



# Lunch menu

Served from 12-4pm Monday to Friday,  
12-4:30pm Saturday & 12:30-3:30pm Sunday



## nibbles

**Marinated olives, flat breads  
& hummus (v) £8**

**Pan fried panko avocado wedges  
with sweet chilli dip £6**

**Smoked salmon dip  
with croutons £6**



## salads

### Super food

Watermelon, spinach, mint, feta,  
quinoa, pumpkin seeds,  
avocado (v) **£13**

### Grilled balsamic steak

Tomatoes, roasted garlic & arugula  
(gf/paleo) **£14**

### Spinach & avocado

Baby spinach, cous cous, avocado,  
rocket, roasted peppers & courgettes,  
cider & mustard dressing (v/df) **£11.50**

### Peach & crispy pancetta

Red chicory, mozzarella, green olives,  
rosemary **£12**

Add grilled free range chicken breast  
or poached salmon to any of the  
salads above **£4.50**



## to start

### Today's soup

Served with rustic bread, please see our  
blackboard for today's choice **£6**

### Classic potted shrimp

Served with buttered toast **£8**

### Black Pearl scallops

Please see our blackboard for today's special **£14**

### Marinated sardines on toast

Olives, capers, tomato dressing (df) **£7.50**

### Mediterranean vegetable tian

Grilled courgette, aubergine & peppers,  
pomegranate molasses, sunflower seeds,  
fennel & red onion (v/gf/df) **£8**



## large plates

### Smoked haddock, prawn, lemongrass & chilli fishcakes

Served with herb salad, romesco sauce  
and poached egg **£14**

### 'Club' sandwich

Multi-seed bagel, oven dried tomatoes,  
chicken, bacon, egg, emmental cheese,  
mayo, mixed leaves, fries **£14**

### King prawn tagliatelle

Lemon, tomato, garlic, chilli **£14**

### Candied & golden beetroot burger

Fresh herbs, chick peas served in  
a flat bread, lettuce, pepper sauce  
& minted yogurt (v) **£13**

### The Scrumper

Smashed avocado, poached eggs,  
mushroom, tomato, hummus, sweet chilli  
dressing on rye (v/gf) **£10**

**All of our meat is British sourced  
& we support local suppliers  
as much as possible...**

### Chicken, beef & cold meats

All of our meat is ethically, welfare  
friendly & fair trade sourced with  
full traceability

### Fish & seafood

We only serve responsibly caught  
& sustainably sourced fresh fish,  
delivered daily to our kitchens

### Bread

Made with responsibly sourced  
ingredients, time to let the good flavours  
develop & without fuss

### Eggs

Always British free range

### Scrumshus Granola

Made using the finest ingredients  
& slowly baked to create a delicious  
aroma, texture & flavour



## on the side

Seasonal leaves,  
house dressing **£3**

Sweet potato wedges,  
Sweet chilli dip **£4**

Caprese, heritage tomato,  
mozzarella & fresh basil **£5**

Steamed spinach **£3.50**

Bread plant pot with  
roasted garlic **£4**

½ avocado, sea salt  
and olive oil **£2.50**

Fries, red sauce **£3**

### Afternoon tea

available daily from 2.30pm

**(v) vegetarian (gf) gluten free**

**Children's menu available**



# Drinks menu



## Tea, coffee & hot chocolate

- Americano / Cappuccino / Latte  
Flat white / Mocha / Double espresso  
Double macchiato **£2.95**
- Single espresso / Single macchiato **£1.95**
- Chai latte **£3.20**
- English breakfast / Darjeeling earl grey  
Mao feng green tea / Fresh mint / Chai tea  
**£2.95**
- Fresh ginger, mint & lemon **£3.20**
- Hot chocolate **£2.95**
- Add whipped cream or marshmallows  
**75p each**
- Add whipped cream and marshmallows  
**£1.50**
- Babyccino **95p**



## Freshly pressed juice, smoothies & milkshake

- Orange or apple juice **£3.95**
- Carrot, apple & ginger **£3.95**
- Detox juice  
(kale, apple, celery, cucumber & ginger) **£4.75**
- Strawberry touch  
(orange, pear & strawberry) **£4.75**
- Pink flamingo  
(oats, honey, banana, strawberry & almond milk) **£4.75**
- Milkshake of the day **£4.75**



## Soft drinks

- Luscombe's Elderflower Bubbly  
**£3.50**
- Luscombe's Cool Ginger Beer  
**£3.50**
- Belu mineral water  
(still/sparkling)  
330ml **£2**  
750ml **£3.95**
- Coca-Cola & Diet Coke **£2.95**
- Real lemonade **£3.50**
- Frappé **£2.95**
- Iced tea **£2.95**



## White wine

- Dry White, IGP Comté Tolosan, Pierre et Papa, France
- Unoaked Chardonnay, IGP D'Oc, Casse Noix, France
- Uvam Pinot Grigio, Mabis, Veneto, Italy
- Sauvignon Blanc, Ferndale, Marlborough, New Zealand

## Red wine

- Red, IGP Pays D'Hérault, Pierre et Papa, France
- Merlot, Costa Vera, Indomita, Central Valley, Chile
- Rioja, DeAlto, Rioja, Spain
- Cabernet Sauvignon, Armador, Maipo, Chile (Kosher)

## Rosé

- Rosé, IGP Pays D'Hérault, Pierre et Papa, France
- Côtes de Provence Rosé, Domaine Sainte Marie, France

## Champagne & sparkling

- Prosecco Spumante DOC, Mabis, Veneto, Italy, 2013
- Champagne Grand Réserve Premier Cru, Pierre Mignon NV

125ml    175ml    250ml    Bottle

<b>£3.25</b>	<b>£4.50</b>	<b>£6.50</b>	<b>£19</b>
<b>£3.75</b>	<b>£5.25</b>	<b>£7.50</b>	<b>£22</b>
<b>£4</b>	<b>£5.75</b>	<b>£8.25</b>	<b>£24</b>
<b>£4.75</b>	<b>£6.50</b>	<b>£9.25</b>	<b>£27</b>
<b>£3.25</b>	<b>£4.50</b>	<b>£6.50</b>	<b>£19</b>
<b>£3.65</b>	<b>£4.95</b>	<b>£7.25</b>	<b>£21</b>
<b>£3.95</b>	<b>£5.50</b>	<b>£7.75</b>	<b>£23</b>
<b>£4.50</b>	<b>£6.50</b>	<b>£9.15</b>	<b>£27</b>
<b>£3.75</b>	<b>£4.95</b>	<b>£6.95</b>	<b>£20</b>
<b>£5.75</b>	<b>£7.95</b>	<b>£12</b>	<b>£34</b>
<b>£6.50</b>			<b>£28</b>
			<b>£45</b>



## Beer & spirits

- Camden pale ale **£4.25**
- Camden lager **£4.25**
- Corona **£4.25**
- Budweiser **£3.75**
- Aperol spritz **£6.95**
- Pimms **£5.50/£15.00**
- Gin & tonic **£7.00**

