# **BREAKFAST & BRUNCH -**

Served until kitchen closes

### GRANOLA BOWL 7.50 GF V VG

Maple roasted oat and nut granola with greek yoghurt, sweet mixed summer berry compote and dried banana chips

### EGGS BENEDICT CRUMPET

Poached eggs on toasted crumpets served with Oxshed's hollandaise inspired sauce

- CLASSIC (Smoked back bacon) 9.00
- ROYALE (Smoked salmon) 12.00
- FLORENTINE (Spinach)

### BELGIAN LIEGE WAFFLE 7.40 V

Authentic Belgian Liege waffle, topped with either greek yoghurt and a sweet mixed summer berry compote, or bacon and maple syrup

8.00 V

### **BREAKFAST BAP 7.50**

Select two fillings from the following options: Sausage / Bacon / Fried egg / Tomato / Halloumi & chilli jam / Mushroom

### EGGS ON TOAST 7.50 V

Toasted sourdough with two eggs, either poached, fried or scrambled

### SHED BRUNCH

Toasted sourdough with avocado and two poached eggs with:

- Smoked back bacon 12.50
- Smoked salmon 15.00

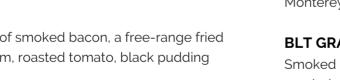
### VEGGIE BRUNCH 13.50 V

Toasted sourdough with avocado, two poached eggs, halloumi and chilli jam. Served with oven-roasted plum tomatoes and a portobello mushroom + Add smoked bacon 1.50

### FULL OXFORDSHIRE 13.50

Oxfordshire pork sausage, two rashers of smoked bacon, a free-range fried egg, baked beans, portobello mushroom, roasted tomato, black pudding and seeded granary toast

Swap breads/toasts for our GF brown seeded loaf





Please inform us if you have any allergies or dietary requirements before ordering.

GF Gluten Free | V Vegetarian | VG Vegan

## LUNCH -

Served until kitchen closes

### BAKED FETA, CHERRY TOMATOES AND OLIVES 12.00 V

Oven baked feta with marinaded mixed olives and sweet cherry tomatoes on a bed of mixed salad leaves, toasted sourdough and balsamic vinegar glaze

### HALLOUMI, PEACH & CARROT SALAD 10.00 V

Sweet peach and pan fried halloumi with carrot, mixed salad leaves, croutons, sunflower seeds with honey and mustard dressing. 1.50

- + Add smoked bacon 1.50

### VEGAN BUDDHA BOWL 9.50 VG

Beetroot hummus, crunchy chickpeas, avocado, carrot and cucumber ribbons, pearl couscous, croutons and spinach

### SMOKED SALMON BAGEL 13.50

Smoked salmon and cream cheese bagel, served with a house salad

### **CAJUN CHICKEN CIABATTA 12.50**

Sliced chicken breast coated in cajun spice, zesty lime soured cream, Monterey Jack cheese and little gem lettuce, served with house salad.

### **BLT GRANARY SANDWICH 9.50**

### Smoked back bacon, little gem lettuce and oven roasted tomato on seeded granary bread, served with a house salad

house salad for potato crisps for an extra .50p

# YOUR OWN BAGEL -

Served from 12pm

Bagel with a house salad 8.00

+ Pepperoni 2.00 + Chorizo

- + Parma ham 1.50
  - + Halloumi & chilli jam 2.00

**PI77A** Served from 12pm

MARGHERITA 8.50 V Tomato, mozzarella & fresh basil

**REGINA 10.50** Ham & mushroom

VEGETARIAN 10.50 V Garlic, mushrooms, red onion, mozzarella & rocket

**CARNE 13.50** Parma ham, pepperoni, chorizo, bacon & mozzarella



# **KIDS MENU**

CHEESE BAP 4.50

+ Add cheese 1.00

**YOGHURT BOWL 5.50** berries

**BELGIAN LIEGE WAFFLE 7.40** Authentic Belgian Liege waffle, topped with either greek yoghurt and a sweet mixed summer berry compote or bacon and maple syrup

our specials board, deli counter and our ice cream selection

Remember to take a look at

11.3.

+ Add avocado

### PEPPERONI 10.50

Pepperoni & mozzarella

HAWAIIAN 10.50 Parma ham, pineapple & mozzarella

# **MEADOW 12.50**

Goats cheese, caramelised onion marmalade & rocket

### CAJUN CHICKEN 13.50 Caiun chicken, mushroom & red onion

### Swgp a 9" pizza base for a 10" GF pizza base +3.00

# Served until kitchen closes



### **MINI BREAKFAST 6.90**

Build your own breakfast by selecting 3 of the following: Sausage / Bacon / Fried egg / Tomato / Mushroom / Baked beans Avocado / Granary toast

Plain cheese on a white bap, served with carrot and cucumber ribbons

### CHEESE ON TOAST 4.50

Grilled cheese on a slice of buttered granary toast

### **BEANS ON TOAST 5.00**

Baked beans served with a slice of buttered granary toast

Greek yoghurt and a sweet mixed summer berry compote with fresh

+ Red onion 0.50

+ Lettuce + Cucumber 0.50

# COFFFF -

Our coffees are double shot Dark Horse roast coffee served with semi skimmed milk or dairy free milk of your choice for 50p

