

CROISSANT

£1.55

VEGETARIAN

ORGANIC



CROISSANT

Allergens in bold. *Permitted non organic ingredients.

White Flour, Water*, **Butter**, Sugar, Yeast*, Salt* and **Egg Trace**.

VEGETARIAN

ORGANIC

PAIN AU CHOCOLAT

£1.69

VEGETARIAN

ORGANIC



PAIN AU CHOCOLAT

Allergens in bold. *Permitted non organic ingredients.

White Flour, Water*, **Butter**, **Chocolate**, Sugar, Yeast*, Salt*, and **Egg Traces**.

VEGETARIAN

ORGANIC

PAIN AU SULTANA

£2.19

VEGETARIAN

ORGANIC



PAIN AU RAISIN

Allergens in bold. *Permitted non organic ingredients.

White Flour, **Butter**, **Milk**, Sultana, Sugar, **Eggs**, Potato Flour, Vanilla, Water, Salt* and Yeast*.

VEGETARIAN

ORGANIC

ALMOND CROISSANT

£2.39

VEGETARIAN

ORGANIC



ALMOND CROISSANT

Allergens in bold. *Permitted non organic ingredients.

White Flour, **Frangipane** (**ground almonds**, **butter**, sugar, **eggs** & rum), Water*, **Butter**, Syrup, **Flaked Almonds**, Sugar, Yeast, Salt* and **Egg Trace**.

VEGETARIAN

ORGANIC

SEVEN SEEDED ROLL (100G)

85p

VEGAN DAIRY FREE ORGANIC



SEVEN SEEDED ROLL

Allergens in bold. *Permitted non organic ingredients.

Unbleached White Flour, Wholemeal Flour, Apple Juice, Seeds: Amaranth, Gold Linseed, Brown Linseed, Millet, Poppy, **Sesame**, Sunflower Seeds; Olive Oil, Salt* and Yeast*.

VEGAN DAIRY FREE ORGANIC

CIABATTINI (125G)

85p

VEGAN DAIRY FREE ORGANIC



CIABATTINI

Allergens in bold. *Permitted non organic ingredients.

Unbleached White Flour, Water*, Olive Oil, Salt* and Yeast*.

VEGAN DAIRY FREE ORGANIC

ALMOND BLISS CAKE £2.99

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC



ALMOND BLISS CAKE

Allergens in bold. *Permitted non organic ingredients.

Almonds, Cane Sugar*, Free Range **Eggs**, Brown Rice Flour, Icing Sugar and Cinnamon.

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

SEVEN SEEDED BAGUETTE (250G) £1.65

VEGAN DAIRY FREE ORGANIC



SEVEN SEEDED BAGUETTE

Allergens in bold. *Permitted non organic ingredients.

Unbleached White Flour, Wholemeal Flour, Apple Juice, Seeds: Amaranth, Gold Linseed, Brown Linseed, Millet, Poppy, **Sesame**, Sunflower Seeds; Olive Oil, Salt*, Yeast*.

VEGAN DAIRY FREE ORGANIC

COUNTRY BAGUETTE (250G)

£1.65

VEGAN DAIRY FREE ORGANIC



COUNTRY BAGUETTE

Allergens in bold. *Permitted non organic ingredients.

Unbleached **White Flour**, **Medium Rye Flour**, **Dark Rye Flour**, Water*, Olive Oil, Salt* and Yeast*.

VEGAN DAIRY FREE ORGANIC

BROWNIE BITES

£5.99

VEGETARIAN ORGANIC



BROWNIE BITES

Allergens in bold. *Permitted non organic ingredients.

73% Cocoa Belgian Chocolate (cocoa mass, sugar, cocoa butter, lecithin & vanilla), **Fresh Eggs**, Golden Cane Sugar, **Unsalted Butter**, Stone Ground Unbleached **White Flour**.

VEGETARIAN ORGANIC

GRANARY ROLL

85p

VEGAN DAIRY FREE ORGANIC



GRANARY ROLL

Allergens in bold. *Permitted non organic ingredients.

White Flour, Water*, **Granary Flour**, Salt* and Yeast*.

VEGAN DAIRY FREE ORGANIC

LEMON POLENTA CAKE

£2.50

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC



LEMON POLENTA CAKE

Allergens in bold. *Permitted non organic ingredients.

