

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 Sandwich

Eggs on sourdough

Tomatoes

Chestnut mushrooms

Egg

Fresh avocado

Organic smoked salmon

Creamed spinach

Gluten/wheat free pancakes with maple syrup or honey

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

Vegan mushroom or courgette roll

Vegan/Vegetarian Pie

Vegan brioche

Vegetarian/Chicken Samosa

Quiches (gluten/wheat free)

Add Greek salad

Vegan/Vegetarian loaf slice

Vegan pastel de natta, macarons

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

Vegan avocado, sundried tomatoes & walnuts

Ham, mature cheddar (tomatoes optional)

BLT

Tomato, mozzarella & homemade pesto

Triple veggie - avocado, egg & tomato

Tuna, cheddar & pickled onions

Chicken, avocado & homemade mayonnaise

ARAPINA

SALADS *served with bread*

Greek (feta optional)
Arapina - spinach, avocado, walnut, goat's cheese
sundried tomatoes
Warm vegetables & goat's cheese
Multigrain potato salad
Nutritious Cretan
(cherry tomatoes, cucumbers, red onions, feta, olives,
capers, croutons, free range eggs & mint with olive oil, balsamic
dressing)

DIPS *served with bread*

Paprika hummus & guacamole
Olive tapenade & tzatziki

PIZZA

Veggie supreme
Rocket Margarita
Garlic spinach, goat's cheese & egg (white pizza)
4 cheeses with truffle oil
Chicken delux
A classic parma ham
Spicy meat
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)
Chicken breast with mushroom sauce & roasted potatoes

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

ARAPINA

DRINKS

Tea

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

Ceremonial Matcha

Natural Remedy - winter warmer (fresh tea)

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)

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.