ESPRESSO	<b>2.80</b>	FLAT WHITE	<b>3.50</b>
refill	2.65	refill	3.35
AMERICANO	<b>3.00</b>	<b>LATTE</b>	<b>3.70</b>
refill	2.80	refill	3.55
MACCHIATO	<b>2.80</b>	<b>MOCHA</b>	<b>4.00</b>
refill	2.65	refill	3.80
<b>CORTADO</b>	<b>3.40</b>	<b>AFFOGATO</b>	5.00
refill	3,30	Espresso & ice cream	
CAPPUCCINO refill	<b>3.70</b> 3.55		

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TWIST TEA		RED CAPPUCCINO	3.90
Breakfast	2.90	refill	3.75
Green	2.90	CHAI LATTE	3.90
Berry	2.90	refill	3.75
Ginger	2.90		5.75
Decaf	2.90	HOT CHOCOLATE	3.90
Earl Grey	2.90	refill	3.75
Redbush	2.90		
refill	2.70		

# ICED DRINKS —

### **ICED LATTE 3.90**

**ICED MOCHA 4.00** 

STRAWBERRY COOLER 3.00 Strawberry sorbet, crushed ice and strawberry syrup

### MANGO & PASSION FRUIT COOLER 3.00

Mango sorbet, crushed ice and passion fruit syrup

dairy milk for oat/soya/coconut milk +50p



a flavoured syrup +50p marshmallows +50p whipped cream +50p



Bring your cup back to the counter to get yourself a discounted refill. 1 per customer | On selected drinks only | Sit downs only



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## COLD DRINKS —

<b>WATER</b> Still Sparkling	2.70 2.70	<b>CAWSTON PRESS</b> Sparkling Rhubarb Sparkling Elderflower	3.00 3.00
<b>FROBISHERS</b> Orange Apple	2.90 2.90	<b>COCA COLA</b> Regular Diet Coke	3.10 3.00
HULLABALOOS Wild Berry Press Original Still lemonade Citrus Still lemonade Still Ginger beer	3.20 3.20 3.20 3.20	<b>SAN PELLEGRINO</b> Sparkling Lemon Sparkling Orange	2.70 2.70

# MILKSHAKES ——

Crafted with locally sourced Chiltern ice cream and sorbet. Please ask at the counter for today's selection.

### **REGULAR 5.50**

2 scoops of your favourite flavour from the ice cream counter

### BISCOFF 6.50

Biscoff, vanilla ice cream, topped with whipped cream and crumbled biscuit

### **CHOC HAZELNUT 6.50**

Chocolate ice cream, Nutella, topped with whipped cream and chocolate syrup

### STRAWBERRIES & CREAM 6.50

Strawberry sorbet, vanilla ice cream, topped with whipped cream and strawberry syrup

### PEANUT BUTTER COOKIE CREAM 6.50

Crushed Oreos, peanut butter, vanilla ice cream, topped with whipped cream and chocolate syrup

### **CAPPUCCINO 6.50**

Double shot of espresso, vanilla ice cream, a hint of coconut, topped with whipped cream and a dusting of chocolate

# KIDS [

BABYCCINO

**KIDS HOT** 

FRUIT SHO

# **SMOOTHIES** -

IMMUNITY 5.00 VG

ENERGY 5.00 VG Banana, strawberries, blueberries, raspberries, blackcurrant and spinach Superfood blend: Maca, chia deed, cacao and guarana

FOCUS 5.00 VG

VITALITY 5.00 VG Pineapple, mango, banana, papaya, ginger and goji berries Superfood blend: Flax seed, baobab, sunflower seed and pumpkin seed

# LAGER, ALE & CIDERS -

HAWKSTONE Premium Lac Cider

FALSE BAY Sauvignon B Old School S

### **ITALIA WIN** Pinot Nero **Pinot Grigio Pinot Grigio**

-28	

Ю	1.80	CAWSTON PRESS	
CHOCOLATE	TE 200	Apple & pear juice carton	2.50
CHOCOLATE	2.90	Mango & apple juice carton	2.50
ООТ	1.50	COKE FLOAT	5.90

Best plant-based ingredients and carefully selected superfood blends. perfectly portioned and packed full of goodness

Blackberry, apple, blueberry, dates and strawberry Superfood blend: Acerola, baobab, camu camu and vegan vitamin D3

### RECHARGE 5.00 VG

Mango, passion fruit, dates, peach, avocado and ginger Superfood blend: Lucuma, wheatgrass, turmeric and sea buckthorn

### REPLENISH 5.00. VG

Pineapple, apple, spinach, kale, ginger and lemon zest Superfood blend: Spirulina, chlorella, wheatgrass and barleygrass

Pineapple, cherry, strawberry, dates, pomegranate and avocado Superfood blend: Maca, pumpkin seed, 7 mushroom blend and ginseng

If you have any food allergies or dietary requirements to the superfoods, please ask for it to be left out of the smoothie.

### **AMWELL SPRINGS**

Premium Lager	6.00	Chairman Dave Ale	6.00
Cider	6.90		
WINE & SPIR	TS -		

WINES		6 O'CLOCK GIN & TONIC	2
Blanc	7.50	Damson & Ginger	5.50
Syrah	7.50	Exotic Orange	5.50
		Mango, Ginger & Lime	5.50
IES		London dry	5.50
	7.20		
Rose	7.20	BRANDY & COKE	6.00
	7.20		