





## LOCALLY ROASTED COFFEE

Our coffee is produced right here in Manchester by **Salford Roasters**, a family business who focus on micro-roasted, speciality coffee of single origin that's ethically sourced and sustainable - their mission is to bring 'proper coffee' back to our neighbourhood.

## FROM THE COUNTER

**Pecan Plaits 2.25 | Croissants 1.95**  
**GF/Vegan Choc-Avo Muffin 2.75**   
**Flowerpot Muffins 2.25**  
**Selection of Loafs & Cakes from 2.25**  
Add any regular hot drink for 2.00

## SNACKS



<b>Giganti and Nocellara Olives</b>  Lemon, roasted garlic	<b>3.00</b>	<b>Salt and Pepper Crispy Fried Squid</b> Aioli	<b>3.95</b>
<b>Roasted Baby Chorizo</b> Romesco sauce, aioli	<b>3.50</b>	<b>Hummus with Chilli and Lime</b>  Warm pitta bread	<b>3.50</b>
<b>King Prawns</b> Garlic butter, parsley	<b>4.50</b>	<b>Local Freshly Baked Breads</b>  Wholemeal, sourdough, focaccia, rye, Derby Hill farm butter	<b>3.95</b>
<b>Padron Peppers</b>  Garlic, olive oil, lemon	<b>3.00</b>		

## SOUPS

<b>Lancashire Onion Soup</b>	<b>6.95</b>
<b>Homemade Roast Vine Tomato Soup</b>  <b>Organic Leek and Fine Herb Soup</b> 	<b>6.95</b>


**Soup and Sandwich Deal 9.00**  
Enjoy a warming bowl of homemade soup and a hearty sandwich from our Grab and Go selection

## SALADS

<b>Mamucium Caesar Salad</b> Anchovies, Parmesan, garlic and virgin olive oil dressing	<b>7.95</b>	<b>Edamame Multigrain Salad</b>  Feta, figs, avocado, lemon dressing	<b>6.95</b>
<b>Plum Tomato and Mozzarella Salad</b>  Rocket, basil, balsamic	<b>6.95</b>	<b>Thai Beef Salad</b> Radish, beansprouts, cucumber, sesame seeds, soy and palm sugar dressing	<b>8.95</b>
<b>Grilled Cajun Chicken Salad</b> Blue cheese, apple, toasted walnuts, shallot and honey dressing	<b>8.95</b>		

**Our Grab and Go Daily Salads**  
Selection of fresh salads boxed daily for your convenience

## DELI SANDWICHES



<b>The Club</b> Grilled bacon, chicken, fried egg, mayonnaise, lettuce, tomato, fries	<b>10.95</b>	<b>Roasted Portobello Mushroom &amp; Goat's Cheese</b>  Folded flatbread, petit salad	<b>8.50</b>
<b>Tuna, Red Onion and Cucumber Wrap</b> Tzatziki, crumbled feta	<b>7.50</b>	<b>Sliced Bloomer with Honey Roast Ham</b> Wholegrain mustard mayonnaise, house slaw	<b>7.50</b>
<b>Grilled Steak Sandwich</b> Italian ciabatta, Bowland Brewery onion chutney, fries	<b>10.95</b>		

**Our Grab and Go Daily Sandwiches**  
Selection of fresh sandwiches boxed daily for your convenience

PLEASE LET US KNOW IF WE CAN GET YOU SOMETHING SPECIAL FOR THOSE LITTLE FINGERS.

## SHARER

<b>Mezze</b>  Hummus, marinated feta, giganti and nocellara olives, friarelli, stuffed vine leaves, falafel, sourdough and focaccia	<b>10.95</b>	<b>Antipasti</b> Cured prosciutto, salami, mortadella, burrata, friarelli, giganti and nocellara olives, sourdough and focaccia	<b>12.95</b>
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 Vegan  No meat or fish. **FOOD ALLERGIES & INTOLERANCES:** before you order your food and drinks please speak to our staff if you would like to know about our ingredients; we cannot guarantee that any food or beverage item sold is free from traces of allergens. Prices include VAT. All prices are in pound sterling.