

Lola's

Re-boot

7am – 7pm

Juice

£5

Detox Greens – Help to promote and maintain strong bones and healthy blood flow
Broccoli, kale, spinach, green apple, lime

Liquid Lunch!! – Help to sustain energy and improve vision
Carrot, sweet potato, cauliflower, apple, lemon

Energiser Refresher – Boost immune system
Fennel, apple, courgette, ginger

Smoothies

£4.50

Breakfast on the Move – slow releasing energy drink
Banana, strawberries, oats, unsweetened almond milk

Berry Lift – help to regulate blood pressure
Raspberries, blueberries, strawberries, blackberries, banana, unsweetened almond milk, vanilla

Deep Green – to promote healthy skin and reduce inflammation
Avocado, broccoli, kale, spinach, lime, apple, ginger

Hot Tonics

Bullet Proof Coffee (hot or iced) – packed with healthy fats to keep you fuller for longer
espresso, coconut oil, grass fed butter **£3**

Matcha Tea Latte (hot or iced) – improves memory, concentration and energy
matcha green tea, rice milk, rice syrup (optional) **£5**

Golden Milk (hot or iced) – reduces inflammation and improv immune system
unsweetened almond milk, fresh turmeric, fresh ginger, honey **£2**

Hot Cacao Tonic – healthy twist on a traditional hot chocolate
cocoa powder, almond milk, honey **£3**

Power Bars – Energy Bites All free from using refined sugars (GF) (DF) (EF)

Goji, Mango and Pistachio Popcorn Bars **£3**
Olive oil, popcorn, coconut oil, maple syrup, skimmed milk, chocolate 70%, goji berries, dried mango, pistachio nut, sunflower seeds pumpkin seeds, turmeric, **baobab powder**

Raw Date & Coconut Bars **£3**
Medjool dates, almonds, cashew nuts, Chia seeds, **maca powder**, coconut, hazelnuts, pecan, vanilla

Apple "Pie" antioxidant bites (x 3 pieces) **£3**

Dried apple, pecans, oats, **lucuma powder**, spice blend

Peanut Butter & Banana Bites (x 3 pieces)

£3

Banana, crunchy peanut butter, flaxseed, chia seed, dates, **moringa powder**

Lola's Bakery

Grab and Go

Just Fruit Seasonal fresh fruit salad	£4
Lola's Superfood Gluten-Free Granola Seasonal fruit compote, Greek Yoghurt and Bee Pollen	£5.75
Overnight Oats Coconut, pomegranate, mango, chia seed, almond milk, maple syrup	£3
Chia Seed Pudding Red velvet beetroot, almond milk, mixed berries, granola	£4
Acai, Berry & Baobab Breakfast Bowl Banana, blueberries, strawberries, raspberries, medjool dates	£5.50
Green Breakfast Bowl Kale, baby spinach, avocado, alfalfa sprouts, bean sprouts, mung beans, quinoa, chopped egg	£4.50

Sandwiches to Take Away

Mediterranean Veggi- (GF) (V) (EF) Black olive bread, feta cheese, tomato, cucumber, red onion, parsley, tapenade, kale grated carrot	£4
Green Goddess – (GF) (NF) (DF) (V) Tarragon, basil, chive, green zebra tomato, pickled spring onion, avocado, cucumber Mozzarella, cress sprouts	£4.75
Smoked Salmon Grebiche – (GF) (DF) (NF) Smoked Salmon, chopped egg, capers, tarragon, chervil, parsley, gherkin, chive	£5
Chicken, Mushroom and Tarragon – (GF) (NF) (DF) Mushrooms and tarragon Mayo, pulled chicken	£4.75
Rare Roast Beef – (GF) (NF) (EF) Rare roasted sirloin, horseradish, pickles and sweet red onion, rocket, baby spinach	£4.50

