

# TAKE OUT MENU

## COFFEE / FRESH BAKES / SWEET TREATS

Call & collect option available - 0113 2242284

### SANDWICHES

Colliers Extra Mature Cheddar,  
Autumn Chutney with Black Sheep  
Ale & Vine Tomatoes on Plain  
Ciabatta (V) **£4.50**

Chorizo & Manchego with Seville  
Marmalade on Olive Ciabatta

Falafel with Sriracha Mayo & Roasted  
Red Peppers on Tomato Ciabatta (VG)

### BOWERY SALAD BOX (VG/GF) **£5.00**

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

- Broccoli 'Rice' with Walnuts
- Courgette & Butterbean with Pesto
- Spiced Carrot with Sultanas & Sunflower Seeds

Feeling peckish, why not add a  
savoury bake? **£3.00**

### SAVOURY BAKES

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

### SWEET TREATS

See daily selection on counter  
[includes GF & VG]

Please ask

### COLD DRINKS

HARROGATE WATER  
Spring Water Since 1571  
Sparkling & Still **£1.20**

### FROBISHERS 100% juice **£2.20**

Orange,  
Mango  
Apple Juice  
Bumbleberry

### CAWSTON PRESS Pressed Fruit No Sugar **£1.40**

Apple & Raspberry  
Apple & Summer Berries

### DAIRSTON FIZZY DRINKS Real Fruit No Sugar No Sweetner **£1.85**

Elderflower  
Ginger  
Lemonade

### FRESHLY MADE- SMOOTHIES

Fruit Fusion **£4.50**  
Selection of Fresh Fruits,  
Bumbleberry Juice

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

Turmeric & Mango  
Turmeric, Banana, Mango & Coconut

### NORTHERN BLOC ICE CREAM **£1.50**

100ml  
(VG / GF)  
Chocolate & Orange Blossom  
Pear & Ginger

### ALLPRESS ESPRESSO / BLENDSMITHS COFFEE / BLENDS TO GO

(soya or oat available as well as decaf)

Espresso **£2.20**  
Long Black **£2.50**  
Americano **£2.50**  
Macchiato/ Cortado **£2.50**  
Flat White **£2.60**  
Cappuccino **£2.80**  
Cafe Latte **£2.80**  
Mocha **£3.00**

### BLENDS

Chai/Chocolate/Matcha **£3.00**  
extra shop /syrup **£0.50**

### ICED

Cafe Latte **£3.00**  
Mocha **£3.50**  
Chai/Chocolate/Matcha **£3.50**

### BREW TEA Co **£2.50**

Earl Grey  
Green Tea  
Moroccan Mint  
English Breakfast  
Lemon & Ginger

### JARR KOMUBUCHA TEA **£3.50**

A natural blend of fermented tea  
Ginger  
Raspberry  
Original

### WEEKEND PRE-ORDER [order Wed for Fri / Sat / Sun Collection]

#### BREAKFAST PASTRIES

Almond Croissant **£3**  
Cinnamon Bun **£3**  
Cruffins **£3.5**

#### ALLPRESS COFFEE 250g **£9**

Filter /Cafetiere / Beans

#### ESSENTIALS

Organic Eggs Harry Hodgson - **£2.80**  
Stamfrey Farm (UK5) 1/2 dozen  
Acorn Organic Butter 500g **£2.60**  
Acorn Organic Milk 2l **£2.40**

#### BONDGATE BAKERY BREAD **£3**

Oat Cob  
Mixed seed  
Sourdough

#### SWEET TREATS

Homemade Brownies **£3 each**  
**£15 half**  
**tray**

Homemade Banana & Walnut **£3 each**

**£15 loaf**

#### FRESHLY BAKED SCONES **£2 each**

Wholemeal Cherry & Ginger / **3 for £5**  
Cheese / Fruit / Wholemeal Date

**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

