



## Menu

### "Plot to Plate"

Prepared where possible, with fresh seasonal produce from our allotments and locally sourced ingredients.

Most can be made GF or Vegan

### Breakfast

£2.79	Crumpets with butter	V*VE
£2.79	Toast with butter & Sunnyside jam	V*VE*GF
£2.99	Toast, peanut butter & jam	V*VE*GF

### Mains

All mains are served with seasonal dressed salad's

#### CRISPY JACKET POTATOES

£5.99	*AMERICAN Double cheese & 'Bakon' bits	V*VE*GF
	*BRITISH Cheese & Beans	V*VE*GF
	*ITALIAN Marinara sauce, cheese & herbs	V*VE*GF
	*ICELANTIC Tuna fish & cheese	GF
	*MEXICAN Bean chilli & cheddar	V*VE*GF

#### SANDWICH, WRAP OR TOASTY

£5.99	'Chickin' Tikka cheesy toasty & mango chutney	V*VE*GF
£5.99	'Meet' Ball Marinara toasted wrap	V*VE
£5.99	Pulled 'Porc', tomato relish & mature chees	V*VE*GF
£5.49	Tuna mayo (local P.E.Mead mayo from Tring)	GF
£5.79	Tuna & Mature Cheddar	GF
£4.99	Sunnyside Egg Mayo	V*GF
£4.99	Mature Cheddar, Onion & Herb	V*VE*GF
£4.99	Sunnyside rainbow coleslaw with cheddar	V*VE*GF
£5.29	Homemade seasonal hummus & falafel	VE*GF

#### SOUP & SALAD

£4.99	Soup of the day with granary bread	VE*GF
£4.99	Sunnyside salad. Tuna, Cheese or Falafel	V*VE*GF
£1.00	Extra portion cheese, salad, jam etc	



## Drinks Menu

Our coffee beans are organic, roasted locally at Smiths Coffee which is a

10-minute walk down the canal. All drinks can be made with coconut or oat milk as the dairy alternatives

Americano	£3.29	
Babycino	£1.49	
Cappuccino	£3.49	
Chai Latte	£3.29	
Espresso	£1.99	
Espresso Double	£2.99	
Flat White	£3.29	
Hot Choc Peruvian	£3.79	Cream/Mallows 25p each
Iced Coffee	£3.29	
Latte	£3.29	
Mocha	£3.99	
Tea English B'fast	£2.79	
Tea Earl Grey	£2.79	
Tea Herbal	£2.79	
Tea Cannabis	£3.79	40mg CBD

#### FRENCH PRESS £3.99

- ❖ Sumatran (unflavoured)
- ❖ Banoffee
- ❖ Death by Chocolate
- ❖ Rich Hazelnut
- ❖ Salted Caramel
- ❖ Mocha Orange
- ❖ Vanilla

#### FRUIT SMOOTHIE £3.79

Seasonal fruit/veg, cow oat or coconut milk, banana, vanilla syrup, flaxseed, peanut butter.



## Kids Menu

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**£2.99** Sandwich 1 filling

**£3.99** Sandwich 2 fillings

**£3.99** Toasty 1 filling

**£4.99** Toasty 2 fillings

**FILLINGS:** Cheese, tuna, hummus, Sunnyside jam, smooth peanut butter, milk chocolate spread

**£3.29** Beans on toast topped with cheese

**£3.79** Jacket Potato with beans, cheese or tuna mayo

**£1.00** Salad stick mini selection

**£1.00** Hummus side portion

**£1.99** Sunnyside organic apple juice

**£0.99** Cordial, half pint. Blackcurrant OR Orange

Our food is prepared to order. We source our products carefully & locally where possible. We also use fair trade; British & organic products & all Sunnyside ingredients are grown to organic standards. For meals where animal products are used we buy from farms that have high welfare standards. Despite doing our very best to reduce the risk of cross contamination, we do handle allergens so please tell us about any dietary needs or allergy