Salad on the Go

Lola's Green Salad with Herb Pesto – (GF) (DF) (EF) (V) (CN) Green Bean, sugar snaps, courgette, pea shoots, mixed watercress, kale, parsley, mint, fava beans, crispy quinoa	£4.50
California Quinoa Salad – (GF) (EF) (DF) (V) (CN) Red pepper, mango, lime, pomegranate, spring onion, edamame bean, fennel pistachio, coriander, coconut, chilli, mixed sprouts, avocado oil dressing	£4.75
Roasted Butternut & Bocconcini – (GF) (EF) (V) (CN) With toasted pine nut, sage dressing, baby spinach	£4.75
Spicy falafel – (GF) (NF) (V) (DF) Pitta, tomato, pickle and herb salad with soya yoghurt and tahini dressing	£4

Pulled Chicken & Pancetta Caesar Salad – (GF) (NF) (DF)

Romaine lettuce, white anchovy, chopped egg, crispy pancetta, crouton

£4.75

Smoked Mackerel & New Potato Salad with Beetroot– (GF) (NF) (EF)

Horseradish, beetroot, turmeric, lamb's lettuce, pickled red onion

£4.75

Soup

£4

Carrot & White Bean with Ginger (examples only – seasonal)

Red Lentil, Chickpea and Chilli (examples only- seasonal)

Lola's Bakery

All Day Menu

11.30 – 7pm

Nibbles

Selection of Lola's Savoury Crackers & Dips – (GF)	£6
Falafel Spiced Roasted Chickpea's	£2
Kale Crisps with Toasted Almonds	£3
Lemon & Garlic Baby Aubergine, Labneh & Sumac	£4
Selection of Bread with Olives	£4

Soup

£6

Seasonal Soup of the Day – please ask your server for today's special
Served with garnish and bread to compliment the soup of the day

Hot Open Sandwiches – all eat in sandwiches comes with a side of Lola's Green Salad

Welsh Rarebit – (GF) (V) (NF)	£6
Traditional welsh rarebit on caramelised onion bread served with slow roasted tomato	
Piedmont Roasted Peppers – (GF) (VE) (DF)	£7
Warm white bean on rosemary and olive bread, topped with piedmont roasted peppers	
Za'atar Seared Tuna	£9
with Relish – aubergine, olives, preserved lemon, chilli, coriander with tahini dressing	
Smoked Mackerel & Beetroot with Horseradish – (GF) (NF) (EF)	£8
Crème fraiche, horseradish, beetroot, lamb's lettuce	
Tarragon Chicken & Mushroom – (GF) (NF)	£9
Sautéed mushrooms, pulled chicken, herb salad, tarragon dressing	

Cold Open Sandwiches – all eat in sandwiches comes with a side of Lola's Green Salad

Salmon Ceviche – (GF) (DF) (NF)	£9
Salmon, citrus marinade, pomegranate, coriander	
Waldorf Salad – (GF) (V) (EF)	£7
Roquefort cheese, pear, grapes, celery, toasted and pickled walnuts	
Rare Roasted Beef – (GF) (NF) (EF)	£8
Rare roasted sirloin of beef, red onion marmalade, rocket, horseradish dressing	
Serrano & Fig – (GF) (NF) (EF)	£8
9-month aged serrano, black olive, fig relish, crème fraiche, fresh thyme	
Lola's Ploughman's – (V)	£7
Barbers Cheddar Cheese, pickled onion rings, cucumber, chopped egg, lettuce, tomato	

Lola's Bakery

All Day Menu

11.30 – 7pm

Salads

Freshly made salad by Lola's

Mix and match or double up and create your own sharing plate

Medium Salad £8.00

Large Salad £12.00

Lola's Green Salad with Herb Pesto – (GF) (DF) (EF) (V) (NF)

Green Bean, sugar snaps, courgette, Pea Shoots, mixed watercress, Kale, parsley, mint, fava beans, crispy quinoa

Puy Lentil & Quinoa Feta Salad – (GF) (EF) (NF)

Quinoa, puy lentils, parsley, mint, coriander, spring onion, cherry tomatoes, lemon, feta and sumac

Roasted Butternut & Burrata with Fried Sage – (GF) (EF) (V) (CN)

Pumpkin Seeds, toasted pine nut's, baby spinach, lamb's lettuce

Chicken Caesar Salad – (GF) (NF) (DF)

Romaine lettuce, parmesan, egg, white anchovy, crispy pancetta, gluten Free garlic crunch

Spicy falafel – (GF) (V)

