BREAKFAST

LIVE NATURAL YOGHURT & GRANOLA with forced Yorkshire rhubarb 繁質 508kcal 9.5

THREE SEED & APPLE BIRCHER sunflower, pumpkin & chia seeds, brazil nuts, heritage apples \$ \$ 612kcal 9

SEVEN SEED OR WHITE SOURDOUGH TOAST nut butter or jam \$% ♥ V 273kcal/ 254kcal per 100g 5

cashew nut butter 💖 184kcal per 30g / strawberry jam 102kcal per 30g / Seville orange marmalade 142kcal per 30g / unsalted butter 🗑 223kcal per 30g

TODAY'S PATISSERIE

inspired by the season and fresh from our farm this morning, please ask for today's patisserie, allergen and calorie information 6.5

BUTTER CROISSANT \$\$\frac{\psi}{2}\$\O 425kcal 6\$\$

ALMOND CROISSANT

PAIN AU CHOCOLAT*

CINNAMON SWIRL \$\footnote{\colon} \cap 541kcal 6.5



SESAME SOYA & SULPHITES ® TREE NUTS € CRUSTACEAN V VEGAN



