

soul + grain

Fuelled by Freshness

Cakes & Pastries

Variety of Pastries

Homemade Blueberry Muffin



Lemon Drizzle

Rhubarb Slice



Pots

Chia Porridge with

Blueberry & Coconut Oats



Turmeric, Flaxseed & Dried

Raspberry Bircher



Smoked Salmon & Egg Pot

Sandwiches & Rolls

Bacon Sourdough

Egg Mayo & Rocket Sandwich

Smoked Salmon Bagel



Breakfast Bagel



Baguettes & Wraps

Turkish Chicken

Italian Tuna Mayo



Katsu Cauliflower



Falafel, Hummus & Pepper

Toasties

Wiltshire Ham, Emmental & Dijon Mustard

Goat's Cheese, Honey & Beetroot

Symplicity Meatball



Salads & Hot Boxes

Falafel & Hummus



Turkish Chicken

Katsu Cauliflower



Symplicity Meatball



Cambodian Vegetable Curry

Sample menu, come and visit us to see the full range