



Sebastien's

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Drinks

Organic Filter Coffee	£1.60
Clipper Everyday Tea (plastic free bag)	£1.50
De-Caff Organic Instant Coffee	£1.60
Herbal Teas	£1.30
Organic Hot Chocolate	£2.00
Milks available: Almond, Oat, Soya, Semi-skimmed	
Smoothies (various flavours)	£3.00

Chilled drinks

Whole Earth Organic sparkling cans 330ml	£1.43
Califia Cold Coffee 250ml	£1.50
Cawston juice cartons 200ml	£0.59 - £0.89

And many others drinks that often change in store

Savouries

Vegetarian = V | Vegan = VE | Gluten Free = GF

Please let staff know if you have any allergies

Some items are made by hand in our kitchen and others by local independent food producers. All in small quantities to maintain the distinct flavours and unique quality.

From the Deli Counter

Scotch Egg V	£1.70	Seed Rissole VE GF	£1.85
Large Samosa VE	£1.80	Spinach Bhaji VE GF	£1.55
Onion Bhaji VE GF	£1.55	Aloo Gobi VE GF	£1.60
Arancini VE GF	£2.00	Sweet & Sour Ball VE GF	£1.60

Potato Bhaji VE/GF	£1.55	Sausage Roll VE	£2.00
Spring Roll V	£1.55	Potato Croquette VE GF	£1.90

Sourdough Sandwiches | Brown or white bread

- Bhaji & Mango Chutney - Cheese & Coleslaw or Chutney - Egg Mayo

- Bree & Cranberry - Veggie Sausage & Ketchup or Brown Sauce

Homemade Organic Hummus, Salads & Slaws 100g (choose 1 or a mix and may vary from day to day) VE | GF £1.20-1.30

(Examples include... Traditional Coleslaw, Potato Salad, Tomato & Avocado Salad)

We also offer a few hot food options...

Soup of the day £1.80 with bread & margarine +40p

Baked Potato with choice of two toppings £3.25

We can also heat anything up in a few minutes.

From the Grab & Go Fridge

Spicy Veg Pasty VE	£3.00
Spinach & Ricotta Pasty V	£3.00
Cheese, Broccoli & Sweetcorn Pasty V	£3.10
Cheese, Onion & Potato Pasty VE	£3.60
Thai Red Curry Pasty VE	£2.90
Wholemeal Chunky Veg Pasty VE	£3.60
Veg Curry Pasty VE	£3.60

Patisserie

Per piece

Orange & Lemon Cake V GF	£2.95
Cookie Pie VE	£2.75
Chocolate Ganache Flapjack VE	£1.80
Rhubarb & Custard Flapjack VE	£1.80
Bakewell Slice VE GF	£1.80

Millionaire Shortbread	£1.80
Peanut Butter Oreo Tart VE GF	£2.75
Biscoff Brownie VE	£1.90
Chocolate Brownie GF	£1.80
Cranberry & Pumpkin Seed Flapjack VE	£1.60
Chocolate Caramel Slice V	£1.60
Yoghurt Topped fruit-filled Flapjack V	£1.80
Apricot Flapjack VE	£1.60
Apple Cake V	£2.50
Apple & Cinnamon Flapjack	£1.90
Rhubarb & Ginger Crumble	£1.90
Pecan Tart	£2.50

Sourdough Bread

Range of breads baked locally by The Bread Shed. Available fresh or from the freezer. We recommend you make a pre-order to guarantee availability.

TQ Sour Loaf £4.10 | Sesame Sour £4.10 | Sourdough Granary Tin £3.60 | Sourdough Baguette | Foccacia

All these amazing, tasty foods plus a full range of wholefood store essentials on the shelves including many vegan and gluten-free products.

In the fridges you will find various pre-pack vegan cheeses, dips, tofu, seitan, tempeh, sauerkrauts, and desserts.

In the freezer we have locally made vegan & gluten free pies, vegan sausages, vegan burgers and delicious ice creams & sorbets.

We are a small, independent family run business and we value your support and willingness to shop locally.

Many of our products are made in Devon by small independent food producers and some we make ourselves.

If you are interested in food to cater a party or event, please order with two weeks' notice to guarantee availability.