

# 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

# 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

# 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.

# 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

	<b>kcal</b>
Warm banana bread V	462
Berry & nut granola bowl V	430
Oat milk & blueberry porridge VE	506
Cumberland sausage roll	755
Bacon roll	514

## PLATES

	<b>kcal</b>
Esquires full vegan VE	604
Esquires full English	850
Smoked salmon & egg bowl	310

## LIFESTYLE BOWLS

	<b>kcal</b>
Baked falafel, hummus, baby leaf & grains	355
Smoked salmon, spinach, slaw & toasted peanuts	401
Grilled Italian chicken, olive, parmesan & tomato	507

## KIDS MENU

	<b>kcal</b>
Southern fried chicken goujons & French fries	383
Cheese & tomato pizza & salad V	465
Chicken breast salad w/ grated carrot & cucumber	280
Freshly pressed apple or orange juice	204 / 143

## EXTRAS

	<b>kcal</b>
Two slices of sourdough V	366
Chopped slaw V	120
Smoked salmon	200
Smashed avocado VE	102
Side salad VE	60
Skin-on-fries V	312

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.

## BRUNCH

	<b>kcal</b>
Eggs bennies - florentine V	613
Eggs bennies - ham	707
Eggs bennies - smoked salmon	794
Smashed avo toast w/ chilli jam	384
Maple syrup & crispy bacon pancakes	668

## DELI

	<b>kcal</b>
Rainbow veg & pesto flatbread V	357
Hummus, falafel & spinach flatbread V	496
Dry cured ham & cheese melt	602
Grilled mushroom & cheese melt V	471