

# smörgås

Breakfast until 11:00

**Cinnamon Bun (V)** £2.50

**Sourdough Toast** £3.00

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\*)

**Porridge (VG,GF)** £3.50

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 +50p each spread\*, banana, toasted seeds (VG,V/VG\*,GF)

**Vegan Porridge Pots** £4.50

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)**

**Granola (VG,GF)** £3.70

Made with gluten free oats and served with a splash of cold milk (non-dairy milk +20p, skyr +£1.00).

**Skyr (V)** Icelandic cultured yoghurt, high protein, fat free £3.50

**Add:** jam, honey/maple syrup\*, peanut butter, nutella/vegan chocolate spread\*, +50p each banana, toasted seeds (VG,V/VG\*,GF)

## 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.

# smörgås

**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
<b>Filled Bread Rolls</b>	£3.00

## Filled Bread Rolls

### 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)

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

### Add Boiled Egg, Houmous

**£4.50**

#### Add Feta Goats Cheese Bread/Roll

+£1.50 each

### Add Smoked Salmon, Ham

+\$2.00 each

## Soup (VG) (GF)

f4.50

**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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