

NOURISH

@ THE LICHFIELD TEA COMPANY

ARTISAN TEA SHOP AND VEGETARIAN CAFE

AUTUMN MENU

BRUNCH BOWLS

Greek or Coconut Yoghurt, seed and nut granola, berries or seasonal fruit compote | £5.50 gf/vg
Oat Milk Porridge with warm seasonal fruit compote or banana and honey | £5.50 gf/vg

TOASTS

ALL SERVED ON ITALIAN DURAM WHEAT TOAST

Toast and butter, choose 2 toppings jam, marmalade, honey or nut butter | £4.50 vg*

Free range eggs on toast scrambled or poached | £5.00

Crushed avocado with zesty tomatoes | £5.95 vg

Beetroot hummus, sweet-fire beetroot, rocket and soft goats' cheese | £5.95 vg*

Herby, garlic mushrooms | £5.50 vg*

Smokey ranch style beans | £5.50 vg*

Add to your toast

Poached eggs | £2.50 Mushrooms | £2.50 Beans | £2.50 Spinach | £2.00

Zesty tomatoes | £2.50 Halloumi | £2.50

Bore St Bakery Spiced Fruit Loaf £3.75

SANDWICHES & WRAPS

ALL OF OUR SANDWICHES ARE FRESHLY PREPARED AND SERVED WITH A SIDE OF HOMEMADE COLESLAW AND CRISPS

Mature Cheddar, cos lettuce, sliced apple and caramelised onion chutney on bloomer | £5.95

Free range egg mayonnaise and cress on bloomer | £5.75

Onion bhaji wrap with mango chutney, rocket, carrot, cucumber and spring onion | £6.50 vg

Moroccan falafel wrap with spiced hummus, rocket and red pepper | £6.50 vg

GRILLED SANDWICH

ALL OF OUR GRILLED SANDWICHES ARE SERVED ON RYE CIABATTA, WITH MIXED LEAVES AND ZESTY TOMATOES

Cheese and caramelised onion | £5.50

Hummus and roasted Mediterranean vegetables | £5.95 vg

Avocado, tomato, and mozzarella with basil pesto | £7.50

Halloumi with rose harissa and honey | £6.95

Brie and honey roasted rhubarb | £ 6.95

LUNCH BOWLS

Seasonal home-made soup served with warm ciabatta | £5.75

Mezze salad bowl with falafel, hummus, warm spiced couscous | £8.50 vg

Cajun bean burger on ciabatta bun with crispy lettuce, tomato and siracha mayonnaise

choose two side - coleslaw, smokey beans, macaroni cheese | £8.50 vg*

Seasonal vegetable frittata, with a green salad | £7.95 gf

Sweet Potato and chickpea curry | £8.50 vg/gf

Macaroni Cheese | £7.95

LITTLE ONES

SERVED WITH A SIDE OF FRUIT AND CHOCOLATE CRISPY CAKE AND CHOICE OF JUICE OR MILKSHAKE CARTON

Philadelphia and cucumber sandwich / cheese sandwich or toastie / jam sandwich /
egg mayonnaise / tomato pasta / macaroni cheese | £4.95

We have a selection of homemade sweet treats on the counter
for you to enjoy!!

