

HUB & SPOKE

WINTER MENU

served 11.30am - 3:30pm

SANDWICHES AND WRAPS

HOT BUNS

Served in a lightly toasted Lily & Honey brioche bun. Choose from:
(Gluten free bread available upon request)

ROAST CHICKEN, BRIE, CARAMELISED ONION MARMALADE
GFO

GRILLED HALLOUMI, AVOCADO, NUT DUKKAH, CHUNKY CHILLI CHUTNEY
GFO, V

HOT SMOKED SALMON, TOMATO, GARLIC & DILL AIOLI
GFO

£7.95

SANDWICHES, TOASTIES & WRAPS

served with salad garnish and salted tortillas. Available as either a sourdough sandwich, toastie or wrap.
(Gluten free bread available upon request)

ROAST BEEF, TOMATO, GARLIC & DILL AIOLI
GFO

MEDITERRANEAN VEGETABLES, PESTO AND FETA
V, VEO

ROAST CHICKEN, TOMATO, NUT DUKKAH, CHILLI CHUTNEY
GFO

MEXICAN BEAN, AVOCADO AND SPINACH
GFO, VE

£7.95

SOUP

SOUP OF THE MOMENT

Served with sourdough bread & butter

Please check our specials board for the soup of the week

£6.95

UPGRADE YOUR SOURDOUGH TO A CHEDDAR & CHIVE SCONE +£2.50

SEASONAL BOWLS

WINTER WARMER SPOKE BOWL

A superfood bowl with warm seasoned cous-cous, herb slaw, pickled ginger, smoke cauliflower, spicy edamame beans and a soft boiled egg **VO, GFO, VEO**
(options may vary)

CHOOSE YOUR PROTEIN

Roast Beef / Hot & Spicy Smoked Salmon /
Smokey Maple Tofu / Roast Chicken

CHOOSE YOUR DRESSING

Citrus & Ginger Vinaigrette / Sriracha &
Lime / Honey-Soy Dressing

£11.95

SADDLE-UP SALAD BOWL

Honey-mustard dressed mixed leaves, seasoned cous-cous, onion chutney, diced avocado, spicy edamame beans and herb slaw
VO, GFO, VEO
(options may vary)

CHOOSE YOUR PROTEIN

Roast Beef / Hot & Spicy Smoked Salmon /
Smokey Maple Tofu / Roast Chicken

£9.95

HOT DISH

HANDLEBAR HERO

Our chef's hot dish special. Please check our specials board for our current home made option. **VO**

£ M.P

LIGHT BITES

TOASTED TEACAKE

Served with butter **V, VEO**

£3.95

(ADD JAM OR MARMALADE FOR 50p)

CHEDDAR & CHIVE SCONE

Served warm, with butter **V**

£3.50

BEANS ON TOAST

Heinz baked beans on sourdough toast
V, VEO, GFO

£3.95

PLEASE MAKE A MEMBER OF THE TEAM AWARE OF ANY DIETARY REQUIREMENTS OR ALLERGIES BEFORE ORDERING, THANK YOU

MENU KEY: V = VEGETARIAN, VE = VEGAN, GFO = GLUTEN FREE AVAILABLE, VO = VEGETARIAN AVAILABLE, VEO = VEGAN AVAILABLE