

Award winning Healthy Lifestyle Bakery  
based on Mediterranean cooking  
& specialising in free from and low-in options

## FOOD MENU

ARAPINA

Distinct Baking

8 Little Thames Walk, SE8 3FB  
Tel: 02084691764

[www.arapina.co.uk](http://www.arapina.co.uk)

Instagram: arapina\_bakery  
Facebook: arapinabakery  
Twitter: arapina\_bakery

## BREAKFAST

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

|  |        |
|--|--------|
| Toast with butter & homemade jam   | £2.95  |
| Mina's breakfast (melted cheese on toast with honey)   | £3.95  |
| Avocado on rye bread with chili flakes & roasted seeds   | £4.95  |
| Greek yogurt & homemade granola<br>(with our award winning sour cherries preserve)                             | £4.95  |
| Porridge with banana, walnuts & honey or award winning sour cherries   | £4.95  |
| Bread basket with butter & homemade jam (serves 2)   | £5.95  |
| Eggs on sourdough  | £5.95  |
| Tomatoes   | £1.25  |
| Chestnut mushrooms   | £1.50  |
| Egg  | £1.50  |
| Fresh avocado  | £1.95  |
| Organic smoked salmon  | £2.50  |
| Creamed spinach  | £2.50  |
| Vegan & gluten/wheat free pancakes with maple syrup or honey   | £6.95  |
| Organic bacon  | £2.50  |
| Mixed berries & yogurt   | £2.95  |
| Banana & almonds   | £2.95  |
| Veggie breakfast (2 free-range eggs, avocado, cherry tomatoes, chestnut mushrooms, beans, sourdough toast)     | £9.95  |
| Full english breakfast (2 free-range eggs, bacon, beans, chestnut mushrooms, cherry tomatoes, sourdough toast) | £11.50 |

## FROM THE COUNTER

|                                     |             |
|-------------------------------------|-------------|
| Chicken/vegan rolls                 | £2.95       |
| Vegan/vegetarian pie                | £4.95       |
| Vegan brioche                       | £2.95/£3.50 |
| Vegan vegetarian/chicken samosa     | £5.50       |
| Quiches (gf, wf)                    | £5.95       |
| add greek salad                     | £1.95       |
| Vegan/vegetarian loaf slice         | £2.50/£2.75 |
| Vegan pastel de nata, macaroons     | £2.75       |
| Gluten & wheat free devil's brownie | £2.75/£2.95 |
| Vegan pastries                      | £2.95/£3.50 |
| Raw brownies                        | £2.95       |
| Cake slice with cheese frosting     | £3.50       |
| Raw cakes                           | £4.95/£5.50 |

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

|   |       |
|---|-------|
| Roasted vegetables with olive tapenade              | £5.50 |
| Vegan heaven (avocado, sundried tomatoes & walnuts) | £5.50 |
| Ham, mature cheddar (tomato optional)               | £5.50 |
| BLT   | £5.50 |
| Tomato, mozzarella & homemade pesto                 | £5.95 |
| Triple veggie - avocado, egg & tomato               | £5.95 |
| Tuna, cheddar & pickled onions                      | £5.95 |
| Chicken, avocado & homemade mayonnaise              | £5.95 |

## SALADS served with bread

All (GF, WF)

|   |       |
|---|-------|
| Greek (feta optional)   | £6.50 |
| Arapina (spinach, avocado, walnut, goat's cheese sundried tomatoes)   | £7.50 |
| Warm vegetables & goat's cheese   | £8.75 |
| Vegan quinoa & potato salad   | £8.95 |
| Cretan (cherry tomatoes, cucumbers, red onions, feta, olives, capers, croutons, free range eggs & mint with olive oil, balsamic dressing) | £8.95 |

## DIPS served with bread

|                            |       |
|----------------------------|-------|
| Paprika hummus & guacamole | £6.50 |
| Olive tapenade & tzatziki  | £6.50 |

## PIZZA

|   |        |
|---|--------|
| Vegan supreme                                     | £8.95  |
| Rocket margarita                                  | £8.95  |
| Garlic spinach, goat's cheese & egg (white pizza) | £9.95  |
| 4 cheeses with truffle oil                        | £10.95 |
| Chicken deluxe                                    | £10.95 |
| A classic parma ham                               | £10.95 |
| Spicy meat  | £11.95 |
| ask for a gf, wf base                             | £1.00  |

## HOT FOOD

All (GF, WF)

|   |        |
|---|--------|
| Soup of the day, served with bread (v, ve)            | £5.50  |
| Briam - vegan ratatouille                             | £7.95  |
| Vegetarian moussaka                                   | £8.95  |
| Chicken breast with mushroom sauce & roasted potatoes | £12.95 |
| Grilled salmon fillet with creamed spinach            | £13.50 |

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

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

