

# CAFE M2B BREAKFAST

## BANGLA BREAKFAST VEGETARIAN

Paratha, dhal, mixed vegetables, omelette (coriander, chilli & onion) **V/DF/-8.75**

## BANGLA BREAKFAST MEAT

Paratha, beef/chicken curry, green salad **DF/NF- 8.75**

## HOMEMADE PANCAKE

Rice pudding, berry compote & honey **V/NF - 6.95**

## MEAT

### BIRYANI

Spiced rice cooked with lamb or chicken served with salad, garlic yogurt & vegetarian gravy

**GF/NF - 8.75**

### CURRY

Beef or Chicken curry served with rice & salad **GF/NF - 8.75**

### CHICKEN MEATBALLS

Tomato sauce with green lentils, potato served with yogurt & flat bread **NF-8.75**

### TARRAGON CHICKEN LEG

Cooked with lemon, tarragon, onion served with flat bread **DF/NF -7.95**

### SPICY CHICKEN PITTA

Grilled chicken, mint yogurt, red cabbage, rocket, roasted pepper, buffalo sauce served with chips

**NF-7.95**

**ADD halloumi 2**

### BEEF BURGER

Homemade beef patty, grilled onion, lettuce, tomato, gherkin & lock sauce served with chips - **8.5**

**ADD cheese 1**

### BAKED SALMON

Chilli glazed salmon served with green salad & mint yogurt

**GF/NF-7.95**

## UNTIL 3PM

### MEDITERRANEAN

Fried egg, grilled halloumi, Turkish sausage, grilled tomato, hash brown, feta cheese, mixed olives, green salad & Turkish bagel **NF- 8.75**

### VEGAN

Smashed avocado, spinach, portobello mushroom, grilled tomato, tofu cheese, mix vegetable, flat bread **V/VG/DF/NF - 8.75**

## LUNCH

12-4:30PM

## VEGETARIAN/VEGAN

### VEGAN BURGER

Roasted aubergine, pepper & courgette, hummus served with chips **V/VG/DF/NF - 8.5**

**ADD halloumi 2**

### HOMEMADE FALAFEL

Sweet potato falafel & hummus served on flat bread with salad

**V/VG/NF - 7.50**

### VEGETABLE LASAGNE

Roasted aubergine, courgette, red pepper, spinach, cream cheese, mozzarella cheese & tomato sauce with salad **NF - 7.5**

### SOUP OF THE DAY

(please ask your waiter)

**V/VG/DF/NF - 5.5**

### FRITTATA

Egg, potato, onion, red pepper, feta cheese, spinach, mint yogurt & salad **V/NF - 5.50**

### FILO PIE

Parsley, spring onion, seasonal vegetable with salad

**V/NF - 5.50**

### SMASHED AVOCADO

Smashed avocado & poached eggs on toasted flat bread

**V/NF - 7.95**

**ADD halloumi / mushroom 2 each**

### OMELETTE OF THE DAY

(Please ask your waiter)

Served with chips and salad

**NF/GF - 8.75**

### GRANOLA

Greek yogurt, berry compote & honey **5.95**

## SALADS

### CARROT SALAD

### CAULIFLOWER SALAD

### RED QUINOA

### GREEN BEAN & POTATO

### AUBERGINE SALAD

Single Salad **3.95**

Two Salads **7.45**

Three Salads **9.95**

**ADD one salad to your main 2.5**

**ADD two salads to your main 5**

## PANINI/WRAP

### BUFFALO CHILLI CHICKEN

Grilled red onion, cheese, mustard, served with salad **NF - 6.45**

### SALMON

Cheese, tomato sauce, chilli sauce served with salad **NF - 6.45**

### ROASTED VEGETABLE

Aubergine, courgette, red pepper, cheese served with salad **V/NF - 5.95**

### VEGAN

Avocado, sweet potato & chickpea paste, mix pepper, vegan sauce served with salad **V/VG/DF/NF 6.25**

