

BREAKFAST

Half English Breakfast £7.50
Egg, 2 bacon, 1 Sausage, baked beans served with sourdough toast

English Breakfast £10.95
2 Eggs, 2 Sausages, 2 Bacon, tomato, mushroom, beans and ,sourdough toast

Veggie Breakfast (V) £9.95
Sliced Avocado, Spinach, Halloumi, fried egg, mushroom, tomato on the vine sourdough toast

Full Vegan Breakfast (V) £9.95
Linda McCartney Sausages, sliced avocado, mushroom, tomato on the vine, roasted vegetables, cucumber and sourdogh toast

Mediterranean Breakfast £11.95
Scrambled egg, beef sausage, halloumi, feta cheese, filo pastry, olives, vine tomatoes, roasted vegetables, cucumber and sourdough toast

Eggs Royale £7.95
Creamy spinach, smoked salmon, poached egg with hollandaise sauce on sourdogh toast

Eggs Benedict £7.95
Bacon, poached egg, hollandaise sauce on sourdogh toast

Eggs Florentine (V) £6.95
Creamy spinach, poached egg, hollandaise sauce on sourdough toast

Anatolian Menemen (Shakshouka) £7.95
Chopped tomatoes cooked with scrambled eggs in olive oil, garlic, onion and pepper. Served with sourdough toast

ADD: *Beef Sausage £2.50 *Halloumi £2.50
*Feta Cheese £1.50 *Mushroom £1.50

PANCAKE
Forest Fruit Pancakes £6.95
Clotted cream, fruit compote, honey, maple syrup

Nutella & Banana Pancakes £6.95

American Pancakes £8.95
Scramble eggs, 2 bacon

Toppings and sides

Fried egg	£1.30	Hash browns	£1.75
Bacon	£2.10	Chunky fries	£2.10
Sausage	£2.10	Sweet potato	£2.95
Baked beans	£1.20	Sourdough toast slice	£1.30
Tomatoes	£1.20	Burger	£1.95
Mushrooms	£1.50	Black pudding	£1.20

We use farm products and fresh fruit for your experience

Smashed Avocado (V) £6.95
On Sourdough toast finished with toasted, mixed seeds

ADD: Free range of poached egg (1) £1.30 or (2) £2.00
Smoked salmon £3.75, Bacon £2.10, Feta £1.50, Halloumi £2.50

Truffle Love (V) £8.75
Truffle Avocado on sourdough toast, Sun dried tomato, feta and crispy shallots with mixed seeds

Classic Smoked Salmon and Scrambled Eggs £7.95
Served on sourdough toast topped with mixed seeds

Natural Yoghurt (V) £5.75
Topped with seeds, seasonal fruits, honey and granola

2 Free Range Eggs £4.95
Served on sourdough toast, topped with mixed seeds.

ADD: *Toast £1.30 *Avocado £2.75
*Smoked ham £3.75 *Bacon £2.10

SMOKED DRY CURED BACON OR SAUSAGE SANDWICH £4.95

SOURDOUGH TOAST SERVED WITH HOUSE SPREADS AND BUTTER £2.95

OMELETTES

All served with chips or salad

Plain	1 Topping	2 Toppings	3 Toppings
£6.00	£1.30	£2.30	£2.95

Toppings: Cheese, ham,spinach,tomato, peppers, onion, portobello mushroom, feta cheese, halloumi, bacon, sausage, beef sausage

JACKET POTATOES

All served with salad

Plain	1 Topping	2 Toppings	3 Toppings
£5.00	£1.20	£1.30	£2.95

Toppings:Cheese, beans, halloumi, beef sausage, tuna sweetcorn, ham, bolognese, chilli con carne

SALAD

All salads based on mixed green leaves, cucumber and homemade salad dressing (Olive Oil,mustard, oregano, mint, lemon juice&salt)

Grilled chicken £8.45
Chicken avocado, sun - dried tomato

Goat cheese £8.45
Grilled goat cheese with tahini&grapes molasses sauce, spinach, crispy caramelised onion, pomegranate seeds

