



Cafe Bistro

BREAKFAST

Available from 8.30 to 11:45 am

SOMETHING FILLING

FULL SCOTTISH

£9.50 (GF*)

Bacon, Link Sausage, Lorne Sausage, Black Pudding, Confit Tomato, Potato Terrine, Root Veg Hash, Mushroom, Poached Eggs, Baked Beans, & Toast

FULL VEGGIE

£9.50 (V) (GF*)

Veggie Sausage, Veggie Lorne, Black Bean Pudding, Spinach, Root Veg Hash, Confit Tomato, Potato Terrine, Mushrooms, Poached Eggs, Baked Beans, & Toast

FULL VEGAN

£9.50 (VE)(GF*)

Vegan Sausage, Veggie Lorne, Black Bean Pudding, Spinach, Root Veg Hash, Confit Tomato, Potato Terrine, Mushrooms, Scrambled Tofu, Baked Beans, & Toast

FULL CRIOLLO

£9.50 (GF)

A traditional Venezuelan breakfast of Ham, Mozzarella, Black Beans & Fried Eggs with a fried cornmeal "arepa"

FULL VEGGIE CRIOLLO

£9.50 (V) (GF)

Mozzarella cheese, Mushrooms, Black Beans, Spinach, & Fried Eggs with a fried cornmeal "arepa"

FULL VEGAN CRIOLLO

£9.50 (VE) (GF)

Scrambled Tofu, Avocado Hummus, Mushrooms, Spinach, & Black Beans with fried cornmeal "arepa"

SOMETHING SIMPLE

BREAKFAST ROLL

£3.60 (GF*) (VE*)

Choose From: Sausage (link, Lorne or veggie), Bacon, Eggs (V)(fried or scrambled), Mushrooms(VE), Black Pudding, Black Bean Pudding (VE), Veggie Square Sausage (VE)

EGGS YOUR OWN WAY

£3.60 (GF*)

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

(VE) Scrambled Tofu with Pepper & Onion

Additional fillings/ toppings £1.00 each

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

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



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Roots and Seeds Catering



Roots and Seeds Café



Cafe Bistro

BREAKFAST CONTINUED

Available from 8.30 to 11:45 am

SOMETHING DIFFERENT

AVOCADO ON TOAST £6.80 (V)(GF*)

Avocado Hummus on Sundried Tomato Bread, topped with Poached Eggs, Chili Oil & Toasted Seeds

Eggs can be swapped for mushrooms (VE), bacon, scrambled tofu (VE), or confit tomato (VE)

BREAKFAST BURRITO £7.50 (V)(GF*)

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

(VE) with scrambled tofu & VE cheese

BAKED MUSHROOM HASH £5.95 (GF*)(V)(VE*)

Mushroom & Potato Hash topped with an egg & feta cheese and oven-baked, served with toasted sourdough

CREAMY CRAB BAKE £5.95 (GF*)

Creamy oven-baked Crab Hash with Potato & Dill, topped with an egg & served with toasted sourdough

SOMETHING SWEET

PORRIDGE £3.50 (V)

Freshly prepared and topped with apple & cinnamon compote

(VE) prepared with non-dairy milk

TOAST OR TEACAKE £2.20 (GF*)(VE*)

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

PANCAKES (VE*)

Choose from the fillings below:

- Jam & Butter £5.80 (VE)
- Apple & Cinnamon £6.80 (VE)
- Bananas & Nutella £6.80
- Bacon & Maple Syrup £6.80

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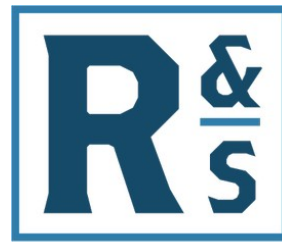
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Roots and Seeds Catering



Roots and Seeds Café



Cafe Bistro

LUNCH

Available from 12noon to 3pm

SOUPS, SALADS & LIGHTER OPTIONS

SOUP OF THE DAY £3.90 (GF*)(VE*)

Homemade Seasonal Soup with Warm Artisan Bread

SOUP & HALF SANDWICH £5.95

See Below for Sandwich Fillings

Upgrade to Cullen Skink for £1.50

CULLEN SKINK £5.40 (GF*)

Traditional creamy smoked haddock & potato soup

QUICHE £6.50

Homemade quiche of the day with mixed salad & root vegetable crisps

AVOCADO ON TOAST £6.80 (GF*) (VE*)

Avocado Hummus on Sundried Tomato Bread, with Poached Eggs, Chilli Oil & Toasted Seeds
Eggs can be swapped for mushrooms (VE), bacon, scrambled tofu (VE), or confit tomato (VE)

SANDWICHES, TOASTIES, WRAPS & AREPAS – ALL £6.95

Served with a side salad & homemade root vegetable crisps

Choose from White, Brown, Seeded, Sourdough, Wrap, GF bread or Arepa

CHICKEN & CHORIZO (GF*)

With paprika mayonnaise & crispy gem lettuce

THREE BEAN PATTY (VE)(GF*)

with sweet chilli sauce & salad leaves

MOZZARELLA & PESTO (V)(GF*)

Fresh Buffalo mozzarella, Rocket & Pumpkin Seed Pesto & salad leaves

CRAB SALAD (GF*)

Fresh Crab meat mixed with sour cream, spring onions & fresh herbs

SIMPLE SANDWICH - £4.50

Plain & Simple, Sandwich or Toastie, on your preferred bread (GF*)

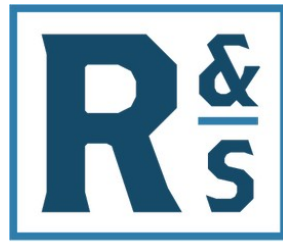
Choose 1 Main Filling - Additional Fillings 50p each

Ham ~ Cheddar (VE*) ~ Mozzarella

Tomato ~ Onion ~ Salad

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Cafe Bistro

LUNCH CONTINUED

Available from 12noon to 3pm

BURGERS, NACHOS & LOADED CHIPS

BISTRO BURGERS £11.90 (GF*)

All made in-house, choose from:

- Beef Burger with Cheddar Cheese
- Grilled Chicken & Bacon Burger
- Grilled Halloumi & Red Pepper (V)
- Beetroot Falafel Burger (VE)

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

DIRTY FRIES £6.95 (GF*)(VE*)

Skin-on Fries coated in Cajun Spice topped with Cheese Sauce and either Chilli con Carne or Veggie Chili

NACHOS £6.50 (V)(GF*)(VE*)

Tortilla Chips topped with refried Black Beans, Avocado Hummus, Tomato Salsa, Sour Cream & Cheese Sauce
Add chilli con carne/ veg chilli for £1.50

LOADED CHIPS £6.25 (GF*)(VE*)

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

MAC N' CHEESE (V)(VE*) £6.90

Macaroni Pasta in our Three Cheese Sauce with Garlic Bread & Side Salad

SIDES

MIXED SALAD £1.50 (GF)(VE)

CHUNKY CHIPS £1.80 (GF*)(VE*)

ONION RINGS £1.80 (VE*)

SKIN-ON FRIES £1.80 (GF*)(VE*)

SMALL DIRTY FRIES £3.50 (GF*)(VE*)

SMALL LOADED CHIPS £3.25 (GF*)(VE*)

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