

GINGER AT THE WINDOW

SANDWICHES

Roast Beef

Roast Beef, Lettuce, Mustard, Pickles

Smoked Salmon

Smoked Salmon, Cream Cheese, Capers, Lettuce, Lemon

Mozzarella

Mozzarella, Pesto, Rocket, Tomato

Avocado

Avocado, Pesto, Rocket, Tomato

Chicken Pastrami

Chicken Pastrami, Cheddar Cheese, Lettuce, Pickles, Mayo

BAKERY

Our freshly baked pastries and cakes are on display. Some favourites are:

G&W Buns

Cinnamon, Chocolate, Apple

G&W Cookies

Milk & White Chocolate
Dark Chocolate & Nuts

Goopy Brownies

Rocky Road

Borekas

Cheese, Spinach & Cheese, Potato

COFFEE

Flat White

Cafe Latte

Cappuccino

Cortado, Piccolo

Mocha

Espresso

Macchiato

Long Black

Americano

Specialty Latte

Matcha, Turmeric, Beetroot, Chai, Butterfly Matcha

Hot Chocolate

Tea

English Breakfast, Earl Gray, Green Tea, Silver Needle, Fresh Mint Tea (£3.50), Fresh Lemon and Ginger Tea

G&W House Blend

SHAKES

Brave Heart

Strawberries, blueberries, peanut butter, almond milk, vanilla whey protein

Magic Potion

Banana, almond butter, cinnamon, dates, almond milk, vanilla whey protein

FREDS x G&W

Pumping Iron

Blueberries, chia seeds, almond butter, almond milk, hemp milk, bananas, walnuts and vanilla whey protein

Rockstar

Banana, blue spirulina, coconut milk, vanilla whey protein

Warrior

Peanut butter, cacao, banana, dates coconut milk, vanilla whey protein

Sky Full of Stars

Banana, nut butter, cold brew, oat milk, vanilla whey protein

Glowing Green Shake

Kale, spinach, broccoli, lime, cucumber, pineapple and apple juice

Power Shake

Strawberries, banana, oat, dates, maple syrup and your milk choice

Tropical Dream

Mango, pineapple, passion fruit, papaya, yogurt or kefir and apple juice

* We offer a vegan protein powder and also a chocolate whey protein

ICED DRINKS

Iced Latte

Iced Americano

Cold Brew

Coffee Frappe

Specialty Iced Latte

Matcha, Turmeric, Beetroot, Chai, Butterfly Matcha

Iced Chocolate

Iced Mocha

Iced Tea

Almond, Oat, Soy, Hazelnut, Coconut Milk
Vanilla Syrup