

Lunch

Soup of the day	5.25
Coriander, lemongrass and chilli fishcakes with mango salsa	11.50
Local organic squash trio – squash fritters with basil and parmesan mayo – spiced red lentil and squash pate with crispy flatbreads – ricotta & cobnut stuffed squash	10.50
Thai curry with chicken, organic brown rice and radish shoots	11.50
Falafel with warm tomato chutney, mint yogurt, carrot & cumin slaw – served on a warm flat bread (v) (vegan option available)	10.50
Sweetcorn fritters with Mexican coleslaw, sweet chilli and salad (v) (g/f) (vegan option)	9.75
Omelettes – made with free range eggs, served with side salad (g/f) filled with a choice of two fillings choose from cheese, ham, mushroom, tomato or spinach	8.50
Taffels homemade burgers served with fries. Choose from: BBQ – homemade BBQ sauce, onion rings, cheddar & bacon Southern fried chicken - cheddar, coleslaw & tomato jam Veggie burger –tomato, onion, cheddar, lettuce & garlic mayo (v) Pulled pork –celeriac, apple remoulade & fried pickles	11.50
Taffels mixed organic salad - Mixed beetroot, spring onion, grated carrot, cherry tomatoes, cucumber, shoots, avocado, mixed seeds (vegan) (g/f) - Add chicken, smoked salmon or goats cheese	8.95 3.50

Daily specials – please see our specials board for daily choices

Deli counter – delicious daily salads, savoury pastries, quiches & tarts

Savoury pastry, tart or sausage roll served hot or cold	4.50
served with choice of side salad from counter	7.50
Choice of salads from deli counter (served with bread)	7.95

Sandwiches and Toasties

Served on fresh white or brown artisan bakery bread

The traditional salt beef sandwich served with pickles and American mustard on rye bread from a great North London Bakery	8.50
Taffels Club sandwich – chicken, bacon, mayo, lettuce, tomato & Green Goddess dressing	8.50
Vegetarian Club sandwich – haloumi, mayo, lettuce, tomato, avocado & Green Goddess dressing	7.75
Smoked salmon, cream cheese, cracked black pepper & lemon – bagel or sandwich	7.50
Ham & cheese or cheese & tomato toastie	6.50
Beetroot & cream cheese bagel with toasted walnuts	7.50
Ham & avocado on sourdough with mayo	6.50

Sides

Hand cut crispy fries	2.75
Mixed leaf salad	3.50
Choice of side salads from our deli counter	3.95

Please ask for any special requests, dietary requirements or allergen information, as our chefs will always try to assist. Our gluten free foods are produced using gluten free ingredients but are made in a kitchen where products containing gluten are used. All of our food is freshly prepared in our kitchen using locally sourced organic ingredients wherever possible.

All Day

Croissants, daily cakes, tarts and pastries ... please see counter for our extensive selection

Hot Drinks

	regular	small
Americano, Cappuccino, Latte	2.50	2.25
Mocha	2.75	2.50
Flat white		2.50
Espresso, Macchiato	2.00 (double)	1.75 (single)
Baby Chino (hot milk)	1.00	
Hot Chocolate	2.50	
Pot of English Breakfast Tea	2.25	
Herbal Teas	2.50	

Cold Drinks

Mineral water (sparkling or still)	2.95 (75cl)	1.80 (33cl)
Fruit Juices - Apple, Pear, Elderflower & Apple, Orange, Pink Lemonade		2.30 (250ml)
Sparkling Drinks Lemonade, Elderflower, Cranberry & others		2.60 (320ml)
Coke; Diet Coke; 7-Up		1.80

Wines and Champagne

Sparkling & Champagne

	75cl glass	bottle
NV Valdeese Prosecco Brut, Terre di Sant'Alberto, Italy		23.50
NV Brut Mosaique, Champagne Jacquart, France		40.00

White Wine

2011 Reserve Chardonnay, Tooma River, Warburn Estate, Australia	3.90	17.00
2010 La Place Sauvignon Blanc, IGP Cotes de Gascogne, France		17.50
2010 Veritiere de Veneto Pinot Grigio, Italy	4.70	19.00

Rose Wine

2010 La Lande Cinsault Rose, Vin de Pays d'Oc, France		15.50
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Red Wine

2010 Reserve Cabernet, Tooma River, Warburn Estate, Australia	3.90	17.00
2010 Cotes du Ventoux Les Boudalles, Brusset, France		19.95

Beers

A selection from local breweries prices from 3.20 per 500ml

Please note that service is not included.