Apple Puree, Lemon, Egg, Xylitol, Sunflower Oil, Cornmeal, Water*, **Ground Almonds**, Apple Juice, Baking Powder and Kanten Agar.

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

PEAR POLENTA CAKE

£2.99

VEGETARIAN

WHEAT FREE

ORGANIC



PEAR POLENTA CAKE

Allergens in bold. *Permitted non organic ingredients.

Almonds, Unsalted Butter, Cane Sugar, **Whole Eggs**, Polenta Flour, Lemon Juice and **Baking Powder**.

VEGETARIAN

WHEAT FREE

ORGANIC

BANANA BREAD

£1.49

VEGETARIAN

ORGANIC



BANANA BREAD

Allergens in bold. *Permitted non organic ingredients.

Bananas, **Butter**, Baking Powder, **Eggs, White Flour**, Nutmeg, **Walnuts**, Sugar.

VEGETARIAN

ORGANIC

SEEDED MULTIGRAIN BAGUETTE

£1.85

VEGAN

DAIRY FREE

ORGANIC



SEEDED MULTIGRAIN BAGUETTE

Allergens in bold. *Permitted non organic ingredients.

White Flour, Granary Flour, Dark Rye Flour, Corn Flour, **Wheat Bran**, Water*, Salt*, Yeast and Seeds (brown linseeds, millet and bran).

VEGAN

DAIRY FREE

ORGANIC

GLUTEN FREE VANILLA CUPCAKE

£1.99

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE VANILLA CUPCAKE

Allergens in bold. *Permitted non organic ingredients.

Vanilla Icing: Cane Icing Sugar, Vegetable Margarine (Sunflower Oil, Palm Oil, Coconut Oil, Water*, Carrot Juice, Emulsifier: Sunflower Lecithin*, Lemon Juice, Natural Flavouring*), Water*, Vanilla Cupcake: Cane Sugar, **Free Range Eggs**, Vegetable Margarine (Sunflower Oil, Palm Oil, Coconut Oil, Water*, Carrot Juice, Emulsifier: Sunflower Lecithin*, Lemon Juice, Natural Flavouring*), Tapioca Flour, Brown Rice Flour, Gluten Free Baking Powder and Vanilla.

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

GLUTEN FREE CHOCOLATE CUPCAKE

£1.99

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE CHOCOLATE CUPCAKE

Allergens in bold. *Permitted non organic ingredients.

Chocolate Icing: Cane Icing Sugar, Vegetable Margarine (sunflower oil, palm oil, coconut oil, water*, carrot juice, emulsifier: sunflower lecithin*, lemon juice, natural flavouring*), Water*, Cocoa Powder,

Cupcake: Natural Cane Sugar*, **Free Range Eggs**, Vegetable Margarine (sunflower oil, palm oil, coconut oil, water*, carrot juice, emulsifier: sunflower lecithin*, lemon juice, natural flavouring), Tapioca Flour, Brown Rice Flour, Cocoa Powder, Gluten Free Baking Powder Dusted with Organic Chocolate with 74% Cocoa Solids (cocoa mass, sugar, cocoa butter & vanilla powder).

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

GLUTEN FREE BROWNIE

£2.65

VEGETARIAN

NO GLUTEN

ORGANIC



GLUTEN FREE BROWNIE

Allergens in bold. *Permitted non organic ingredients.

Dairy Free Dark Chocolate, Butter, **Organic Free Range Egg**, Organic Caster Sugar, Vanilla Extract, Gluten Free Flour (corn & brown rice) and Xanthan Gum.

VEGETARIAN

NO GLUTEN

ORGANIC

OATMEAL RAISIN COOKIE

99p

VEGETARIAN

ORGANIC



OATMEAL RAISIN COOKIE

Allergens in bold. *Permitted non organic ingredients.

Cane Sugar, Raisins, **Oats, Butter, Wheat Flour, Free Range Egg**, Raising Agent: Sodium Bicarbonate*, Spice, Molasses and Vanilla.

VEGETARIAN

ORGANIC

CHOCOLATE CHIP HAZELNUT COOKIE

99p

VEGETARIAN

ORGANIC



CHOCOLATE CHIP HAZELNUT COOKIE

Allergens in bold. *Permitted non organic ingredients.

