

# LAWRANCE'S | BAKERY & BAR

## COFFEE

- Americano - 2
- Macchiato - 2
- Flat White - 2.4
- Latte - 2.4
- Cappuccino - 2.4
- Mocha - 3
- Espresso - 1.8
- Iced Coffee - 3
- Alternative Milk - 0.3
- Syrup - 0.3

## TEA

- English Breakfast Cup - 1.5 Pot - 2
- Tea Pigs - Green, Peppermint Camomile, Earl Grey Cup - 2 Pot - 2.50

## HOT Chocolate

- Standard - 2.6 Extra - 3
- Chocolate
- White Chocolate
- Caramel
- Terrys Chocolate Orange - 3.8
- With cream & Marshmallows

## SUPERFOOD Made with honey & your choice of milk

- L** **Ocean Blend - 3**  
B vitamins and antioxidants protect your cells against the effects of free radicals & an array of nutrients increase metabolism and improve digestion
- A** **Antioxidant Blend - 3**  
Boost immunity and cleanse your body, Source of vitamin A, E, C, K and B, help reduce signs of ageing and Anti-inflammatory properties from pomegranate, cherries and raspberries.
- T** **Tropicana Blend - 3**  
Keeping the skin hydrated and glowing! Contains vitamin C to boost the immune system & an array of nutrients help promote healthy eyes and bones
- T** **Berrylicious Blend - 3**  
Antioxidants to restore a youthful appearance & a source of fibre promotes digestion & weight loss. This unique blend makes you feel satisfied and full to conquer your day!

## CROISSANTS

- Plain - 1 (V)
- Just Jam - 1.5 (V)
- Nutella & Banana - 3 (V)
- Almonds, Banana & Honey - 3 (V)
- Butchers Cheese & Cornish Ham - 3.5

## TOASTIE

- Cheese & Cornish Ham - 4
- Cheese, Cornish ham & Pineapple - 4
- Cheese, Parma ham & Cranberry/Red onion Chutney - 4

## Bagel's

- Banana, & Peanut butter (V) - 3.5
- Cornish Brie, Parma Ham, rocket & Cranberry - 4
- Mozzarella, Tomato, Rocket & Pesto (V) - 4
- Cornish Ham, Avocado, Rocket & Mayo - 4

## TOASTED TEACAKE

- Plain, butter or vegan butter - 2

## SMOOTHIE

3.8 Or upgrade to a smoothie bowl for 1.5

### Halle Berry

Mixed berries, banana, spinach, milk, yoghurt

### The Green One

Avocado, spinach, banana, milk, spirulina

### Peanutter

Banana, peanut butter, milk  
Add protein or a coffee shot for 30p

### Mango Tango

Mango, pineapple, honey, coconut milk, tumeric

(V) All smoothies can be made with alternative milk & yoghurt

## FAST

- Overnight Oats - 3.5
- Porridge - 3.5
- Granola & Yoghurt - 3.5
- (V) All made with soy yoghurts & milk.
- Choose a topping -
- Peanut butter & berries
- Banana & Chocolate
- Nuts & Honey

## BREAKFAST CAKE & COCKTAILS

Cakes made daily in house

GLUTEN FREE VEGAN

Check out our cocktail & wine menu!

BEERS ALES SPIRITS

## SHAKES

- Standard - 2.8 Extra - 3.8
- White Kinder Bueno
- Oreo
- Chocolate
- Strawberry
- Caramel
- Protein chocolate/vanilla - 3
- Fentimans - 2.5**
- Cherry Cola
- Rose Lemonade
- Dandelion & Burdock
- Elderflower
- Ginger Beer
- Coke - 2
- Coke Zero - 2
- Lemonade - 2

SAUSAGE ROLLS  
Made daily in house

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