

FILTRD.

MORE THAN JUST A COFFEE ALL DAY MENU

SANDWICHES

CHOICE OF SOURDOUGH OR WHITE BREAD

CORONATION CHICKEN-£6.95

TENDER CHICKEN MIXED WITH A CREAMY CURRY-MANGO MAYO, LAYERED WITH SALAD FOR A LIGHTLY SPICED, SWEET AND SAVOURY FLAVOUR
EGG MAYO-£5.95

SMOOTH AND CREAMY FREE-RANGE EGG MAYONNAISE SEASONED WITH BLACK PEPPER, SERVED ON SOFT BREAD FOR A CLASSIC, COMFORTING BITE
TUNA & SWEETCORN-£6.50

A FAMILIAR FAVOURITE MADE WITH CREAMY TUNA MAYO, SWEETCORN, CRACKED PEPPER, AND A HINT OF LEMON JUICE FOR FRESHNESS

CHICKEN TIKKA-£6.95

SPICED CHICKEN MIXED IN TIKKA MAYO, LAYERED WITH LETTUCE AND A COOLING YOGHURT DRESSING, BRINGING BOLD FLAVOUR IN A SOFT SANDWICH

PANINIS

CHEESE & MOZZARELLA-£6.50

A COMFORTING BLEND OF MATURE CHEDDAR AND MOZZARELLA LAYERED OVER A TOMATO HERB BAE, PRESSED UNTIL MELTED AND BUBBLING INSIDE GOLDEN TOASTED BREAD
CHICKEN PANINI-£7.50

SLICES OF PRE-COOKED CHICKEN BREAST WITH ROASTED RED PEPPERS AND CREAMY PESTO MAYO, TOASTED TO A GOLDEN FINISH WITH EVERY BITE FULL OF FLAVOUR
TUNA PANINI-£7.50

CREAMY TUNA MAYO MIXED WITH RED ONION AND TOPPED WITH CHEESE, TOASTED UNTIL THE EDGES ARE CRISP AND THE CENTRE IS RICH AND WARM

GRANOLOA BOWLS

STRAWBERRY & CREAM-£6.50

CREAMY VANILLA YOGHURT TOPPED WITH STRAWBERRY PURÉE, FRESH STRAWBERRIES, CRUNCHY NUT GRANOLOA AND HONEY

SO CHOCOLATEY-£6.50

CREAMY VANILLA YOGHURT LAYERED WITH BELGIAN MILK CHOCOLATE, CRUNCHY NUT GRANOLOA AND CHOCOLATE FLAKES

BLUEBERRY BANANA-£6.50

CREAMY VANILLA YOGHURT, LAYERED WITH BLUEBERRIES, BANANA AND CRUNCHY NUT GRANOLOA, TOPPED WITH HONEY

MIXED BERRIES-£6.50

CREAMY VANILLA YOGHURT LAYERED WITH CRUNCHY NUT GRANOLOA, TOPPED WITH STRAWBERRY PURÉE, BLUEBERRIES, RASPBERRIES AND STRAWBERRIES

SALADS

CHICKEN CAESAR-£8.50

GRILLED SLICED CHICKEN SERVED OVER CRISP ROMAINE LETTUCE WITH SHAVED PARMESAN, CRUNCHY CROUTONS, AND CREAMY CAESAR DRESSING. A HEARTY, SATISFYING CLASSIC.

TUNA CAESAR-£8.50

TUNA MAYO WITH CRACKED BLACK PEPPER AND FRESH HERBS LAYERED ONTO A CAESAR BASE OF ROMAINE, PARMESAN, CROUTONS, AND DRESSING. LIGHT, FRESH, AND FULL OF FLAVOUR.

EGG MAYO CAESAR-£7.95

A CREAMY EGG MAYO TOPPING PAIRED WITH ROMAINE, PARMESAN, AND GARLIC CROUTONS. A SOFT, COMFORTING TWIST ON A CAESAR-STYLE SALAD.

THE FILTRD SALAD-£7.95

WARM FALAFEL PAIRED WITH CRUNCHY SALAD GREENS, SHREDDED CARROT, SLAW, CHICKPEAS, AND PICKLED VEGETABLES, ALL FINISHED WITH A DRIZZLE OF TAHINI.

WRAPS

FALAFEL WRAP- £7.25

CRISP GOLDEN FALAFEL PAIRED WITH SMOOTH HUMMUS, CRUNCHY PICKLED CABBAGE, SHREDDED SLAW, FRESH HERBS, AND A DRIZZLE OF TAHINI, ALL WRAPPED AND LIGHTLY TOASTED FOR THE PERFECT BITE

GRILLED CHICKEN WRAP- £7.95

JUICY SLICES OF GRILLED CHICKEN WITH GARLIC YOGHURT, CRISP LETTUCE, RIPE TOMATO, AND OUR HOUSE DRESSING WRAPPED UP AND TOASTED UNTIL WARM AND SATISFYING

ACAI

BERRY BLISS ACAI-£7.50

A BASE OF BLENDED ACAI TOPPED WITH FRESH STRAWBERRIES, BLUEBERRIES, BANANA SLICES, GRANOLOA, AND A DRIZZLE OF HONEY.

BERRY BLISS ACAI-£7.50

ACAI BLENDED SMOOTH AND TOPPED WITH MANGO, PINEAPPLE CHUNKS, COCONUT FLAKES, AND PASSIONFRUIT DRIZZLE.

NUTTY COCOA CRUNCH ACAI-£7.50

CREAMY ACAI BLEND TOPPED WITH BANANA, GRANOLOA, CACAO NIBS, ALMOND BUTTER, AND A SPRINKLE OF CHIA SEEDS.