**Morning Bytes available until 11am**

**Selection of freshly baked morning pastries**
- Croissant *(gl,m)* £1.00
- Pain au chocolat *(gl,m)* £1.20
- Pain aux raisins *(gl,m)* £1.20
- Vegan croissant *(gl)* £1.25

**Breakfast toasted Brioche buns (gl,m,e)**
- *Cumberland sausage (sul,gl)* £2.75
- *Smoked back bacon (sul)* £2.75
- Tomato, halloumi and smashed avocado *(m)* £3.50
- Smoked salmon, sliced egg and dill mayo *(e,mmus)* £3.50

(*Served with a free range egg omelette and fresh spinach*)

**Light Bytes breakfast pots** £2.50
- Five berry Greek yoghurt and granola pot *(gl,m,n)*
- Greek yoghurt pot with Blossom honey, blueberries and toasted seeds *(m)*

**Lunch Bytes served until 3pm**

**Soup of the day** £2.80
Served with a fresh roll of your choice

**Daily hot boxes** £4.95
Served with brown rice and house slaw

If you require information on allergens please ask a member of staff.

**Bytes fresh salad bowls**

1. Choose your favourite salad
   - Chorizo & roasted pepper
     Chorizo, roasted pepper, sweetcorn, tortilla chips, ranch dressing *(e,mmus,s,gl)*
   - Super food
     Cranberries, baby plum tomatoes, edamame, feta, omega seeds and French dressing *(s,mus)*
   - Avocado kale Caesar
     Kale, avocado, tomatoes, egg, croutons, parmesan shavings, Caesar dressing *(m,gl,e)*
   - Roasted veg
     Roasted sweet potato, red peppers, tomatoes, and red onion, balsamic dressing

2. And top with protein
   - Chicken £4.95  Grilled halloumi *(m) £4.95*
   - Falafel £4.25  Prawn *(cr) £4.95*

**Bytes fresh tortilla wraps**

Choose from -

- Chicken £4.50  Grilled halloumi *(m) £4.50*
- Falafel £4.00  Prawn *(cr) £4.50*

**Avocado Caesar**
Avocado, Caesar dressing, slaw, parmesan, cos lettuce *(e,mmus)*

**Sweet chilli**
Sweet chilli sauce, coriander, slaw, shredded lettuce *(mus)*

**Aioli**
Rocket, baby plum tomato, mint & parsley and garlic aioli *(mmus)*

**Muscle builder**
Houmous, cucumber, mint, pomegranate, slaw, shredded lettuce *(ses,mus)*

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