

Fresh Bread



Fiona Meade's Organic Irish Soda Bread

Plain Soda Bread £3.20

*Spelt flour, milk, yoghurt, salt, baking powder, honey.
Bread can be made vegan at No extra charge*

or £3.80 for specialty breads as follows:

Seaweed, Guinness, Honey & walnut, Raisin & walnut, Sultana, Fennel & sultana, Mixed seed - pumpkin, sunflower, poppy, flax, sesame, Raisin & mixed seed, Fig & fennel, Olive, Fruit - apricot, raisin, walnut, wild garlic.

Hummus

Regular £2.60

chickpeas, tahini, olive oil, garlic, lemon juice, seasoning

Beetroot £3.20

beetroot, tahini, olive oil, chickpeas, garlic, lemon juice, seasoning

Ben & Ella's Ltd

Market Sourdough £3.10

White flour, water, sourdough starter, barley flour, barley malt, salt

Old English Rye Sourdough £3.10

Dark rye flour, white flour, water, sourdough starter, black treacle, salt

Farmyard Spelt Sourdough £3.60

*White spelt flour, white flour, water, sourdough starter, sugar beet syrup, salt
(the farmyard spelt sourdough starter contains milk)*

White Tin £2.30

White flour, water, rapeseed oil, sugar, yeast, salt

Malted Granary Tin (800g) £2.30

Malted granary flour, white flour, water, rapeseed oil, sugar, yeast, salt

White Rolls (80g) 60p each (or 4 for £2)

White flour, water, butter, sugar, yeast, salt

Granary Rolls (80g) 60p each (or 4 for £2)

Granary flour, white flour, water, butter, sugar, yeast, salt

Vegan Spelt Flour Biscuits £3

Spelt flour, spelt oats, coconut oil, coconut sugar, maple syrup

Apricot & pistachio

Hazelnut

Seaweed

Choco chip

Cranberry & orange

Ginger

Vegan macaroons, £2

Coconut, almonds, icing sugar, aquafaba, 70% cocoa

All ingredients used are certified organic, apart from locally foraged wild garlic.

Olive Sourdough Stick (350g) £2.70

White flour, black and green pitted olives, water, sourdough starter, herbs de provence, salt

Croissant £2.00

White flour, butter, water, milk, sugar, yeast, salt

Pain au Chocolat £2.50

White flour, butter, water, milk, chocolate, sugar, yeast, salt*

Breakfast Bread £2.50

White bread flour, milk, butter, egg, yeast, sugar, salt, malt

Chocolate Breakfast Bread £2.99

White bread flour, milk, chocolate, butter, egg, yeast, sugar, salt, malt*

Earl Grey Teacakes £1.10 each (or 4 for £4)

White flour, earl grey tea (ceylon black tea, bergamot oil, orange peel, calendula petals), sultanas, brown sugar, butter, mixed peel, currants, yeast, salt, cinnamon, golden syrup