



# Breakfast

Served from 9am till 11.45am  
PLEASE ORDER AT THE COUNTER

**EGGS ON TOAST (V)** £6.25  
Scrambled, poached or fried eggs with chives and rocket on toasted bloomer bread

**AVOCADO ON TOAST (Ve)** £7.95  
Smashed avocado served on toasted sourdough, chilli flakes, sunblushed tomatoes and rocket

**VEGAN BREAKFAST (Ve)** £9.50  
Scrambled tofu, avocado, cherry and sunblushed tomatoes, rocket, herb mushrooms on sourdough toast

**BREAKFAST BAGELS** all £8.95

Open toasted bagel, choose from:

- Bacon, scrambled eggs, spinach, herb mushrooms
- Smoked salmon, scrambled eggs, avocado, rocket
- Smashed avocado, grilled halloumi, chilli flakes, sunblushed tomatoes, rocket

## KIDS BREAKFAST

**EGG ON TOAST (V)** £3.25

Scrambled, poached or fried.  
Add bacon +£1.50 | beans +£1

**YOGHURT AND FRUIT (V)** £2.95

Add honey +30p

**AVOCADO ON TOAST (Ve)** £3.50

**TOAST (V)** £1.75

Add jam or peanut butter +30p

**BACON SANDWICH** £3.50

**BEANS ON TOAST (V)** £2.95

Add to any breakfast: **Smoked Salmon £2.80**  
**Bacon £2.50 | Halloumi £2.25 | Tomatoes £1.75**  
**Mushrooms £1.75 | Poached Egg £1.50**  
**Feta cheese £1.55 | Beans £1.25**

# All Day Food

Served from 9am till 2.45pm

**PLANKS GRANOLA BOWL (Ve)\* (GF)** £6.95  
Homemade maple and cinnamon granola, natural or dairy free\* yoghurt, fresh berries, with a topping of chia seeds, desiccated coconut and a drizzle of honey. Add peanut butter +30p

**AÇAÍ BOWL (Ve) (GF)** £7.50

Superfood smoothie bowl. Amazonia Acai pulp blended smoothie topped with fresh berries, banana slices, coconut, goji berries, and a sprinkle of our homemade maple and cinnamon granola

## PLANKS BAKERY

Two thick slices of toast (V) £2.50  
Toasted bagel (V) £2.50  
Toasted teacake (V) £2.75

Add: Jam, honey, marmalade or peanut butter +30p

**ALL DAY BACON ROLL** £5.50

Honeywells smoked bacon on a freshly baked soft roll

Add: Fried egg £1 | Herb mushroom £1 | Tomatoes £1

**AVOCADO ON TOAST (Ve)** £7.95

Smashed avocado served on toasted sourdough, chilli flakes, sunblushed tomatoes and rocket

Add: Smoked salmon £2.80 | Halloumi £2.25 | Ham £2.25  
Bacon £2.50 | Feta £1.50

## KIDS LUNCH

**SANDWICHES** £3.95

All served with veggie sticks.

Choose from: Tuna, sweetcorn and mayo

Cheese (V) | Ham | Jam (V) | Cream cheese (V)

**KIDS VEGGIE PLATE (Ve)** £3.50

Hummus, warm pitta bread, cucumber, carrot sticks

**CHEESE ON TOAST** £3.50



All Day Food

Served from 9am till 2.45pm

### PLANKS KITCHEN DELI COUNTER

Our deli counter changes weekly. We love to fill the counter with delicious plant based, nutritious salads and other tasty dishes.

THE DELI BOWL .....£8.50

Includes all four of our weekly deli specials, plus our house side salad.

Add extra toppings:

+ Smoked Salmon (+ £2.80)	.....	+ Feta	.....	+ Olives	.....	+ Cashew nuts
+ Tuna	.....	+ Mozzarella	.....	+ Falafel	.....	+ Seed mix
+ Avocado	.....	+ Cheddar	.....	+ Hummus	.....	+ Veggie sticks
+ Halloumi	.....		.....	+ Sunblushed Tomatoes	.....	+ Warm pitta
+ Ham	.....		.....		.....	+ Walnuts
+ Chicken	.....		.....		.....	
+ £2.25		+ £1.50		+ £1.25		+ £1

#### SANDWICH, WRAP, OR BAGEL

All served with our house salad

- Halloumi, smashed avocado, sunblushed tomatoes (V) £8.95
- Mozzarella, ham, sunblushed tomatoes, pesto £8.95
- Falafel, hummus, peppers and sunblushed tomatoes (Ve) £7.95
- Smoked salmon, smashed avocado or cream cheese £8.95
- Tuna sweetcorn mayo £7.75
- Chicken mayo £7.75
- Ham, cheese, chutney £7.75
- BLT (add chicken +£2) £7.95

#### ANTIPASTO PLATTER

£9.95

Selection of Italian meats, mozzarella, rocket and tomato balsamic salad, olives, sunblushed tomatoes, sourdough bread and an olive oil and balsamic dipping pot

#### PLANT BASED PLATTER (Ve)

£8.95

Falafel, hummus, avocado, rocket, warm pitta bread, sunblushed tomatoes and crudités

#### HOMEMADE SOUP OF THE DAY

£5.50

Served with bread and butter

Add a ham or cheese sandwich with a side salad +£3.50

Add a small cup of soup +£2.50 or a deli side +£2.95 to your meal

(V) Vegetarian (Ve) Vegan Gluten Free bread is available on request. Please inform the team of any allergies or intolerances. We follow the best practices in safe food handling to prevent cross contamination. However unfortunately, we cannot guarantee our products are 100% free of any specific allergen. This menu is 100% recycled and from an FSC approved supplier and can be recycled after use.

EAT WELL, LIVE WELL