Pitta, tomato, pickle and herb salad with yoghurt and tahini dressing

Tenderstem Broccoli with pearl Barley & Za'atar – (GF) (NF)

Steamed tenderstem broccoli, red chilli, parsley, roasted red onion, za'atar spiced pearl barley, semi dried cherry tomato, greek yoghurt and coriander

Aubergine with Mixed Nut Chilli Masala – (GF) (V) (EF)

Stuffed baby aubergine, yoghurt dressing, chopped coriander, pickled chillies

Something Sweet from the Bakery

All Lola's Pudding's are free from refined sugar's

Roasted Apricots with Lavender Honey – (GF) (CN)

crème fraiche, toasted chopped nuts

£4.25

Guilt Free Goopy Chocolate Fudge Cake – (GF)(DF)

Please ask your server for serving options

£4.75

Red Berry – (GF) (V) (NF)

Toasted gluten free brioche, red berry compote, citrus mascarpone OR Coconut Yoghurt

£4.75

Rhubarb & Almond Cake – (GF) (CN)

With English vanilla custard **or** crème fraiche

£4.75

Apple & Blackberry Oat Nut Crumble – (GF) (DF)

with vanilla soya yoghurt

£4.75

Spiced Carrot Cake, Pistachio & Almond Cake (GF)

Served with Rose Water Cream

£4.75

Lola's Bakery

Cake Counter

7am – 7pm

From the Bakery Counter

Cinnamon and Pecan Swirls	£2.50
Fruit Filled Brioche	£2.50
Croissant	£2.50
Pain Au Chocolate	£2.50
Cinnamon & Pecan Swirl	£2.50
Sweet & Savoury Breakfast Muffins – (GF) (DF) reform refined sugars Please ask your server for today's full range	£2.50

Lola's Every Day Layer Range – a selection of 3 large cakes per day £ 3 per slice

From £ 15

Red Velvet – (GF)	Chocolate and Beetroot – (GF) (NF)
Classic Chocolate Fudge – (GF)	Deluxe Chocolate & Raspberry
Chocolate Cake – (GF) (VE)	Deluxe Tiramisu
Victoria Sandwich – (GF) (NF)	Classic Vanilla – (GF)
Strawberry Deluxe – (GF)	Fresh Berry – (GF) (NF)
Vegan Lemon & Raspberry – (GF) (EF) (DF)	Courgette Multi Seed with Apricot – (GF)
Classic Carrot – (GF)	Banoffee
Salted Caramel	Fig & Butterscotch – (GF)

Lola's Every Day Classic – Loaf Cakes – a selection of 2 per day £ 2 per slice

From £ 10 Cake

Skinny Lemon Drizzle – (GF) (NF) Free from refined sugars Made with 0% fat yoghurt, skimmed milk, free from refined sugar
Coffee & Walnut Cake – (GF)(DF)
Cranberry & Walnut – (GF) (VE)
Pumpkin – (GF) (VE) (NF)
Carrot Cake with Orange Spice – (GF)(DF) Free from refined sugars
Beetroot – (GF)
Chocolate – (GF) (DF) (EF) (VE) (NF)

Chocolate & Pistachio with Cherry & Hazelnut Streusel - **free from** refined sugars

Mixed Berry Streusel -(GF) **Free from** refined sugar and is

Banana Loaf with Maple Syrup & Pecan - (GF) (DF) (EF) (VE) **free from** refined sugars

Square's Or Rounds – a selection of 4 per day
£ 2.75 per slice

From £ 12.50

Orange & Macadamia Polenta Cake – (GF) (DF) **free from** refined sugars

Olive Oil Cake with Strawberry and Basil – (DF) **free from** refined sugars

Mixed Summer Berry & Toasted Almond – (GF) (DF) **free from** refined sugars

Plum & Frangipane Cake – (GF) (DF) **free from** refined sugars

Pear & Honey Cake – (GF) (DF) **free from** refined sugars

Lime & Coconut with Raspberry (Lamington??) -(GF) **Free from** refined sugar

Courgette, Lime & Basil Cake with Pistachio – (GF) (DF) **free from** refined sugars

