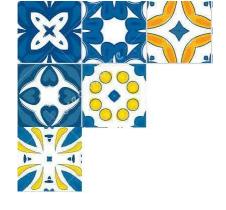


(GF) Gluten Free (GF*) Gluten Free Available option available (VE) Vegan (VE*) Vegan option available (V) Vegetarian













Cafe Bistro

LUNCHAvailable from 12noon to 3pm

SOUPS, SALADS & LIGHTER OPTIONS

SOUP OF THE DAY $£3.80 (GF^*)(VE^*)$

Homemade Seasonal Soup with Warm Artisan Bread

SOUP & HALF SANDWICH £5.80

See Below for Sandwich Filling Options

OUICHE OF THE DAY £5.80

Served with a side salad & root vegetable crisps

SMOKED MACKEREL SALAD£7.50 (GF)

Smoked Peppered Mackerel with a Soft Egg and a Chickpea & Parsley Salad

AVOCADO ON TOAST £6.60 (GF*) (VE*)

Avocado Hummus on Our Own Sundried Tomato Bread, Poached Eggs, Chilli Oil and Toasted Seeds

SAUSAGE ROLLS & PASTRIES

See our counter for today's selection

SANDWICHES, TOASTIES, WRAPS & BAGUETTES -ALL £6.80

Served with side salad & root vegetable crisps

Choose from White, Brown or Sourdough Bread, Wrap or Baguette, or GF bread

MORTADELLA & MUSTARD

Italian Mortadella sausage slices with Mustard Mayo, Pickles & Sliced Tomato

SMOKED SALMON & CREAM CHEESE

Scottish Smoked Salmon with Cream Cheese, Black Pepper & Watercress

FALAFEL & CHILLI JAM (VE)

Spiced Chickpea Falafel with Chilli & Red Pepper Jam

HERBY CHICKEN & ROCKET PESTO

Chicken marinaded in Lemon & Herbs with a Rocket Pesto

CHEDDAR & KASUNDI (V)(VE*)

Sliced Cheddar with a Spicy Tomato & Ginger Chutney

SPICED CARROT & HUMMUS (VE)

Spiced Carrot & Raisin mix with Butterbean Hummus

BURGERS, NACHOS & LOADED CHIPS

BISTRO BURGERS

£9.90(GF*)

All made in-house, choose from:

- Beef Burger with Cheddar Cheese
- Grilled Chicken & Bacon Burger
- Spiced Falafel Burger (VE*)

All served in a toasted bun with mayo, gem lettuce, tomato, & gherkins, with a side of hand-cut chips and onion rings

NACHOS

£4.90(V)

£4.90

Tortilla Chips topped with refried Black Beans, Avocado Hummus, Tomato

Salsa, Sour Cream & Cheese Sauce

LOADED CHIPS

Chunky Chips coated in Cajun Spice with Cheese Sauce & Crispy Bacon

SIDES

MIXED SALAD £1.50(GF)(VE)

CHUNKY CHIPS £1.80(GF)(VE)

SKINNY FRIES £1.80(GF)(VE)

If you have any allergies or dietary requirement, please speak to a member of staff about our menu

roots.and.seeds f Roots and Seeds Catering Roots and Seeds Café

(GF) Gluten Free (GF*) Gluten Free Available option available (VE) Vegan (VE*) Vegan option available (V) Vegetarian





