

Dark chocolate overnight oats with raspberries & pistachios; Oats (**traces of gluten**, oat milk, sugar, cocoa powder, raspberries, **pistachios**)

Blueberry pancakes with maple syrup & berries (**Blueberry pancakes with berries & maple syrup** (Wheat flour, cow's milk, eggs, poppy seeds, baking powder, raspberries, blueberries, maple syrup)

Choice of bagel (**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin) Water, Sugar, Yeast, Maize, Salt, Rapeseed Oil, Spirit Vinegar, Preservative (Calcium Propionate), Malted **Barley** Flour, Flour Treatment Agent (Ascorbic Acid)

Bagel Fillings:

- **smoked salmon (salmon, fish)** & cream cheese (**milk**), rocket, lemon juice, black pepper
- **Crispy bacon** (Pork (87%), Water, Salt, Preservatives: Sodium Nitrite, Potassium Nitrate; Antioxidant: Sodium Ascorbate, cream cheese (**Cow's milk**) & chilli jam (Raw cane sugar, red chillies 19%, red peppers 19%, cider vinegar, onions, garlic, concentrated lemon juice, sea salt.), Rocket)
- **Slow roast tomato with cream cheese** (tomatoes, cream cheese (**cow's milk**), rocket, balsamic vinegar, black pepper, salt)

Sweet potato, pea & feta frittata with basil aioli; (**Egg**, sweet potato, feta (sheep & goat milk), onions, peas, chives, salt, black pepper), mayonnaise (**egg**), garlic, cider vinegar, shallots, basil, parsley.

Freshly baked mini pastries (Mini Pains aux raisins water, wheat flour, sultanas (15%), French butter (**milk**) (13%), sugar, modified potato starch, **milk** whey powder, yeast, **wheat gluten**, **pasteurised free range egg**, whole milk powder, modified maize starch, salt, wheat maltodextrin, carrot concentrate, thickener (xanthan gum), flavouring, flour treatment agent (ascorbic acid), enzyme. (**Mini Pain au chocolat**) **wheat flour**, **French butter (milk)** (21%), water, dark chocolate (10%) (sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin)), sugar, yeast, **wheat gluten**, pasteurised free **range egg**, salt, flour treatment agent (ascorbic acid), enzyme

Ham/mushroom & gruyere filled mini croissants (Croissant (**wheat flour**, **French butter (milk)** (21%), water, sugar, yeast, **wheat gluten**, pasteurised free **range egg**, salt, flour treatment agent (ascorbic acid), enzyme, **Milk**, **mustard**, **Wheat flour**, Cheddar cheese (**cow's milk**), Ham/ mushroom.

Iced coffee (choose)

- Oat latte (oat milk, coffee, sugar)
- -Latte (cow's milk, coffee, sugar)

Berry, oat, peanut butter & banana smoothie Mixed summer fruits, banana, **peanut butter**, oat milk, oats (**traces of gluten**)