Apple & Cinnamon Up-Side Down (GF) (DF) **free from** refined sugars

Large Bundt – a selection of 2 per day
Per £ 3.25 per slice

From, £ 17.50

Chocolate & Vanilla Marbled Bundt -(GF) **Free from** refined sugar and is

Apple & Walnut Bundt

Cinnamon

Coconut & Lemon – (VE)

Lola's Brownies - also available in packs of bite size pieces

£ 3.25

Original (GF)

Pecan (GF)

Salted Caramel (GF)

Red Velvet (GF)

Chocolate (DF) (EF) (V)

Peanut Crunch (GF)

Raspberry Marshmallow (GF)

Rocky Road (GF)

Lola's Tray Bakes

£ 3.25

Blondie – with White Chocolate Chips and Macadamia Nuts – (GF)

Date Flapjacks – (GF)

Strawberry & Banana Oat Bar – (GF) (DF) (EF) (V)

Lola's Miniatures

Lola's Mini Cheese Cake: -

£ 3.75

Brownie	Caramel Macadamia Nut	Key Lime Pie	Blueberry
Banoffee	Raspberry	Red Velvet	Caramel Crunch

Lola's Cupcakes: -

£ 3.30

Vegan lemon and raspberry	Vegan Coconut & Passion Fruit	Vegan Coconut & Strawberry
Vegan Chocolate	Raspberry & Chocolate – (GF)	Wheat Free Chocolate – (GF)
Red Velvet – (GF)	Chocolate Sugar Free	Oreo
Carrot Cake	Vanilla	Banoffee

Lola's Singles all Lola's singles are free from refined sugars

£3.50

Whole Orange & Almond Polenta Cake with Citrus Mascarpone & Summer Berries – (GF)	
Apple & Blackberry Custard Crumble Cake (GF) (DF) (NF)	Hazelnut & Raspberry Financier – (GF)
Spice Coffee Cake - (GF) (DF) (NF)	Mixed Berry Streusel Cake – (GF)
Matcha Tea and Cherry Financier – (GF)	Lemon & Blueberry Financiers – (GF)
Up-Side Down Cherry Cake – (GF) (DF)	Honey & Buckwheat Madeline – (GF) (DF)
Up-Side Down Rhubarb Cake – (GF) (DF)	Chocolate & Almond Cake - (GF)

Lola's Mini

£3.50

Lemon Chia Seed	Chocolate Praline & Raspberry - (GF)
Toffee Apple & Calvados	Orange, Honey and Polenta - (GF)
Maple & Pecan – (GF)	

Lola's Mini Loaf Cakes

£3

Skinny Lemon Drizzle – (GF) Free from refined sugar and is
Made with 0% fat yoghurt, skimmed milk, free from refined sugar

Coffee & Walnut Cake –(GF) Free from refined sugar and is

Carrot with Orange Spice Frosting – (GF)(DF) Free from refined sugars

Chocolate & Pistachio with Cherry & Hazelnut Streusel - free from refined sugars

Banana Loaf with Maple syrup and Pecan - (GF) (DF) (EF) (VE) free from refined sugars

Lola's Bakery

Tarts & Cookies & Scones

7am – 7pm

Individual Sweet Tartlets p selection of 3 tarts per day

£4

Pear & Hazelnut Tart – (GF)

Classic Fruit Tart – (GF) (NF)

Chocovado Tart, pomegranate (GF)

Pecan Tart – (GF)

Chocolate Tart, Praline puffed rice (GF)

Jam & Buckwheat Tarts (GF) (NF)

Spice Plum & Almond Tart (GF)

Fruit Crumble Tart – (GF) (NF)

Passion Fruit & Mango Tart (GF)

Mixed Nut & Salted Caramel (GF)

Cookies – selection of 3 per day

£0.85

Chocolate Brownie Quinoa Cookies – (GF)(DF) (NF)

Double Chocolate Chip Cookie (various combinations changed weekly) – (GF)

Nutmeg, Lemon and Current Shortbread Squares – (GF) (NF)

Oatmeal Shortbread – (GF)

Cranberry Oat Cookies (various combinations can be changed weekly) – (GF)

Lola's Viennese Fingers (single fingers can have various finishes)

