

COFFEE

We're proud of our organic and Fairtrade certified espresso

	Small kcal	Reg kcal	Large kcal
Espresso	5	10	-
Cortado	72	-	-
Americano	10	15	-
Latte	178	249	321
Cappuccino	158	189	290
Flat white	107	-	-
Mocha	375	450	619
Hot choc	367	438	609
White hot choc	399	515	662
Caramel macchiato	266	352	438

KNOW — YOUR — COFFEE




SHAKES & FRAPPES

Ask about our selection

	Reg kcal
Vanilla milkshake	353
Chocolate milkshake	452
Latte frappe	261
Mocha frappe	360

REAL FRUIT SMOOTHIES

Ask about our selection

	Reg kcal
Ask about our selection for correct calorie information	118-197

ALTERNATIVE MILKS

	16oz kcal
Soy	166
Oat	190
Coconut	130
Almond	95

Adults need around 2,000 kcal a day.

TEA

Ethically sourced blends of loose-leaf tea

	Small kcal	Reg kcal	Large kcal
Suki tea	0	-	-
Mug of English breakfast	0	-	-
Chai latte	227	298	420

COLD PRESS & FRESH JUICE

	12oz kcal
Kale, cucumber, spinach, lemon, apple	121
Carrot, lemon, ginger, apple	162
Beetroot, spinach, cucumber, lime, apple	123
Freshly squeezed orange	143
Freshly pressed apple	204

EXTRAS

	kcal
Extra whip	90
Extra syrup	42
Extra shot	5

BREAKFAST & BRUNCH

	kcal
Smashed avocado VE	296
Beans on bloomer V	445
Bacon roll	514
Cumberland sausage roll	755
Eggs benedict	707
Eggs florentine V	613
Eggs royale	794
Poached eggs on toast V	471
Scrambled eggs on toast V	502
Esquires full English	850
Esquires full vegan VE	604

SOUP

Soup of the day, served w/ thick slice of bloomer

Ask about our soup of the day for correct calorie information **kcal** 373-621

DELI

	kcal
Falafel VE	551
Tuna melt	649
Grilled ham & cheese	679
Smoked salmon bagel	413
Mushroom melt V	471
Ham & cheese melt	602
Ham & cheese toastie	567
Cheese & tomato toastie V	462

SWEET BREAKFAST

	kcal
Toast V	299
House porridge VE on request	506
Esquires granola V	430

KIDS BREAKFAST

	kcal
Little breakfast	435
Porridge V	282
Kids avocado on toast VE	215

JACKETS

	kcal
Naked w/ butter V	350
add smashed avocado VE	171
add cheese & beans V	418
add tuna mayo	260

EXTRAS

	kcal
Hash VE	100
Baked beans VE	93
Two slices of bloomer VE	299
Smashed avocado VE	102
Poached eggs V	170
Scrambled eggs V	210
Rasher of bacon	75
Pork & herb sausage	217

Adults need around 2,000 kcal a day.

Some of our foods contains allergens. Please speak to a member of our team if you suffer from any food allergies or for more information.