Wheat Flour, Cane Sugar, **Butter, Chocolate, Hazelnuts, Free Range Egg**, Honey, Molasses, Raising Agent: Sodium Bicarbonate* and Vanilla.

VEGETARIAN

ORGANIC

DOUBLE CHOCOLATE COOKIE

99p

VEGETARIAN

ORGANIC



DOUBLE CHOCOLATE COOKIE

Allergens in bold. *Permitted non organic ingredients.

Cane Sugar, **Chocolate**, **Wheat Flour**, **Butter**, **Free Range Egg**, Honey, Cocoa Powder, Molasses, Raising Agent: Sodium Bicarbonate* and Vanilla.

VEGETARIAN

ORGANIC

FRUIT & NUT LOAF

£3.75

VEGAN

DAIRY FREE

ORGANIC



FRUIT & NUT LOAF

Allergens in bold. *Permitted non organic ingredients.

White Flour, **Dark Rye**, **Light Rye**, Sultana, Figs, Apricot, **Walnuts**, Salt*, Yeast* and Water*.

VEGAN

DAIRY FREE

ORGANIC

GLUTEN FREE ICED CHOCOLATE MINI PANETTONE

£2.49

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE ICED CHOCOLATE MINI PANETTONE

Allergens in bold. *Permitted non organic ingredients.

Fresh Pears, Brown Rice Flour, Cane Sugar, **Free Range Eggs**, Extra Virgin Olive Oil, Cocoa Powder, Raising Agent (bicarbonate of soda*) and Icing (cane icing sugar, cocoa powder & water*).

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

GLUTEN FREE CARROT MINI PANETTONE

£2.49

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE CARROT MINI PANETTONE

Allergens in bold. *Permitted non organic ingredients.

Fresh Carrots, Stoneground Brown Rice Flour, Cane Sugar, **Free Range Eggs**, Extra Virgin Olive Oil, **Cashew Nuts**, Sultanas, Raising Agent: Bicarbonate of Soda*, Vanilla, Cinnamon and Mixed Spice.

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

GLUTEN FREE APPLE RAISIN MINI PANETTONE

£2.49

VEGETARIAN NO GLUTEN
WHEAT FREE DAIRY FREE ORGANIC



GLUTEN FREE APPLE RAISIN MINI PANETTONE

Allergens in bold. *Permitted non organic ingredients.

Fresh Apples, Stoneground Brown Rice Flour, Cane Sugar, Raisins, **Free Range Eggs**, Extra Virgin Olive Oil, **Cinnamon** and Raising Agent: Bicarbonate of Soda*.

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

GLUTEN FREE BANANA VANILLA MINI PANETTONE

£2.49

VEGETARIAN NO GLUTEN
WHEAT FREE DAIRY FREE ORGANIC



GLUTEN FREE BANANA VANILLA MINI PANETTONE

Allergens in bold. *Permitted non organic ingredients.

Fresh Bananas, Stoneground Brown Rice Flour, Cane Sugar, **Free Range Eggs**, Extra Virgin Olive Oil, Vanilla, **Cinnamon** and Raising Agent: Bicarbonate of Soda*.

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

CHOCOLATE HALF BAKED FLOURLESS CAKE

£3.25

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC



CHOCOLATE HALF BAKED FLOURLESS CAKE

Allergens in bold. *Permitted non organic ingredients.

Whole Eggs, Chocolate 24% (cocoa mass, sugar, cocoa butter & vanilla powder), **Butter**, Cane Sugar and **Ground Almonds**.

May contain: **Peanuts, Sesame and various nuts.**

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC

DATE PUDDING

£2.79

VEGETARIAN ORGANIC



DATE PUDDING

Allergens in bold. *Permitted non organic ingredients.

Water*, Chopped Dates, **Wheat Flour**, Cane Sugar, **Whole Eggs**, **Unsalted Butter**, Sodium Bicarbonate* and Baking Powder.

VEGETARIAN ORGANIC

PECAN TART

£3.79

VEGETARIAN

ORGANIC



PECAN TART

Allergens in bold. *Permitted non organic ingredients.

