

# LUNCH MENU

Served from 11:45 am until close

## BOWL FOOD

**Soup of the week** - served with Hambleton Bakery's sourdough & butter. **£6.95 (GFO)**

**The S'Poke Bowl** (inc. rainbow slaw, quinoa, seeds & roasted vegetables). **£11.95 V VG GF**

*A salad bowl full of gorgeous goodness.*

- Choose your Protein: chicken, halloumi, smoked salmon, or beans & lentils.
  - Choose your Twist: Italian (inc. olives), Japanese (inc. edamame sauce) or Thai (inc. bean sprouts).
- \*Dressings may vary, see specials for further details

## SOURDOUGH SANDWICHES

**Honey Roasted Ham & Cheddar**, with four herb slaw & rocket. **£6.95 GFO**

**Chicken & Chorizo**, with homemade pesto, rocket & roasted red pepper. **£6.95 GFO**

**The Hub Hummus & Falafel**, with roasted mediterranean vegetables, rocket & sun-dried tomato. **V VG GFO**  
**£6.65**

## HOT SANDWICHES & TOASTIES

**Pizza Toasties**, all **£8.95**

- Ham, mozzarella, homemade pizza sauce & mushroom.
- Tuna, mozzarella, homemade pizza sauce & red onion.
- Goats cheese, homemade pizza sauce, beetroot & rocket. **V**
- Chicken, bacon, halloumi, homemade pizza sauce.

## KIDS MENU

All **£3.95**

**Cheese, Ham, Houmous or Tuna Sandwich**, served with salad & crudites. **GFO**

**Ham & Cheese, Beans & Cheese or Tuna & Cheese Toastie**, served with salad & crudites. **GFO**

**A Small Version of Any Item Above**

*Please be advised that food here may contain these ingredients: milk, eggs, wheat, soybean, fish, shellfish, tree nuts, and peanuts, lupin, molluscs, mustard, sesame, celery, sulphur dioxide (including sulphites). Please make a member of the team aware of any dietary requirements or allergies you may have before ordering.*

HUB & SPOKE

# BREAKFAST MENU

**Served until 11:30 am**

**Porridge**, served with maple bananas, fruit compote & seeds **£6.20 V VG GF**

**Eggs on Sourdough Toast** – poached/scrambled/fried **£6.20 GFO**

**Toast & Butter** –£2.95

*Add honey, peanut butter, Nutella, jam, marmalade, or baked beans (0.45p per item) V VG GFO*

**Smashed Avocado Sourdough** **£8.30 V VG GFO**

Chilli-infused avocado, beetroot puree, roasted cherry tomatoes, nut dukkah and charred lime.

Add:

- Poached eggs **£1.50 V**
- Halloumi **£1.95 V**
- Streaky bacon **£1.95**

**The Breakfast Bap** – A breakfast item of your choice in a soft bread roll **£4.95**

*Choose between: Bacon, Sausage, Egg, Mushrooms, Avocado.*

*Any additional item - +£1.00*

**Granola:** pistachio, apricot & hazelnut, with natural yogurt, berries & banana **£6.20 V VG GF Contains nuts**

**Overnight Oats**, served with chia seeds, berries & peanut butter. **£5.45 V VG GF Contains nuts**

**Smoked Salmon, Avocado & Rocket Bagel.** **£8.95**

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HUB & SPOKE

# DRINKS

## DAILY DOSE COLD PRESSED JUICES, ALL £3.85

- 'Strawb' (strawberry, apple, lemon & basil)
- 'Rouge' (beetroot, apple, lemon, ginger & aloe vera)
- 'O Fresco' (apple, carrot, lemon, ginger & turmeric)
- 'Dulce Verde' (cucumber, apple, kale, lemon & mint)

100% Organic Orange or Apple Juice £3.85

San Pellegrino £3.45

Coke / Coke Zero £1.95

Organic Fairtrade Lemonade + (various flavours) £3.45

Organic Fairtrade Charitea Black £3.45

Vos Still/Sparkling Artisan Water £4.45

Sona Natural £1.95

## SMOOTHIES, ALL £4.25

'The Green Jersey' - avocado, spinach, kale, mango, lime & apple juice

'Berry Breakaway' - blueberries, blackberries, raspberries, apple & lime

'The Yellow Jersey' - pineapple, coconut milk, banana & shredded coconut

'The Cycling Nut' - peanut butter, coconut milk, banana & agave

- Add Protein Shot (whey or vegan) £1.00
- Add Green Shot £1.00
- Add Collagen Shot £1.00