

BAKERY

See counter for daily selection.

SMOOTHIE AND JUICE BAR

	Member	Non-Member
Pash 'N' Shoot	£3.90	£4.40
Mango, Pineapple, Passion Fruit & Apple		
Avo Go-Go	£3.90	£4.40
Mango, Spinach, Broccoli, Avocado, Coconut, Lime, Ginger		
Berry Go Round	£3.90	£4.40
Strawberry, Blackberry, Raspberry & Apple		
Add a scoop of protein	£1.50	£1.70

CAFE OFFERS

£4 Coffee and Pastry - Enjoy a delicious hot drink of your choice and pair with any pastry for just £4. Valid Monday-Thursday.

Meal Deal Monday - Enjoy any sandwich or salad of choice and pair with a refreshing smoothie for just £6.

Flat White Friday - Every Friday, you can treat yourself to a barista-made flat white for just £1, when you indulge in any pastry or sweet treat.

FOOD MENU

BRUNCH

	Member	Non-Member
Layered Yoghurt - Raspberry Coulis, Granola & Blackberrys (V) 265 Kcal	£3.50	£3.90
Breakfast Wrap - Fried Egg, Crispy Streaky Bacon, Cheddar & Tomato Chutney 681 Kcal	£3.95	£4.50
Breakfast Wrap - Fried Egg, Smashed Avocado, Cheddar & Tomato Chutney (V) 663 Kcal	£3.95	£4.50

DELI COUNTER

Roasted Cauliflower, Burnt Aubergine, Tomato Salsa (Vg) 115 Kcal	£4.95	£5.65
Cucumber, Lambs Lettuce, Mint, Nigella Seeds, Lemon & Ginger Dressing (Vg) 56 Kcal	£4.95	£5.65
Lemon & Oregano Greek Yoghurt Roast Chicken 111 Kcal	£2.20	£2.40
Portobello Mushroom, Parmesan & Parsley Frittata 180 Kcal	£2.00	£2.20
Toppings : Smashed Avocado, Sourdough Croutons,		
Toasted Seeds, Dressings (V) 90-120 Kcal	2 for £1.00 4 for £1.75	2 for £1.30 4 for £2.00

SANDWICHES

Ciabatta - Roast Chicken, Bacon, Cheddar, Garlic Mayo, Mixed Leaves 520 Kcal	£5.00	£5.75
Signature Sourdough Toastie - Barbers Cheddar & Red Onion Chutney (V) 480 Kcal	£5.00	£5.75
Focaccia - Roast Beef, Caponata, Rocket 383 Kcal	£5.00	£5.75

V - Vegetarian | Vg - Vegan

*Gluten Free options available upon request

For advice on allergens or intolerances, please speak to one of our Allergen Champions.

The White Chapel Building, 10 Whitechapel High Street E1

**DERWENT
LONDON**