Pasty Dough (**unsalted butter**, **wheat flour**, icing sugar & **whole eggs**) and **Filling** (**whole eggs**, cane sugar, golden syrup & **pecans**).

VEGETARIAN

ORGANIC

BENEDICT BAR

£2.99

VEGETARIAN

ORGANIC



BENEDICT BAR

Allergens in bold. *Permitted non organic ingredients.

Pasty Dough (**wheat flour**, **unsalted butter**, cane sugar, **whole egg** & **baking powder**) and **Filling** (raspberry jam, **flaked almonds**, **unsalted butter** & cane sugar).

VEGETARIAN

ORGANIC

COCONUT MACARON

£1.39

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC



COCONUT MACARON

Allergens in bold. *Permitted non organic ingredients.

Coconut, Cane Sugar, **Egg White** and **Unsalted Butter**.

VEGETARIAN

NO GLUTEN

WHEAT FREE

ORGANIC

VEGAN CHOCOLATE BUNDT CAKE

£1.95

VEGAN

DAIRY FREE

ORGANIC



VEGAN CHOCOLATE BUNDT CAKE

Allergens in bold. *Permitted non organic ingredients.

Cane Sugar, **Wheat Flour**, Rapeseed Oil, Cocoa Powder, Vinegar, **Baking Powder**, Salt*, Icing Sugar and Water*.

VEGAN

DAIRY FREE

ORGANIC

ECCLES CAKE

£1.89

VEGETARIAN

ORGANIC



ECCLES CAKE

Allergens in bold. *Permitted non organic ingredients.

Pastry (**wheat flour**, **unsalted butter**, water* & salt*),
Filling (currants, cane sugar, **unsalted butter**, lemon juice &
mixed spice).

VEGETARIAN

ORGANIC

GLUTEN FREE GERMAN SEEDED ROLL

85p

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE GERMAN SEEDED ROLL

Allergens in bold. *Permitted non organic ingredients.

Water*, Corn Starch, Wholegrain Amaranth Flour, Rice Flour,
Linseeds, Sunflower Seeds, **Sesame Seeds**, Sunflower Oil,
Psyllium Husks, Pea Protein, Apple Fibre, Sea Salt*, **Yeast***,
Dextrose, Thickener (guar gum* & xanthan gum*) and Spices.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

DR KARG MINI CRISP BREAD

85p

VEGETARIAN

ORGANIC



DR KARG MINI CRISP BREAD

Allergens in bold. *Permitted non organic ingredients.

Wholegrain Wheat Flour, **Mozzarella**, **Emmental
Cheese**, Tomato Flakes, Linseeds, **Sesame Seeds**, Sea Salt*,
Yeast*, Barley Malt Extract and Provencal Herbs.

VEGETARIAN

ORGANIC

CHEESE TWIST

£1.50

VEGETARIAN

ORGANIC



CHEESE TWIST

Allergens in bold. *Permitted non organic ingredients.

Ciabatta Flour, **Butter**, **Cheddar Cheese**, Pesto (olive
oil, fresh basil & garlic), Water* and Salt*.

VEGETARIAN

ORGANIC

CIABATTA (400G)

£2.25

VEGAN DAIRY FREE ORGANIC



CIABATTA

Allergens in bold. *Permitted non organic ingredients.

Unbleached White Flour, Water*, Olive Oil, Salt* and **Yeast***.

VEGAN DAIRY FREE ORGANIC

SEVEN SEED BREAD (800G)

£4.25

VEGAN DAIRY FREE ORGANIC



SEVEN SEED BREAD

Allergens in bold. *Permitted non organic ingredients.

Unbleached White Flour, **Wholemeal Flour**, Water*, Seeds (amaranth, gold linseed, brown linseed, millet, poppy, **sesame**, sunflower seeds), Olive Oil, Salt* and **Yeast***.

VEGAN DAIRY FREE ORGANIC

CHOCOLATE ALMOND CROISSANT

£2.59

VEGETARIAN ORGANIC



CHOCOLATE ALMOND CROISSANT

Allergens in bold. *Permitted non organic ingredients.

White Flour, **Frangipane** (ground almonds, butter, sugar, **eggs** & rum), Water*, **Butter**, **Chocolate**, Syrup, **Flaked Almonds**, Sugar, **Yeast**, Salt* and **Egg Trace**.

