

# MENU

Food prepared in our kitchen may contain dairy & peanuts.  
If you have a food allergy, please notify your server.

## Breakfast (until 12)

**TOAST & JAM £3.5** (VgO, GFO)

**SAUSAGE SARNIE £5** (VgO)

**FRUITY BREAKFAST BOWL £7** (VgO, GFO)  
Granola, Banana, Blueberry compote, Nuts & Seeds, yogurt

**HASH BROWNS £3.5** (Vg, GF)

## All day breakfast wraps.

**MEAT FEAST £7.5**

Sausage, Chorizo, Hash brown, Baked beans, Cheddar, caramelized onion

**HERBIVORE £7** (Vg)

Vegan sausage, Hash brown, baked beans, sautéed mushrooms, spinach

## Sandwiches & Toasties

**Classic Ham & Cheese £5.50** (GFO)  
Roast ham, Cheddar, sourdough

**Fish Finger Butty £6**

Battered Fish Fillet, Homemade Tartare, Pickles

**Rustic ploughman's baguette £6** (V, GFO)  
Cheddar, Tomato pickle, sundried tomato, micro mustard

**Vegan Focaccia Deli £6.5** (Vg)

Pesto, Cream cheese, artichoke, sun dried tomato, olive, rocket

## SPECIALS

SEE BOARD FOR DETAILS

## Gold Drinks

### SMOOTHIES

**MARY BERRY £5.50** (Vg, GFO)  
Raspberry, Blueberry, Beetroot, Ginger, Oat Milk

**MANGO LASSI £5.50** (Vg, GF)  
Mango, Turmeric, Cardamom, Coconut Milk

**GREEN MACHINE £6** (Vg, GF)  
Kiwi, Apple, Pineapple, Ginger, Coconut Milk

### MILKSHAKES

**BANANARAMA £5** (VgO, GF)  
Banana, Vanilla, Milk

**RASPBERRY CRUNCH £5.5** (VgO)  
Raspberry, Biscoff, Milk

**BROWN TOWN £6** (VgO, GF)  
Banana, Peanut Butter, Cacao, Maca, Milk

**LUSCOMBE FRUIT JUICES £3.5**

**CORNISH COLA £3**

**CORNISH GINGER BEER £3**

*For Tea, Coffee or Hot Chocolate,  
please see our Hot Drinks Menu*

**PLANTED**  
45 CHURCH STREET

**Open Everyday**  
10am-4pm

 @plantedworks