



NOURISH BELIEVE IN ENCOURAGING GOOD HEALTH AND WELLBEING WITH VIBRANT AND LOCALLY SOURCED FOOD.

BREAKFAST (9am-11am)

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| SOURDOUGH TOAST | £3.00 |
| Farmhouse butter and preserves (V) | |
| TOASTED TEACAKE | £3.00 |
| Served with farmhouse butter (V) | |
| OVERNIGHT OATS | £3.00 |
| With apple juice, local Skyr yoghurt and seasonal berries (V) (GF) | |

BRUNCH (11am-12pm)

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| WAFFLES | £6.50 |
| With earl grey poached apricots, maple and mascarpone cream (V) | |
| TOASTED BAGEL | £5.50 |
| With cream cheese and chive (V) | |
| POACHED ARLINGTON WHITE EGG | £6.50 |
| On sourdough toast with smashed avocado and chilli (V) (DF) | |
| A BIT ON THE SIDE WITH YOUR BRUNCH | £2.50 |
| Smoked salmon, pastrami or Yorkshire chorizo | |

SOUP

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| MARKET SOUP | £6.25 |
| Served with sourdough bread | |

NIBBLES

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| TORTILLA CRISP | £3.50 |
| Spiced avocado (V) | |
| SWEET POTATO WEDGES | £3.50 |
| Cashew cream (V) (GF) | |
| ROSEMARY AND SEA SALT NUTS | £3.50 |
| (V) (GF) (DF) | |

SIDES

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| GREEN BEANS(GF) (V) | £3.00 |
| BUTTERED NEW POTATOES (V) (GF) | £3.00 |
| GREEN SALAD (V) (GF) | £3.00 |

OPEN SANDWICH

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| SEASONAL FOREST MUSHROOMS | £6.50 |
| Confit garlic and rosemary served on sourdough (V) | |
| SMOKED SALMON | £7.50 |
| Zesty lemon crème fraiche served on sourdough | |
| TOASTED BAGEL WITH PASTRAMI AND EMMENTAL CHEESE | £7.25 |
| With pickled cabbage | |

NOURISH SALAD

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| HERITAGE TOMATO | £7.50 |
| Buffalo mozzarella and green leaf salad (V) (GF) | |
| CLASSIC CAESAR | £8.50 |
| With anchovy mayonnaise, aged parmesan and pancetta | |

MAINS

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| MISO GLAZED PORK BELLY | £12.00 |
| Vegetable dumplings, spring onion | |
| CAULIFLOWER CHEESE MACARONI | £12.00 |
| Brioche crumb (V) | |
| CHARCUTERIE BOARD | £12.00 |
| With grilled vegetables and hummus | |
| BEETROOT CURED SALMON GRAVADLAX | £12.00 |
| Pickled beetroot, saffron mayonnaise (GF) (DF) | |
| SMOKED HADDOCK AND LEEK RISOTTO | £12.00 |
| With wild garlic oil (GF) | |

SWEET TOOTH

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| RHUBARB & APPLE CRUMBLE | £5.00 |
| Mascarpone cream (GF)(V) | |
| PASSIONFRUIT & MANGO SUNDAE | £5.00 |
| With meringue and white chocolate | |
| FRESH CUT FRUIT PLATE | £5.00 |
| Seasonal berries (GF) (DF) (V) | |

*PLEASE LET THE NOURISH TEAM KNOW OF ANY ALLERGIES OR DIETARY REQUIREMENTS PRIOR TO ORDERING

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Key:
GF - Gluten Free
DF - Dairy Free
V - Vegetarian