VEGETARIAN ORGANIC

PLANET ORGANIC BROWNIE BITE POTS

£5.99

VEGETARIAN ORGANIC



PLANET ORGANIC BROWNIE BITE POTS

Allergens in bold. *Permitted non organic ingredients.

73% Cocoa Belgian Chocolate (cocoa mass, sugar, cocoa butter, lecithin* & vanilla), **Fresh Eggs**, Golden Cane Sugar, **Unsalted Butter**, and Stone Ground Unbleached **White Flour**.

VEGETARIAN ORGANIC

PLANET ORGANIC CRANBERRY SEED BAR BITE POTS

£5.99

VEGETARIAN

ORGANIC



PLANET ORGANIC CRANBERRY SEED BAR BITE POTS

Allergens in bold. *Permitted non organic ingredients.

Dates, Cranberries, **Oats**, Linseeds, **Sesame Seeds**,
Pumpkin Seeds, Sunflower Seeds, Olive Oil, Rice Syrup and
Coconut.

VEGETARIAN

ORGANIC

LEMON DRIZZLE CAKE

£2.79

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



LEMON DRIZZLE CAKE

Allergens in bold. *Permitted non organic ingredients.

Fresh Apple, Brown Rice Flour, Cane Sugar, **Eggs**, Olive Oil,
Lemon Zest, Bicarbonate of Soda and Lemon Drizzle Icing
(cane sugar & lemon juice).

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

ORANGE CAROB LOAF CAKE

£2.79

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



ORANGE CAROB LOAF CAKE

Allergens in bold. *Permitted non organic ingredients.

Bananas, Brown Rice Flour, Brown Rice Syrup, Spring Water*,
Carob Powder, Olive Oil, Orange Zest, Vanilla Extract, Golden
Linseed and Bicarbonate of Soda.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

BANANA VANILLA LOAF CAKE

£2.79

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



BANANA VANILLA LOAF CAKE

Allergens in bold. *Permitted non organic ingredients.

Bananas, Brown Rice Flour, Brown Rice Syrup, **Eggs**, Olive Oil,
Vanilla, **Cinnamon** and Bicarbonate of Soda.

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

CHRISTMAS CAKE FINGER

£1.85

VEGETARIAN NO GLUTEN

WHEAT FREE DAIRY FREE ORGANIC



CHRISTMAS CAKE FINGER

Allergens in bold. *Permitted non organic ingredients.

Marzipan (**almonds**, cane sugar, water* & **almond oil**) Cake (currants 14%, **almonds**, raisins 8%, sultanas 8%, cane sugar, **free range eggs**, brown rice flour, dates 5%, apricots 4%, molasses, orange juice, extra virgin olive oil, orange zest, **cinnamon**, ginger, mixed spice, nutmeg. raising agent: bicarbonate of soda & gluten-free baking powder).

VEGETARIAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

MINCE PIE

99p

VEGETARIAN ORGANIC



MINCE PIE

Allergens in bold. *Permitted non organic ingredients.

Pastry (**wheat flour**, **salted butter** 27%, sugar, salt*) Mincemeat (sugar, sultanas 18%, apple puree, currants 7%, raisins 7%, apricot purée 6%, candied mixed peel (glucose-fructose syrup*, orange peel, sugar, lemon peel & concentrated lemon juice) Spirit Vinegar, Sunflower Oil, Cornflour, Brandy, **Ground Cinnamon**, Mixed Spice (ginger, **cinnamon**, nutmeg & clove), **cinnamon** & orange oil).

VEGETARIAN ORGANIC

HOT CROSS BUNS (4 PACK)

£3.99

VEGETARIAN ORGANIC



HOT CROSS BUNS

Allergens in bold. *Permitted non organic ingredients.

Fortified Wheat Flour (**wheat flour**, calcium carbonate*, iron*, nicotinic acid* & thiamine*), Water*, Cane Sugar, **Milk**, Agave Syrup, Dried Currants (includes sunflower oil), Dried Raisins (includes sunflower oil), **Butter**, Rapeseed Oil, Yeast*, **Eggs**, Orange Peel (corn glucose syrup, orange peel, citric acid* & salt*), Lemon Peel (corn glucose syrup, lemon peel, citric acid* & salt*), Mixed Spices (coriander, **cinnamon**, cassia, nutmeg, allspice, clove, ginger, cardamom) and salt*.

