

# Drinks

<b>Coffee &amp; Speciality Drinks</b>	Regular	Large
Espresso	1.70	2.00
Americano	2.00	2.30
Macchiato	2.10	2.40
Cortado	2.30	
Flat White	2.70	
Latte	2.60	2.90
Cappuccino	2.60	2.90
Mocha	2.75	2.95
Filter Coffee		1.95
Hot Chocolate		2.90
Kid's Hot Chocolate	2.60	
Babyccino	0.70	
Turmeric Latte (Vegan)		2.95
Phoenix Hug Drink (Vegan)		2.95
Chai Latte		2.75
<b>Extras</b>		
Oat / Coconut/ Soya Milk		0.35
Organic Double Cream		0.50
Organic Maple Syrup		1.25
Organic Honey		0.60
<b>Teas</b>		1.80
<b>Soft Drinks</b>		
Organic Apple Juice		2.40
Organic Pear & Raspberry Juice		2.40
Coconut Water		2.90
Organic Fizzy Drinks		2.10
Gut Feelings Kombucha		3.30
Bottled Water (Sparkling/ Still)		1.00

# Breakfast Menu

served 10-11:30am

Phoenix Chia Berry Pot (Vegan & GF)	4.00
Phoenix Granola Pot (Vegan & GF)	4.00
Phoenix Fruit Scone (Vegan)	2.40
Phoenix Cheese Scone	2.40
Gateaux Regal Pastries	2.45-2.95
Gateaux Regal filled Croissant- served warm or cold with garnish	6.50
• Egg Mayo or	
• Cheddar Cheese and Vine Tomato	
Findhorn Bakery Toast (GF available) with Butter or Vegan Sunflower Spread	2.50

<b>Extras</b>	
Organic Raspberry Jam	0.40
Organic Honey	0.60
Organic Peanut Butter	0.70

# Lunch Menu

served 12-3pm

## Soup

- Soup & Findhorn Bakery Roll/ Oatcakes (Vegan & GF options available) 4.25
- Soup & Scone (Vegan option available) 5.50
- Soup & Gluten Free Bread (Vegan & GF) 5.50
- Soup & Wrap 6.95
- Soup & GF Wrap 8.40

## Wholegrain Wraps - served with garnish 5.50

- Brie, Cranberry & Walnut\*
- Phoenix Hummus & Salad (Vegan)\*
- Cheddar Cheese and Vine Tomato\*
- Egg Mayo (Dairy Free)\*
- GF Wrap with any above options\* 6.95

## Baked Potatoes - served with garnish

- Butter or Vegan Sunflower Spread (GF) 4.50
- Cheddar Cheese (GF) 4.75
- Veg Chilli (Vegan & GF) 4.95
- Egg Mayo (GF & Dairy Free) 4.95

## Phoenix Speciality Dishes

- Spanakopita - Greek Spinach Pie 8.50
- ☒ served with garnish
- Sweet Potato Burger (Vegan) - served 8.50
- ☒ on a Findhorn Bakery Roll with Vegan
- ☒ Cheese, Salad, Organic Ketchup and
- ☒ garnish
- Dhal (Vegan) served with a Spelt Pitta 7.50
- ☒ or GF bread and garnish
- (available **Saturday to Wednesday**)
- Authentic Pad Thai (contains peanuts, 7.50
- ☒ GF & Vegan) - Vegetables and Rice
- ☒ Noodles (available **Thursday to Friday**)
- add an egg 1.00

## Extras

Filling	0.50
Cheese	1.00
Side Salad	2.50

Delicious selection of homemade Phoenix Scones, Vegan, Gluten- & refined sugar-free treats and Gateaux Regal Pastries & Cakes.

**Please always notify a member of staff if you have a food allergy or intolerance, prior to ordering. Thank you!**