



## MIRIAM'S MUNCHIES

### MIRIAM'S MUNCHIES: eat in menu

Everything here at Miriam's Munchies is vegetarian and made with locally sourced ingredients as much as possible.

Before ordering, please make us aware of any allergy/dietary requirements so that we can accommodate accordingly. Please note that our kitchen is NOT a gluten free/dairy free/nut free /soya free/ sesame free environment.

### *breakfast*

HOMEMADE GRANOLA (*vegan option available*)  
with banana or homemade fresh berry compote and yoghurt

YOGURT POT  
topped with homemade fresh berry compote and granola

OVERNIGHT OATS (*vegan*)  
soaked in *Perry Court Farm* pressed apple juice with mixed seeds, topped with homemade fresh berry compote

Selection of breakfast pastries

Cheese and tomato croissant, toasted

### *brunch*

SOURDOUGH TOAST/BAGEL/ALL BUTTER CROISSANT, freshly delivered from *Flour Station Bakery*, with -

*Parson Preserves'* homemade jam, marmalade and butter (*vegan option available*)

Cream cheese

Almond butter, sliced banana and a sprinkle of cinnamon (*vegan*)

Crunchy peanut butter and homemade berry jelly (*vegan*)

Melted cheese and *Parson Preserves'* homemade caramelized onion chutney

Smashed avocado, crumbled feta and fresh tomato

Smashed avocado, fresh tomato/*Parson Preserves'* homemade chilli jam (vegan)

Scrambled eggs with salad garnish

Brie and *Parson Preserves'* cranberry chilli jam, recommended on a toasted croissant

EXTRAS / SIDES – avocado, fresh tomato, pesto, *Parson Preserves'* homemade chilli jam/chutney, crumbled feta cheese, hummus, cream cheese, mature cheddar, sliced banana, *Brown Bag* crisps, dish of olives

## ***lunch***

### PLATTERS

Hummus sprinkled with za'atar, carrot and cucumber sticks, olives and oat crackers (no gluten containing ingredients; vegan)

Ploughman's with mature cheddar, *Parson Preserves'* homemade caramelised onion chutney, English radish, gherkins and fresh sourdough bread

### TOASTED SANDWICHES

Mozzarella, sundried tomatoes, basil pesto and rocket leaves on focaccia

Mature cheddar, fresh tomatoes, olives and baby spinach leaves on sourdough

*Wobbly Bottom* goat's cheese, sliced beetroot, homemade beetroot chutney and rocket leaves on sourdough

Hummus, fresh tomatoes, *Parson's Preserves* red pepper chutney and baby spinach leaves on sourdough (vegan)

SOUP OF THE DAY (no gluten containing ingredients; vegan option available)  
served with sourdough bread & butter

Mug of soup & any sandwich/toasted croissant

Selection of homemade cakes – changes daily.  
(no gluten containing ingredients options; vegan options)



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