Cookie Sandwich (various combinations, jammy dodger style biscuit)

Scones & Corn Bread -

£1.25

Sweet: -
Plain Scone – (contains wheat) (NF)
Fruit Scone – (contains wheat) (NF)
Cherry Bakewell – (contains wheat)

Plain Scone – (GF)(NF)
Fruit Scone – (GF)(NF)
Maple & Pecan – (GF)

Lola's Bakery

Breakfast / Brunch

7am – 11.30am

Organic Porridge (GF) (DF) Cooked with whole milk – please speak to server for other options	£5
Quinoa & Coconut Porridge with Mango (GF) (DF) Coconut milk, quinoa, rice flakes, shredded coconut, toasted almonds, mango, lime, coconut yoghurt	£5.50
Acai, Berry and Baobab Breakfast Bowl Banana, blueberries, strawberries, raspberries, medjool dates	£6.50
Lola's Superfood Gluten-Free Granola Seasonal fruit compote, Greek Yoghurt and Bee Pollen	£5.75
Just Fruit Seasonal fresh fruit salad	£5
Orito Banana Split (GF) (DF) Whole Orito banana, vanilla soya yoghurt, fresh berries and Lola's homemade granola	£5.50
Hazlenut Granola Cookie Cup – (DF) (GF) Filled with warm milk: - Choose from Lola's full range of Milk	£4

From the Bakery

Breakfast Muffins – All Lola's breakfast muffins are gluten free and free from refined sugars Choose from Lola's sweet and savoury daily muffin selection	£2.50
Lola's Cinnamon and Pecan Swirls – (GF)	£2.50
Fruit Filled Brioche – (GF)	£2.50
Croissant – (GF) Grab and go or please ask your server for Lola's full selection of today's croissants	£2.50
Lola's Breakfast Basket Selection of Lola's breakfast breads and pastries	£5.50
Simply Toast – choose from Lola's full range of breads Severed with seasonal fruit spread & almond butter or Lola's guilt free chocolate spread or Lola's chia seed fruit jam	£4

Sweet Tooth

Almond & Pecan Waffle – (GF) (DF) Served with banana, maple syrup	£6.50
Cinnamon French Toast – (GF) Served with vanilla apple & almond butter	£6.50
Ricotta on Toasted Brioche with Spiced Plums – (GF) Whole milk ricotta, spiced plum compote on toasted gluten free brioche	£6.50

Buttermilk Pancake Bites, Blueberry Compote, Crème Fraiche – (GF) **£6.50**
Please feel free to request to change for your favourite combination

Organic Eggs

Boiled Eggs with Soldiers **£4**
2 soft boiled organic eggs, toasted soldiers – can be gluten free – customer's choice

Soft Yolk Egg on Toast **£7 - £9**
You choose: - **Royale £9** – **Kale Florentine £7** – **Benedict £8**

Crushed Avocado on Toast **£7**
Organic soft yolk egg, dukka spice

Mushroom Ragout on Corn and Polenta Cake **£7**
Combination of mushrooms, soft yolk egg

Scrambled egg on Toast **£6.50**

Warm Green Breakfast Bowl **£7.50**
Kale, baby spinach, avocado, alfalfa sprouts, quinoa, halloumi, soft yolk egg

Crispy Pancetta Sandwich **£6.50**
With soft yolk egg on toasted bread

Shakshuka **£9**
Baked Eggs with Feta, Harissa Tomato Sauce & Coriander

Lola's Mezze Breakfast **£11**

Juice or Coffee	
Lebneh, date syrup, chopped dates & Pistachio	Chickpea pancakes
Tomato, cucumber, red onion & mint salad	Almond flat bread
Carrot & courgette salad with tahini dressing	Hummus
Chickpea Harissa tomato sauce & coriander	Egg

Lola's Sides

All £1.00

Banana

Yoghurt – please speak to server for full range

Granola

Spiced Plum

Blueberry Compote

Spinach

Egg

Extra Bread/Toast

All £2.50

Smoked Salmon

Crispy Pancetta

Avocado

Feta Cheese

Semi Dried Tomato

Mushrooms

Mixed Berries

