

**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)*