Halloumi salad £7.95
Halloumi, avocado sun-dried tomato

SANDWICHES

All served with salad

Choice of sourdough bread./brown bap/baugettes/malted ciabatta

Italiano £7.95
Parma ham, rocket salad, sun - dried tomatoes, mozzarella and house pesto

Pesto Chicken £7.95
Chicken, house pesto and sun - dried tomato

Green (V) £7.95
Mozzarella, avocado, sun - dried tomatoes and house pesto

Tuna £7.50
Sweetcorn and cucumber

Chicken and Bacon £7.50
Crispy Bacon, chicken and cheddar cheese

Brie, Avocado and Cranberry Sauce(V) £6.95

Chicken Escalope and Brie £7.95

Veggie- Roasted Mix Vegetables, hummus and spinach (V) £6.95

Ham and Cheddar Cheese £7.50

Smoked Salmon £7.95
Cream Cheese, dill and lemon

TORTILLA WRAPS

Wrap with spread of hummus, salsa and mixed salad

Falafel (V) £7.95

Halloumi with roast vegetables (V) £7.95

Italian chicken £8.95

Chicken escalope £8.95

Lamb Meat Balls £8.95

MAINS OF THE DAY

All served with salad

Baked Salmon £12.95
Cooked with rosemary and seasalt

Lasagne £10.50
Lasagne with minced meat, tomato and bechamel sauce

Chicken Escalope £9.95
Chicken breast in breadcrumbs

Veggie Mousakka (V) £9.50
Layered aubergine, peppers, courgette and potatoes, oven cooked with creamy sauce

BURGERS

100% Prime beef, hand selected and traditionally reared on independent farms to ensure we serve the freshest, best quality burgers everyday.

Classic £8.45
7 oz beef patty, lettuce, tomato, red onions and mayonnaise.

Lamb £8.45
Seasoned lamb patty infused with garlic and peppers served with lettuce, tomatoes, red onion and minty yoghurt.

Chicken breast £8.45
Chargrilled breast of chicken, baby spinach, tomato, red onion and special mayonnaise.

Falafel £8.45
Handmade falafels served on the bed of spinach, red onion's chilli

Mola's special £8.45
Beef patty with spicy beef sausage, caramelized onion halloumi cheese, served with lettuce, tomato, red onions and mayonnaise.

FRESH JUICES

Amber £4.95
Orange, carrot, lemon & ginger

Green £4.95
Kale, apple, lime, cucumber, spinach, lemon

Super Green £4.95
Celery, kale, spinach, cucumber lemon and ginger

Healthy Mojito £4.95
Pear mint, cucumber, lime, spinach and apple

Single Juices £3.95
Orange, Apple, Carrot

SMOOTHIES

Merry Berry £4.95
Blackberry, strawberry,raspberry, blueberry and banana

Strawberry Sunshine £4.95
Strawberry, mango and banana

Groovy Green £4.95
Avocado, spinach, pear, mint, green apple and melon

Tropical Crush £4.95
Passion fruit, papaya, mango and pineapple

MILKSHAKES

Strawberry or Banana £4.95
Made with real fruit puree

Oreo £4.95

Bueno £4.95

Kitkat £4.95

COFFEE

Handmade on a la Marzocco using specialty coffee

Flat White £2.95
Cappucino £2.95
Latte £2.95
Turmeric Latte £3.20
Double Espresso £2.65
Double Macchiato £2.75
Black Americano £2.75
Cortado £2.65
Mocha £3.25
Matcha Latte £3.25
Chai Latte £3.25
Iced Latte £2.75
Hot Chocolate £3.75
Baby Chino £1.50

Milk alternatives- Soya, Oat, Coconut, Almond Milk €0.50 Syrup- Vanilla / Caramel €0.50

Flu Buster £2.95
Fresh Ginger, Lemon and Honey served in a tea pot

Pot of Tea £2.50
Breakfast, Decaffeinated Breakfast, Peppermint, Earl Grey, Camomile, Indian Spiced Chai,Green Tea, Redberry Fruit Blend, Coconut and Turmeric Tea

GOLD DRINKS

Glass bottles coke/Diet coke £2.95
San Pellegrino/ Lemon/ Pomegranate/ Orange £2.95

Still Water £1.95
Sparkling Water £1.95

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Jawala