

# ARAPINA

## BREAKFAST

*(Mon - Friday until 12 // Sat & Sunday until 2pm)*

Toast with butter & homemade jam

Mina's Breakfast (Melted cheese on toast with honey)

Avocado on rye bread with chili flakes & roasted seeds

Greek yogurt & homemade granola

*(with our award winning sour cherries preserve)*

Porridge with banana, walnuts & honey

Bread basket with butter & homemade jam (serves 2)

Bacon or Sausage Sandwich

Eggs on sourdough

Tomatoes

Chestnut mushrooms

Egg

Fresh avocado

Organic sausage

Organic smoked salmon

Gluten/wheat free pancakes w maple syrup or honey w

Organic bacon

Mixed Berries & Yogurt

Banana & Almonds

Veggie Breakfast

*(2 free-range eggs, avocado, cherry tomatoes, chestnut mushrooms, beans, sourdough toast)*

Full English Breakfast

*(2 free-range eggs, organic sausage, bacon, beans, chestnut mushrooms, cherry tomatoes, sourdough toast)*

## FROM THE COUNTER

Sausage/mushroom roll

Pies

Samosa

Quiches (gluten/wheat free)

*Add Greek salad*

Loaf slice

Vegan pastel de natta, macaroons

Gluten & wheat free devil's brownie

Vegan pastries/donuts

Raw brownies

Cake slice with cheese frosting

Raw cakes

## TOASTED SANDWICHES *ask for a gluten free bread*

Roasted Vegetables with Olive tapenade

Ham, mature cheddar (tomatoes optional)

BLT

Tomato, mozzarella & homemade pesto

Triple veggie - avocado, egg & tomato

Tuna, cheddar & pickled onions

Chicken, avocado & homemade mayonnaise

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## SALADS *served with bread*

Tomato, Mozzarella, Pesto & Basil

Greek

Arapina - spinach, avocado, walnut, goat's cheese  
sundried tomatoes

## TO SHARE *served with bread*

Olives, feta & sundried tomatoes **NEW!**

Dips - olive tapenade, garlic & herbs hummus, beetroot & feta

Cheese or charcuterie platter (serves 1-2)

Cheese & charcuterie platter (serves 2-3)

## PIZZA *(November Launch)*

Tomato, basil, olives & roasted vegetables

Tomato, mozzarella & rocket

Wild mushroom, spinach & ricotta

Parma ham, fig & walnut honey

Prosciutto cotto, olives & artichokes

Ask for a Gf/Wf base

## HOT FOOD

Soup of the day, served with bread

(GF, WF, V, SF, NF)

Briam - Vegetable ratatouille

(GF, WF, V, SF, NF)

Vegetarian moussaka

(GF, WF, VE, SF, NF)

Pastichio -

pasta bolognese in the oven with béchamel

(SF, NF)

Specials of the week - please ask our front of house

V: Vegan

VE: Vegetarian

GF: Gluten free

WF: Wheat free

DF: Dairy free

SF: Sugar free

NF: Nut free

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## DRINKS

### Tea

(Breakfast, Decaf Black, Earl grey, Chamomille, Green tea, Jasmin tea, Mint & Peppermint, Massala Chai, Organic Vanilla Rooibos)

Ceremonial Matcha

Flowering green tea bulbs (pot)

Tea pot (serves 2)

Espresso

Cortado/Macchiato

Double espresso

Americano

Cappuccino

Flat white

Latte

Hot chocolate

Mocha

Madagascar Vanilla Latte

Massala Chai Latte

Ceremonial Matcha Latte

Bulletproof-type of coffee

*Decaf/Extra shot or milk alternatives 0.45p extra*

Iced Americano

Freddo Cappuccino

Iced Latte

Energising Breakfast Tea (iced)

Antioxidant Berries Tea (iced)

Iced Madagascar Vanilla Latte

Freshly squeezed orange/citrus juice/lemonade

### Smoothies

Barbados (kale, banana, strawberry & apple juice)

London (spinach, avocado, cucumber, mint & apple juice)

Bangkok (carrot, beetroot, ginger, & orange juice)

Miami (mango, orange & lime juice & Sea salt)

Capri (raspberries & blueberries, orange & lemon juice, basil leaves)

### Boosters

Flaxseed

Protein

Baobab

Maca

Mixed seeds & nuts

Spirulina

ARAPINA IS AN AWARD WINNING HEALTHY LIFESTYLE BAKERY  
SPECIALISING IN FREE-FROM AND LOW-IN PRODUCTS

PLEASE ASK US FOR ANY DIETARY REQUIREMENTS YOU MAY HAVE AND WE WILL BE HAPPY TO ASSIST YOU.