

FOOD

BREAKFAST

7.30am - 11am(ish)

Hand Carved Maple Cure Bacon £4.00
Served on fresh ciabatta

Porridge £2.50
With: honey | seasonal fruit compote | banana | granola

Bircher Muesli £2.50
Grated apple, dried fruit & nuts

Chia Seed Pot £2.50
With honey & coconut water

Granola Pot £2.50

Greek yogurt & seasonal fruit compote

Fresh Seasonal Fruit Pot £2.50

Toast with Butter £1.50
Honey | peanut butter | marmite | fruit compote 50p (each)

Freshly Baked Croissant £1.80

LUNCH

11.30am - 3pm(ish)

Hand Carved Roast of the Day £POA
Served on fresh ciabatta

Salad Bar
From £4.80(sml) £6.50 (lrg)
Four freshly made salads per day, served from our counter directly to you. Pick one, or a little of each (there are always several vegan options)

Soup | Stew £4.50
With a chunk of bread and a little butter

Sandwiches £POA
Three freshly made sandwiches available everyday

EVENING

From 5pm(ish)

Whole Roast Chicken £12.00
Lemon and thyme roast chicken, cooked to order and served with watercress, coleslaw & hand fried potato crisps (takes about 25 minutes)

Baked Camembert £6.50
Whole baked Camembert served with bread crisps & cornichons
With Smoked Bacon (add) £2.00

Meat & Cheeseboard £12.00
Three really ace cheeses and some air dried Cumbrian ham served with cornichons, bread & seasoned butter (ask which cheeses we currently have)

Snacks & Nuts £POA
A selection of marinated olives, nuts & other tasty little bites

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OPENING TIMES

MONDAY - FRIDAY 7.30am - 8pm
SATURDAY 11am - 9pm
SUNDAY Closed

RUST & STONE

RAW | ORGANIC | HEALTHY | CONSCIOUS | CONSIDERED

FRESH JUICES & SMOOTHIES

Our fresh juices and smoothies are made to order, using organic produce where possible

The Green One £4.00
Kale, spinach, cucumber & apple

Beet & Ginger Boost £4.00
Beetroot, ginger, apple & carrot

Maple Carrot Detox £4.00
Carrot, ginger, lemon, turmeric & maple syrup

Green Coco £4.00
Coconut water, lime, cucumber, kale & coriander

Veggie Patch £4.20
Cucumber, beetroot, kale, spinach, parsley & carrot

Watermelon Cooler £4.00
Watermelon, strawberries, blueberries & mint

Strawberry Crush £4.00
Strawberries, apple & banana

Peanut Butter Blender £4.00
Peanut butter, cacao nibs, banana & almond milk

Banana Colada £4.00
Banana, coconut oil & pineapple

Mixed Berry Blast £4.20
Strawberries, blueberries, raspberries & banana

Supplements 80p
Add any supplement to your smoothie or juice

Spirulina | Raw Cacao Nibs | Matcha Powder
| Coconut Oil | Baobab Powder
| Hemp Protein

COFFEE & TEA

We source our coffee from some of the best roasters in Europe, using single origin, seasonal roasts. Just ask us what is available (we can do any of these as decaf too)

Double Espresso 2.00
Americano | Flat White £2.00
Latte | Cappuccino £2.20
V60 Drip filter £POA

Flavoured Syrups 50p

Hot Chocolate £2.50
Vanilla chocolate, whipped cream & caramel crumb

Loose Leaf Teas £2.20 Not available to take out

Blue Flower Earl Grey | Chamomile | Red Berry | Peppermint | Lemongrass & Ginger | Green Sencha

Other Teas £1.50
Breakfast Tea/Decaf | Earl Grey
| Organic Peppermint | Green

Coffee Frappe £2.80
With whipped cream
Salted Caramel Coffee Frappe £3.20
With whipped cream, salted caramel & caramel crumb
Matcha Green Tea Frappe £2.80
Made with almond milk

DRINKS

BEERS

Founders All Day IPA £3.50
Guest Beer £POA

Brooklyn (can) £4.50
Anchor California (can) £4.50
Gamma Ray (can) £4.50
Camden Helles (can) £4.00
Dunkertons Organic cider £5.00

WINES

All our wines are either organic or biodynamic & sourced for us by Boutinot: 125ml glass | 250ml carafes | by the bottle

Fuenteseca, Macabeo Spain
£3.00 | 6.00 | 17.50
Adobe, Sauvignon Blanc
£3.40 | 6.80 | 20.00
Sepp Moser, Gruner Veltliner
£24.00

Juan Gill, Monastrell
£3.00 | 6.00 | 17.50

Adobe, Malbec
£3.40 | 6.80 | 20.00
Chateau Coulon, Corbieres
£24.00

Symphonaie Prosecco £4.00 | 24.00

COCKTAILS

Seasonal, green cocktails made using fresh vegetable juices, purees & syrups. Ask us what flavours we're currently serving (they change all the time)

Martini £7.00
Bellini £7.00
Negroni £7.50
Old Fashioned £7.50

SOFTS

Coca Cola | Diet Coke | Life £1.00
San Pellegrino Aranciata £1.50
San Pellegrino Limonata £1.50
Orangina £2.50
Belu Still | Sparkling £1.30
Biona Organic Coconut water £2.50
Fever Tree Tonic £2.00

COLD PRESS

Our cold pressed juices are supplied by Succo: a local independent juicery based in Hale

Succo Green 3 £3.20
Succo Watermelon & Mint £3.20
Succo Carrot Cleanse £3.20
Succo Apple £2.50
Succo Orange £2.50