

smörgås

Breakfast until 11:00

Cinnamon Bun (V)	£2.50
Sourdough Toast 2 slices of sourdough (gluten free bread available) served with butter/vegan spread And a choice of: jam, marmalade, honey/syrup*, peanut butter, marmite, nutella/vegan chocolate spread* (VG,V/VG*)	£3.00
Porridge (VG,GF) Made with gluten free oats and served with a splash of cold milk (non-dairy milk +20p) And a choice of: jam, honey/maple syrup*, peanut butter, nutella/vegan chocolate spread*, banana, toasted seeds (VG,V/VG*,GF)	£3.50 +50p each
Vegan Porridge Pots Made with gluten free oats and served with a splash of non-dairy milk Jam & Peanut Butter (VG,GF) Apple, Raisin & Cinnamon with Toasted Seeds (VG,GF) Chocolate, Banana & Hazelnut (VG,GF) Biscoff (VG)	£4.50
Granola (VG,GF) Made with gluten free oats and served with a splash of cold milk (non-dairy milk +20p, skyr +£1.00).	£3.70
Skyr (V) Icelandic cultured yoghurt, high protein, fat free Add: jam, honey/maple syrup*, peanut butter, nutella/vegan chocolate spread*, banana, toasted seeds (VG,V/VG*,GF)	£3.50 +50p each

FRIDAY BUN CLUB

Our buns are very popular and sell out fast so why not secure some for yourself/friends/teammates by pre ordering for collection on Friday between 10am-2pm



Just scan the QR code or type the web address into your browser

<http://smorgas-preorder.square.site>

If you have any food allergies or intolerances please speak to a member of staff about the ingredients in your meal when placing your order. V=Vegetarian; VG=Vegan; GF=free from ingredients that naturally contain gluten, note that allergens may be present in the environment so we cannot guarantee that cross contamination will never occur.

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Lunch from 11:30

Smorgas

Choose from today's selection of open-face sandwiches, on Rye or Sourdough bread (gluten free bread available on request). If you'd prefer a closed sandwich just ask, no additional charge.

New Potato with Remoulade & Crispy Onions (VG)	£3.50
Smoked Salmon with Horseradish Cream	£4.00
Prawn and Egg Salad	£4.00
Houmous with Grated Carrot & Pickled Vegetables (VG)	£3.00
Jarlsberg and Salami	£3.50
Cheese Salad (V)	£3.00
Goats Cheese with Walnut & Maple Syrup (V)	£3.50

Filled Bread Rolls

£3.00

House baked white roll with a choice of filling

Cheese Salad (V), Ham Salad, Egg Mayonnaise (V), Houmous with Grated Carrot & Pickled Vegetables (VG)

Add a Side Salad or Small Soup (VG,GF) +£2.50

Salad Selection (VG) (GF)

£4.50

We make a minimum of 3 salads daily, the selection varies. Served with beetroot & house pickles.

Add Boiled Egg, Houmous +£1.00 each

Add Feta, Goats Cheese, Bread/Roll +£1.50 each

Add Smoked Salmon, Ham +£2.00 each

Soup (VG) (GF)

£4.50

Homemade soup with bread/roll & butter/vegan spread (gluten free bread available)

Add a Side Salad (VG,GF) +£2.50

TRADITIONAL DANISH HOTDOGS (ROD POLSE)

Lightly smoked, boiled pork sausage served in a hotdog bun with ketchup, mild mustard, dill pickled cucumber and crispy onions

(Vegan option available)

£4.50

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