

CEREALS CONTAINING GLUTEN
Wheat / Spelt / Kamut
Rye
Barley
Oats

Gluten Free Oats
PSH

CRUSTACEANS

MOLLUSCS

EGGS

SOYBEANS

MILK

TREE NUTS

PEANUTS

CELERY

MUSTARD

SESAME

SULPHUR DIOXIDE /SULPHITES
LUPIN

FRUITS, GRAINS

GOLDEN SPICED YOGHURT, POACHED PEARS, MAPLE-SESAME OAT GRANOLA, TOASTED CASHEWS

BOWL OF FRESH FRUIT, BANANA, APPLE, BERRIES, MANGOI, GRAPES

STEEL CUT OAT PORRIDGE, MEDJOOOL DATES, BLACK SESAME, TAHINI

Tr	Tr	Tr	Tr	Tr	*					Tr	*	*	Tr	*	*	*	*	
*	Tr	Tr	Tr	*					*				Tr			*		

ON TOAST

HOUSE SPREADS ON TOAST

EGGS ON TOAST

SMASHED AVOCADO, LEMON, SOY PUMPKIN SEEDS, SPROUTS, CHILLI

SMASHED AVOCADO, LEMON, SOY PUMPKIN SEEDS, SPROUTS, CHILLI - add POACHED EGG

*	*	*	*	*				Tr		*	*	Tr				Tr		
*	*	*	*	*				*		*						Tr		
*	*	*	*	*				Tr	*	Tr		Tr			Tr			
*	*	*	*	*				*	*	Tr		Tr			Tr			

PLATES

VANILLA PANCAKES, GREEK YOGHURT, DATE MOLASSES, STEWED APPLE, PECAN

FRIED JALAPENO CORNBREAD, FRIED EGG, CHIPOTLE MAYONNAISE, GREEN CHILLI, CORIANDER, LIME

*QUINOA, EDAMAME, BUCKWHEAT, BROCCOLI, PICKLED DAIKON, **TOASTED CHICKPEA** AND MING BEAN, SESAME SOY

HOT SMOKED SALMON, SCRAMBLED EGGS, SOURDOUGH TOAST

CHORIZO AND POTATO HASH, CURLY KALE, POACHED EGGS, TOMATO FRESCA, SAFFRON BUTTERMILK DRESSING

BAKED EGGS, SPICED TOMATO PEPPER RAGU, ROSE HARISSA, CHICKPEAS, GREEK YOGHURT, FLATBREAD, PARSLEY

BAKED EGGS, SPICED TOMATO PEPPER RAGU, ROSE HARISSA, CHICKPEAS, GREEK YOGHURT, FLATBREAD, PARSLEY - add MERGUEZ

CARAVAN FRY: 2 EGGS, THICK CUT BACON, PORK SAUSAGE, ROASTED MUSHROOMS, SLOW ROASTED TOMATOES, TOAST

VEGE FRY: 2 EGGS, SLOW ROAST TOMATOES, ROASTED MUSHROOMS, GRILLED HALLOUMI, SMASHED AVOCADO, TOAST

*	*							*		*	*					Tr		
*	*							*		*							*	*
*	*							*	*							*	*	*
*	*	*	*	*			*	*		*						*	*	*
*	*							*		*							*	*
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*	*	*	*	*	*			*		*						Tr	*	*
*	*	*	*	*				*		*						Tr	*	*



Items marked with this symbol contained the allergen indicated



Item marked with this symbol contain ingredients which have been prepared and packaged in an environment that may contain traces of the allergen indicated

*

This menu item contains ingredients that have been fried in the deep fat fryer. The oil in the fryer has also been used to fry products containing allergens including gluten, dairy, sesame, nuts and fish, as well as meat products.

All our food is freshly prepared in our kitchen, so we are unable to guarantee any food is totally allergen-free. Please ask a member of our team for further information.

SIDES

- THYME ROASTED FIELD MUSHROOM
- SMASHED AVOCADO, CHILLI, LEMON
- PORK AND LEEK SAUSAGE
- GRILLED CHORIZO
- SLOW ROAST TOMATO
- HOT SMOKED SALMON
- THICK CUT BACON
- MERGUEZ SAUSAGE
- GRILLED LONDON "HALLOUMI"

PUDDINGS

- VANILLA ICE CREAM, CARAVAN ESPRESSO SALT CARAMEL SAUCE
- WARM BOILED ORANGE CAKE, MISO CARAMEL, CLOTTED CREAM

	CEREALS CONTAINING GLUTEN																							
	Wheat	Rye	Barley	Oats		CRUSTACEANS		CRUSTACEANS		MOLLUSCS		EGGS		SOYBEANS	MILK		TREE NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SUPHUR DIOXIDE / SULPHITES	LUPIN	
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MERGUEZ SAUSAGE	*	*	*	*	*																		Tr	*
GRILLED LONDON "HALLOUMI"															*									
VANILLA ICE CREAM, CARAVAN ESPRESSO SALT CARAMEL SAUCE												*	*	*	*									
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