VEGETARIAN ORGANIC

GLUTEN FREE CHOCOLATE & RASPBERRY FONDANT

£3.99

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC



GLUTEN FREE CHOCOLATE & RASPBERRY FONDANT

Allergens in bold. *Permitted non organic ingredients.

Brown Rice, Dark Chocolate, Tapioca, Potato Flour, **Eggs**, Demerara Sugar, **Butter (Milk)**, Raspberries, Icing Sugar, Vanilla Extract and **Condensed Milk (Milk)**.

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC

COUNTRY BLOOMER (800G)

£3.69

VEGAN DAIRY FREE ORGANIC



COUNTRY BLOOMER

Allergens in bold. *Permitted non organic ingredients.

Organic **White Flour**, Organic **Dark Rye**, Organic **Light Rye**, Water*, **Yeast** and Salt*.

VEGAN DAIRY FREE ORGANIC

COUNTRY BLOOMER (400G)

£1.95

VEGAN DAIRY FREE ORGANIC



COUNTRY BLOOMER

Allergens in bold. *Permitted non organic ingredients.

Organic **White Flour**, Organic **Dark Rye**, Organic **Light Rye**, Water*, **Yeast** and Salt*.

VEGAN DAIRY FREE ORGANIC

FLATBREAD

£1.00

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC



FLATBREAD

Allergens in bold. *Permitted non organic ingredients.

Potato Flour, Brown Rice Flour, Apple Cider Vinegar, **Baking Powder**, Flaxseed, Garlic, Cumin, Salt*, Pepper and Rapeseed Oil.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

CHOCOLATE HALF BAKED FLOURLESS CAKE

£3.25

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC



CHOCOLATE HALF BAKED FLOURLESS CAKE

Allergens in bold. *Permitted non organic ingredients.

Whole Eggs, Chocolate 24% (cocoa mass, sugar, cocoa butter & vanilla powder), **Butter**, Cane Sugar and **Ground Almonds**.

May contain: **Peanuts, Sesame and various nuts.**

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC

SCONE WITH SPELT & QUINOA

£1.80

VEGETARIAN

ORGANIC



SCONE WITH SPELT & QUINOA

Allergens in bold. *Permitted non organic ingredients.

Wheat Flour, Unsalted Butter (milk), Wholemeal Spelt Flour (wheat & spelt), Double Cream, Whole Milk, Currants, Flaked Almonds, Cane Sugar, Quinoa, Whole Egg, Baking Powder Raising Agents: (E500, E450) and Salt*.

VEGETARIAN

ORGANIC

SAVOURY PASTY

£2.40

VEGAN

ORGANIC



SAVOURY PASTY

Allergens in bold. *Permitted non organic ingredients.

Carrots, Swede, Potatoes, Onions, Leeks, Red Pepper, Tamarind, Garlic Puree, Salt*, Black Pepper, Rosemary, Thyme, **White Flour, Wholemeal Flour** and Palm Fat.

VEGAN

ORGANIC

GLUTEN FREE FOCACCIA

85p

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GLUTEN FREE FOCACCIA

Allergens in bold. *Permitted non organic ingredients.

Corn Starch 38%, Water*, Natural Rice Sourdough (rice flour & water*) Cornflour, Psyllium Husks, Pea Protein, Linseed Flour, **Yeast**, Dextrose, Sea Salt*, Apple Bran, Thickener: Guar Gum, Xanthan Gum and Spices.

Allergy Advice: May contain traces of **sesame, soya** and **lupin**.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

SPELT CROISSANT

£1.85

VEGETARIAN

ORGANIC



SPELT CROISSANT

Allergens in bold. *Permitted non organic ingredients.

Wholemeal spelt, butter (milk), water, white spelt, cane sugar, yeast, salt, improver (wheat flour, raising agent(E500), sunflower oil).

VEGETARIAN

ORGANIC

CHOCOLATE BROWNIE

£2.15

VEGETARIAN

ORGANIC



GB-ORG-05

CHOCOLATE BROWNIE

Allergens in bold. *Permitted non organic ingredients.

