

MENU

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

BREAKFAST

Freshly Baked Pastries – see counter from £3

SALAD BOWL (VG) £5 (contains all 3 salads, hummus and a wedge of lemon)

Broccoli 'Rice' with Walnuts

Courgette & Butterbean with Pesto

Spiced Carrot with Sultanas & Sunflower Seeds

SALAD PLATES £7.50 / £12.50 share

Cryer and Stott Pork Pie / wensleydale and apple pork pie

Organic Falafel (VG) / organic falafel and hummus

Bondage Bakery Quiche (V) / freshly baked quiche made with wholemeal pastry

all served with our 3 freshly made salads

SANDWICHES £4.50

Yorkshire Brie, Apricot and Ginger Chutney & Cherry Tomatoes on Plain Ciabatta (V)

Chorizo & Hummus with Toasted Almonds & Honey on Tomato Ciabatta

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

SAVOURY BAKES £3.50

Quiche (V)

Pork Pie

Curried Butterbean, Spinach and Coriander Roll (VG)

all served with tomato relish

SMOOTHIES £4.50

Fruit Fusion / Pineapple + Blueberries + Bumbleberry Juice + Ice

Orange & Ginger Detox / Mixed seeds + Banana + Orange Juice + Ice + Ginger

Turmeric Mango / Turmeric + Coconut + Banana + Mango Juice + Ice

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

