

MENU

SIT IN / TAKE OUT / COFFEE / FRESH BAKES & OTHER GOODIES

SANDWICHES

- Prosciutto Ham & Somerset Brie with Marmalade
- Yorkshire Fettle Cheese with Olive Tapenade & Tomato (V)
- Falafel & Roasted Red Peppers with Sriracha Mayo (VG)

£4.50

BOWERY SALAD BOX (VG/GF)

3 freshly made Salads served with hummus and a wedge of lemon.

£5.00

- Spiced Chickpea & Tomato
- Kale, Spinach & Vegan Pesto with Pine Nuts
- Beetroot & Pickles with Sesame dressing.

Feeling peckish, why not add a savoury bake?

SAVOURY BAKES

Veggie Quiche with wholemeal pastry (V)
Pork, Apple & Wensleydale Pie
Vegan Bake of the day (VG)

£3.00

SWEET BAKES / PASTRIES / CAKES

See daily selection on counter (includes GF & VG)

from £2

BONDGATE BREAD AVAILABLE TO ORDER

Phone the day before you require your order

COLD DRINKS

HARROGATE WATER
Spring Water Since 1571
Sparkling & Still

£1.20

FROBISHERS 100% juice

Orange,
Mango
Apple Juice
Bumbleberry

£2.20

CAWSTON PRESS Pressed Fruit No Sugar

Apple & Raspberry
Apple & Summer Berries

£1.40

DAINSTON FIZZY DRINKS

Real Fruit No Sugar No Sweetner
Elderflower
Ginger
Lemonade

£1.85

FRESHLY MADE- SMOOTHIES

Fruit Fusion
Selection of Fresh Fruits, Bumbleberry Juice

£4.50

Orange & Ginger Detox
Banana, Ginger, Orange Juice & Seeds

Protein Pick Me Up
Espresso Shot, Banana, Peanut Butter & Oat Milk...delicious!

NORTHERN BLOC ICE CREAM
100ml (VG / GF)

Chocolate & Orange Blossom
Pear & Ginger

£1.50

ALLPRESS ESPRESSO / BLENDSMITHS COFFEE / BLENDS TO GO

(soya or oat available as well as decaf)

Espresso £2.20
Macchiato/Cortado £2.50
Long Black £2.40
Americano £2.40
Flat White £2.60
Cappuccino £2.60
Latte £2.60
Chia Latte £2.60
Turmeric Latte £2.60
Matcha Latte £2.60
Hot Choc £2.60
Mocha £2.80

Iced Americano £2.60
Iced Latte £3.00
Iced Chia £3.20
Iced Turmeric £3.20
Iced Chocolate £3.20
Iced Matcha £3.20
Iced Mocha £3.20
Syrup add 50p add 50p

BREW TEA Co

Earl Grey £2.40
Green Tea
Moroccan Mint
English Breakfast
Lemon & Ginger
Fruit Punch

JARR KOMUBUCHA TEA

A natural blend of fermented tea
Ginger £3.50
Raspberry
Original

VG - VEGAN
GF - GLUTEN FREE
V - VEGETARIAN

ALLERGY ADVICE

Please ask a member of the Bowery team if you have any allergen questions or specific dietary requirements

