

#RiseandShine

Served 10am-2pm

Smashed Avo & Poached Eggs £6 V GFO

Smashed avocado on toasted bloomer topped with two poached egg & a splash of Tabasco.

NEW Smashed Avo Bacon & Poached Eggs £7 GFO

Smashed avocado topping grilled bacon and finished with two poached eggs served on bloomer toast with a splash of Tabasco.

NEW Tomato & Avo Breakfast Bruschetta £7 V VG GFO

Smashed avocado topped with a tomato, red onion and herb salad sat on a garlic bruschetta and sprinkled with chilli flakes.

NEW Raw, Zesty Cinnamon Soaked Oats £2.95 V VG

Scottish oats soaked in fresh juice lemon zest, grated apple, topped with berries.

Breakfast Cobs £4.50 GFO DFO

Choose from Cumberland sausage, vegetarian sausage V or thick cut bacon or you can mix it up & have both.

Free Range Fried Egg Cob £3.50 V GFO

Scrambles £6.50

Scrambled egg piled high on toasted bloomer with a choice of two toppings and garnished with rocket. *Choose from:* tomatoes, mushrooms, cheese, onion or bacon.

Cheesy Cheddar on Toast £3.50 V GFO

Two slices of bloomer topped with melted cheese.

Baked Beans on Toast £3.00 V VGO GFO DFO

Two slices of toasted bloomer topped with baked beans.
Add cheese £1

Chunky Toast £2 V VGO GFO DFO

Bloomer or granary toast with butter

Giant Toasted Teacake £2 V VGO DFO

Add-ons

Bacon or sausage £2

Fried or poached egg £1

V Vegetarian

VG Vegan

VGO Vegan option available

DF Dairy free

DFO Dairy free option available

GF Gluten free

GFO Gluten free option available

If you have any food allergies or intolerances, please let the person taking your order know.

#NeedaBoost

Served 12noon-3pm

Homemade Soup £4.50 V VGO GFO DFO

Served with bloomer or granary bread.

NEW Cup of Soup £3

Add bread or toast £1

Super Green Salmon Salad £8 GF

Mixed leaves, celery, cucumber, toasted seeds and fresh herbs, topped with smoked salmon dressed in a honey and soy dressing

Vegan Burger £8 Vg GFO

Spicy chickpea burger with caramelised red onion, beef tomatoes, mustard and a homemade tomato salsa served on a toasted white bun

Halloumi & Roasted Veg Skewers £7.50 V GF

Griddled halloumi, cherry tomatoes and mushroom skewers. Served on top of our special super seedy coleslaw and mixed leaf salad. *Add a toasted pitta £1*

Cheddar Frittata £6.50 V GF

With potato and sweet onions. Served with a mixed leaf salad and our super seedy coleslaw.

Top Down Toasties £6.50

Open Toasties with more filling and less stodge.

All come with a mixed leaf salad and our super seedy coleslaw. Choice of filling:

Croque monsieur (ham and cheese) **GFO**

Tuna melt with sweetcorn **GFO**

Smoked salmon & cream cheese **GFO**

Halloumi, pesto & beef tomatoes **V GFO**

Fish Finger Pitta £6

Served with our seedy coleslaw and mixed leaf salad and a pot of tomato ketchup.

The Hungry Vegan Board £8.50 V VG DF GFO

Homemade hummus, tapenade, tomato bruschetta, marinated mixed olives, crudités, roasted vegetables and toasted granary.

The Hungry Ploughman's Board £8.50

Homemade sausage roll, honey roast ham, cheddar, baby pickled onion, wedge of bloomer, butter, mustard & fruit.

Baked Jacket Potatoes £6.50

Served with butter & a mixed leaf salad and our super seedy coleslaw. Choice of filling:

Cheddar cheese & red onion **V GF**

Baked beans & cheddar cheese **V VGO GF**

Cheddar cheese & bacon **GF**

Tuna mayo & sweetcorn **GF**

NEW Smoked salmon and cream cheese **GF DFO**

Our Seedy Coleslaw can be made Vegan friendly. Please just ask VGO

#GrabandGo

Served all day

If you're in a hurry, we have a delicious selection of food you can Grab & Go
Be quick, once it's gone its gone!

Homemade Sausage Roll £1.95

Cheddar Frittata £2 V GF

Small buddha bowl £5 Vg GF

Falafels topping lemon hummus and mixed leaves

G&G Sandwiches: £3.50

Cheese salad

Smoked salmon, cream cheese and rocket

Tuna mayo and cucumber

Ham salad

Ask us for a Vegan option and if we can we make one fresh VGO

Please remember once there gone there gone!

(Until tomorrow)

#StudentAppeal

Check out our Student deals

Student Appeal deals can't be used in conjunction with other offers or promotions.

G&G Sandwich + still water/Coke/ carton of juice £4.50

V VG GF DF Small buddha bowl + bottle of still water £5

V GF Cheddar frittata meal + still water/Coke/carton of juice £5

Just Jackets £3

Served with butter. Add toppings:

V GF Cheddar cheese 50p

V VGO GF Baked beans 50p

GF Tuna mayo £1

GF Bacon £1

CUBE Offers:

Student discount with a valid NUS card 10% off

'I Work' or 'I Love' Cathedral Quarter Card 10% off

Have a drink on us with the CUBE loyalty card

#MiniMeals

Served 12noon-3pm

Grownups, we ensure all our ingredients are fresh and locally sourced so your little ones love every last bite.
Suitable for children age 2-7 years

Boogie Boxes

Lunch comes in an animal activities box with crayons and a colouring activity book
£4.95

Sandwiches: On soft white bread.

Choose from: Cheese/ham/tuna/jam

With: Carrot & cucumber sticks

Add a drink: Orange juice/apple Juice carton/Still water/Jug of cordial

Add a pudding: GF chocolate brownie/vanilla ice cream/fruit

Something Hot

Fish Finger Pitta & Peas £3.95

Half a warm pitta filled with fish fingers and served with garden peas and tomato ketchup

Just Jacket Potato £3.50

Served with butter & a choice of fillings:

Butter **V GF**

Cheddar cheese **V GF**

Baked beans **V VGO GF DFO**

Tuna mayo **GF**

Mini Cheese Cheddar soldiers £2 **V GFO**

Perfect for your little ones! One slice of white toast topped with melted cheese and cut into soldiers.

Mini Baked Bean Soldiers £2 **V VGO GF DFO**

Everyone's favourite! One thin slice of white toast topped with baked beans and cut into soldiers.