

# ME

*Knowle Grange Café*

# NU

## Breakfast

### Granola ~ £6.50

With greek yoghurt and compote or milk and honey

### Warm Banana Bread ~ £6.50

Served with butter, honey, yoghurt and compote

### Breakfast Bagel ~ £9.00

Choice of fillings include sausage, bacon, eggs, avocado

### Smashed Avocado on Seeded Toast

With poached eggs ~ £10.50

### Bacon, Eggs and Toast ~ £8.50

Choose from scrambled, fried or poached eggs

### Smoked Salmon, Scrambled Eggs with Toast ~ £11.50

### Poached Eggs ~ £7.95

Served on a bed of wilted spinach, tomato and spring onion

## Lunch

### Knowle Power Bowl ~ £12.50

Includes spinach, rocket, cucumber, peppers, onions, tomatoes, avocado and topped with coriander, parsley, herby mayo or balsamic and oil mix.

Add ons for £4.00 include bacon, sliced chicken, halloumi, smoked salmon, brie, goats cheese.

### Salad Wraps ~ £6.50

Served with plain or herby mayonnaise.

Choices include chicken and avocado ~ £8.50

Bacon and brie ~ £8.50

Tuna crunch ~ £9.50

### Houmous, Falafel, Roasted Mediterranean Veg Wrap ~ £9.50

### Ham or Cheese Ciabatta ~ £8.00

Served with house slaw. Choose from smoked applewood cheddar or mature cheddar.

### Tuna Focaccia Melt ~ £9.00

With cheese and red onion

### Lemon Infused Smoked Salmon Bagel ~ £11.50

Served with cream cheese, sliced cucumber and fresh dill

### Cowboy Chilli ~ £13.50

With tortilla chips, salsa, guacamole, sour cream

### Soups ~ £7.50

Served with a bread roll and butter. Ask your server for what soups we have today

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# DRINKS



## Coffee

Latte ~ £3.30  
Flat White ~ £3.30  
Cappuccino ~ £3.30  
Americano ~ £3.20  
Espresso ~ £2.30

## Tea ~ £2.70

English Breakfast  
Peppermint  
Earl Grey  
Lemon and Ginger  
Green Tea  
Chamomile  
Decaffeinate Tea

## Hot Drinks

Hot Chocolate ~ £3.50  
Mocha ~ £3.70  
Plant Milk ~ 30p  
Syrup ~ 40p

## Cold Drinks

Iced Latte ~ £4.00  
Iced Mocha ~ £4.20  
Affogato ~ £4.50

## Smoothies

Pret Sweet Green ~ £5.50  
Banana Bliss ~ £5.50  
Berrylicious ~ £5.50

Add protein for £1

## Protein Shakes

Green and Mean ~ £6.50  
Apple juice, greens mix,  
vanilla protein  
Banana Buzz ~ £6.50  
Double shot espresso,  
almond milk, banana, dates,  
protein  
Bananas About Biscoff  
~ £6.50  
Almond milk, banana,  
biscoff, protein

## Canned Drinks

~ £2.20  
Sparkling Elderflower  
Lemonade  
Sparkling Water  
Ginger Beer  
Sparkling Rhubarb  
Coconut Water  
Diet Coke  
Apple Juice  
Orange Juice

## Alcoholic Drinks

Pimms and Lemonade  
~ £4.80  
Gin and Tonic  
Single ~ £5.95  
Double ~ £8.50  
Rum and Ginger Beer  
Single ~ £5.50  
Double ~ £8.50  
Rioja Conde De Basalu  
Medium Glass ~ £9.00  
Large Glass ~ £11.50  
Bottle ~ £30  
Huntaway Savignon Blanc  
Medium Glass ~ £8.80  
Large Glass ~ £11.50  
Bottle ~ £30  
French Picopoul De Pines  
Medium Glass ~ £7.80  
Large Glass ~ £10.25  
Bottle ~ £29  
Cote De Provence  
Medium Glass ~ £9.50  
Large Glass ~ £11.50  
Bottle ~ £30  
Prosecco  
Bottle ~ £18  
Glass ~ £7  
German Beer  
~£6  
Pink Spritz  
Bottle ~ £15  
Glass ~ £6  
Pinkster Gin  
~£3.80



KNOWLE  
GRANGE  
HEALTH SPA

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# *Wine List*

## *Red Wine*

Rioja Spanish Conde de Basalu 2019

Medium Glass ~ £9.00

Large Glass ~ £11.50

Bottle ~ £30

## *White Wine*

Huntaway New Zealand Sauvignon Blanc 2023

Medium Glass ~ £8.80

Large Glass ~ £10.45

Bottle ~ £30

French Picpoul De Pinet

Medium Glass ~ £7.80

Large Glass ~ £10.25

Bottle ~ £29

## *Rose Wine*

Cote De Provence 2023

Medium Glass ~ £9.50

Large Glass ~ £11.50

Bottle ~ £30

Guest wines for our pop-up events may also be available, please ask your server

