

**THE URBAN
MEADOW**
CAFÉ BAR

by day



ALL DAY BRUNCH

UNTIL 3PM

BACON SANDWICH <small>g.m</small>	6
VEGGIE SAUSAGE SANDWICH <small>g.m</small>	6
TOAST/BAGEL <small>g.m</small>	4.5
JAM / MARMALADE / MARMITE PEANUT BUTTER / CREAM CHEESE	
GRANOLA BOWL <small>ve g.s</small>	7.5
Coconut yoghurt & homemade granola topped with blueberries, drizzled with berry coulis	
BACON & AVO BAGEL <small>g.e</small>	8
Bacon and avocado in a plain bagel with mayonnaise. Served with coleslaw and crisps	
BRICK LANE BAGEL <small>g.m.f.e</small>	8
Smoked salmon and cream cheese in a plain bagel. Served with coleslaw and crisps	
POACHED EGGS ON TOAST <small>v g.e</small>	8
Two Cacklebean Eggs on turmeric sourdough or a toasted bagel sprinkled with chilli flakes, chives and basil oil	
SMASHED AVO <small>ve g</small>	8
Chunky smashed avocado on turmeric Sourdough or a toasted bagel sprinkled with chilli flakes, chives and basil oil	

SHAKSHUKA <small>v g.m.e</small>	11.5
Baked Cacklebean Eggs in a spicy tomato sauce with feta cheese & roasted peppers served with turmeric sourdough toast	

HONEYCOMB PANCAKES <small>v g.m.e</small>	10.5
A stack of fluffy pancakes with honeycomb, banana and blueberries Drizzled with honey and served with Winstone's vanilla ice cream	

EGGS & AVO <small>v g.e</small>	11
Smashed avocado on turmeric sourdough topped with two poached eggs, basil oil and a sprinkle of chilli flakes	
Add Halloumi / Bacon / Salmon	2

TODAY'S SOUP <small>ve g</small>	6
Served with turmeric sourdough or a toasted bagel Available from midday	

LUNCH BAGELS

FROM 12PM

SERVED WITH SLAW AND CRISPS

THE MEADOW <small>v g.e</small>	8
Spinach, Avocado, Beetroot, Butternut squash & Tomato Chutney	

NEW YORK CITY <small>g.m.mu.e</small>	8
Pastrami, Swiss Cheese, Gherkins & Mustard	

LE BRIE <small>v g.m.e</small>	8
Creamy brie with cranberry sauce and rocket leaves.	

SOMETHING
SWEET

AFFOGATO <small>m</small>	
Vanilla ice cream with espresso	6
add Amaretto, Kahlua or Baileys	8

WARM BROWNIE <small>m</small>	6.5
Served with vanilla ice cream. Ask for today's brownie flavours	

Our menu is cooked fresh to order in a small kitchen. We cannot guarantee that all our products are free from allergens
Please advise us of any allergies or dietary requirements . Gluten free bagels available

Allergen Guide : g - gluten m. - milk - e - egg - mu - mustard - f - fish - c - celery s - soy -