Chocolate (cocoa mass 70%, cane sugar, cocoa butter, **soya lecithin** & vanilla extract), **Fresh Eggs**, Golden Cane Sugar, **Unsalted Butter**, Stone Ground Unbleached **White Flour**.

VEGETARIAN

ORGANIC

SWEET POTATO BROWNIE

£2.15

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC



GB-ORG-05

SWEET POTATO BROWNIE

Allergens in bold. *Permitted non organic ingredients.

Sweet Potato, Coconut Sugar, **Chocolate** (cocoa mass 70%, cane sugar, cocoa butter, **soya lecithin** & vanilla extract), Olive Oil, **Ground Almonds**, Vanilla Extract, Gluten Free Baking Powder, **Eggs** and Seasalt*.

VEGETARIAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

ORGANIC

WHEAT FREE FRUIT & SEED BAR

£1.65

or 2500 points with Yoyo

VEGAN

WHEAT FREE

DAIRY FREE

ORGANIC



GB-ORG-05

WHEAT FREE FRUIT & SEED BAR

Allergens in bold. *Permitted non organic ingredients.

Dates, Cranberries, **Oats**, Linseeds, **Sesame Seeds**, Pumpkin Seeds, Sunflower Seeds, Olive Oil, Rice Syrup and Coconut.

VEGAN

WHEAT FREE

DAIRY FREE

ORGANIC

VEGAN BLACK BEAN BROWNIE

£2.95



GB-ORG-05

VEGAN

WHEAT FREE

DAIRY FREE

ORGANIC

VEGAN BLACK BEAN BROWNIE

Allergens in bold. *Permitted non organic ingredients.

Black Turtle Beans, **Almond Butter (almonds)**, Cacao Powder, Coconut Sugar, Chocolate (cocoa mass, cane sugar, cocoa butter, vanilla extract (water*, ethanol, vanilla bean extract), **soya lecithin (soya)**), Golden Flax Seeds, Vanilla extract (water*, ethanol, vanilla bean extract), Balsamic vinegar, Baking Powder & Sea Salt*.

VEGAN

WHEAT FREE

DAIRY FREE

ORGANIC

VEGAN BANANA BREAD

£2.99

VEGAN NO GLUTEN
WHEAT FREE DAIRY FREE ORGANIC



VEGAN BANANA BREAD

Allergens in bold. *Permitted non organic ingredients.

Coconut Oil, **Almond Milk**, Vanilla, Bananas, Coconut Sugar, Baking Powder, Cinnamon, Bicarb of Soda, **Ground Almonds**, Buckwheat Flour, Quinoa Flour and Vinegar.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

TOPPED VEGAN BANANA BREAD

£4.50

VEGAN NO GLUTEN
WHEAT FREE DAIRY FREE ORGANIC



TOPPED VEGAN BANANA BREAD

Allergens in bold. *Permitted non organic ingredients.

Coconut Oil, **Almond Milk**, Vanilla, Bananas, Coconut Sugar, Baking Powder, Cinnamon, Bicarb of Soda, **Ground Almonds**, Buckwheat Flour, Quinoa Flour, Vinegar, Raspberry Chia Jam (chia, raspberries & coconut nectar), Almond Butter & Cacao Nibs.

VEGAN NO GLUTEN WHEAT FREE DAIRY FREE ORGANIC

BANANA BREAD

£2.99

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC



BANANA BREAD

Allergens in bold. *Permitted non organic ingredients.

Bananas, Coconut Sugar, Vanilla, Baking Powder, Cinnamon, Bicarb of Soda, **Ground Almonds**, Buckwheat Flour, **Eggs**, Coconut Oil, Mixed Spice, Millet Flour, Bicarb of Soda, Tapioca Flour and **Yoghurt**.

VEGETARIAN NO GLUTEN WHEAT FREE ORGANIC

RASPBERRY GLAZE DOUGHNUT

£2.50

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

RASPBERRY GLAZE DOUGHNUT

Allergens in bold.

*Made in a facility that handles sesame seeds, tree nuts and peanuts

Water, Caster Sugar, Rice Flour, Potato Starch, Apple Puree, Coconut Oil, Vanilla Extract, Gram Flour, Arrowroot, Icing Sugar, Fresh Raspberries, Baking Powder, Salt, Xantham Gum and Bicarbonate of Soda.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

VANILLA GLAZE DOUGHNUT

£2.50

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

VANILLA GLAZE DOUGHNUT

Allergens in bold.

*Made in a facility that handles sesame seeds, tree nuts and peanuts

Water, Caster Sugar, Rice Flour, Potato Starch, Apple Puree, Coconut Oil, Vanilla Extract, Gram Flour, Arrowroot, Icing Sugar, Baking Powder, Salt, Xantham Gum and Bicarbonate of Soda.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

SUGARED DOUGHNUT

£2.50

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

SUGARED DOUGHNUT

Allergens in bold.

*Made in a facility that handles sesame seeds, tree nuts and peanuts

Water, Caster Sugar, Rice Flour, Potato Starch, Apple Puree, Coconut Oil, Vanilla Extract, Gram Flour, Arrowroot, Baking Powder, Salt, Xantham Gum and Bicarbonate of Soda.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

CINNAMON SUGAR DOUGHNUT

£2.50

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

CINNAMON SUGAR DOUGHNUT

Allergens in bold.

*Made in a facility that handles sesame seeds, tree nuts and peanuts

Water, Caster Sugar, Rice Flour, Potato Starch, Apple Puree, Coconut Oil, Vanilla Extract, Gram Flour, Arrowroot, Baking Powder, Salt, Xantham Gum, Bicarbonate of Soda and Ground Saigon Cinnamon.

VEGAN

NO GLUTEN

WHEAT FREE

DAIRY FREE

SALTED PEANUT CHOCOLATE CHIP SOURDOUGH COOKIE

£2.50

VEGAN DAIRY FREE ORGANIC



SALTED PEANUT CHOCOLATE CHIP SOURDOUGH COOKIE

Allergens in bold. *Permitted non organic ingredients.

Almond milk (rice, sunflower oil), coconut sugar, **spelt flour**, **peanut butter**, **peanuts**, chocolate chips (cocoa mass, coconut sugar, cocoa butter), vanilla, salt, coconut oil, bicarb of soda.

VEGAN DAIRY FREE ORGANIC

DOUBLE CHOCOLATE HAZELNUT SOURDOUGH COOKIE

£2.50

VEGAN DAIRY FREE ORGANIC



DOUBLE CHOCOLATE HAZELNUT SOURDOUGH COOKIE

Allergens in bold. *Permitted non organic ingredients.

Almond milk (rice, sunflower oil), coconut sugar, **spelt flour**, **hazelnuts**, chocolate chips (cocoa mass, coconut sugar, cocoa butter), cacao powder, vanilla, salt, coconut oil, bicarb of soda.

VEGAN DAIRY FREE ORGANIC

CRANBERRY PECAN & OAT SOURDOUGH COOKIE

£2.50

VEGAN DAIRY FREE ORGANIC



CRANBERRY PECAN & OAT SOURDOUGH COOKIE

Allergens in bold. *Permitted non organic ingredients.

Spelt flour, **oats**, **oat bran**, vanilla, cranberries, **pecans**, coconut sugar, coconut oil, salt, **almond milk**.

VEGAN DAIRY FREE ORGANIC

TURMERIC & GINGER SOURDOUGH COOKIE

£2.50

VEGAN DAIRY FREE ORGANIC



TURMERIC & GINGER SOURDOUGH COOKIE

Allergens in bold. *Permitted non organic ingredients.

Almond Milk, **Spelt Flour**, Coconut Sugar, Coconut Oil, Salt, Cinnamon, Turmeric, Black Pepper, Vanilla, **Ground Almonds** and Bicarbonate of Soda.

VEGAN DAIRY FREE ORGANIC

MATCHA SOURDOUGH COOKIE

£2.50

VEGAN

DAIRY FREE

ORGANIC



GB-ORG-05

MATCHA SOURDOUGH COOKIE

Allergens in bold. *Permitted non organic ingredients.

Almond Milk, Spelt Flour, Coconut Sugar, **Ground Almonds**, Matcha Blend (matcha, wheatgrass, chlorella, spirulina & green tea) and Desiccated Coconut.

VEGAN

DAIRY FREE

ORGANIC