## SIDES

### HUMMUS

Served with flat bread **V/VG/DF - 5**

### PORTOBELLO MUSHROOM

**V/VG/DF/GF/NF - 2.5**

### SMASHED AVOCADO

**V/VG/DF/GF/NF - 3.5**

### MIXED OLIVES

**V/VG/DF/GF/NF - 3.5**

### CHIPS

**V/VG/DF/GF/NF - 3.5**

### GRILLED HALLOUMI

Olive oil with honey dressing & za'atar **V/GF - 4.5**

(V) Veggie, (VG) Vegan, (DF) Dairy Free, (GF) Gluten Free, (NF) Nut Free

# CAFE M2B DRINKS / SWEETS

## THE GENTLEMEN COFFEE

ESPRESSO **1.95**  
MACCHIATO **2.4**  
CORTADO **2.4**  
AMERICANO **2.5**  
FLAT WHITE **2.7**  
LATTE **2.7**  
CAPPUCCINO **2.7**  
HOT CHOCOLATE **2.7**  
MOCHA **3**  
CHAI LATTE **2.7**  
MATCHA LATTE **2.7**  
BABYCCINO **0.7**

## ICED COFFEE

AMERICANO **2.7**  
LATTE **2.9**

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**ADD MILK 0.4**  
OAT  
ALMOND  
SOYA

## TEAPIGS TEA

**CUP 2.2 POT 3.5**

ENGLISH BREAKFAST  
DARJEELING EARL GREY  
PEPPERMINT  
GREEN  
CHAMOMILE  
LEMON AND GINGER  
ORANGE&HONEY  
FRESH MINT  
FRESH LEMON & GINGER  
BANGLA TEA  
MASSALA TEA

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## FRESH JUICES

ORANGE **3.5**  
CARROT **3.5**  
APPLE **3.5**  
LIME **3.5**  
LEMON **3.5**  
GINGER SHOT **2**  
MIXED JUICE **3.95**

## SOFT DRINKS

SAN PELLEGRINO LEMON **1.75**  
SAN PELLEGRINO ORANGE **1.75**  
OASIS SUMMER FRUITS **2.75**  
OASIS CITRUS PUNCH **2.75**  
NATURA MANGO JUICE **3**  
RED BULL **3**

LEMONADE **2.75**  
LEMON ICE TEA **2.75**  
SPARKLING **S/L 1.75/2.75**  
STILL **S/L 1.5/2.5**  
COKE **1.75**  
DIET COKE **1.75**  
COKE ZERO **1.75**  
FANTA **1.75**

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## HOMEMADE CAKES

CARROT WALNUT **V - 3.45**    ORANGE POMEGRANATE **V/GF - 3.45**    BANANA CARAMEL  
& HAZELNUT **V-3.45**

CHOCOLATE  
BROWNIE  
**V/NF - 3.45**

CHOCOLATE CHIP  
& MANDARIN  
**V/GF - 3.45**

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## DESSERT

CHOCOLATE BROWNIE  
Served with vanilla  
ice cream  
**V/NF - 4.95**

RICE PUDDING  
Topped with  
pistachio  
**V/GF - 3.45**

### CARROT SALAD

Green lentil, kale, pomegranate molasses, sesame seeds, chilli flakes & Za'atar

**V/VG/DF/NF/GF**

### CAULIFLOWER SALAD

Roasted onion, baby spinach, red & yellow kapa peppers, pomegranate seeds, cumin, cinnamon & paprika **V/VG/DF/NF/GF**

### RED QUINOA

Roasted butternut squash, parsley, spring onion, cannellini beans, pomegranate seeds, white wine vinegar dressing **V/VG/DF/NF/GF**

### GREEN BEAN & POTATO

Sesame seeds, parsley, mixed olives, vinegar & mustard dressing **V/VG/DF/NF/GF**

### AUBERGINE SALAD

Feta cheese, yogurt, parsley, crispy onion, basil sauce, pomegranate seeds **NF/GF**

Single Salad **3.95** / Two Salads **7.45**  
Three Salads **9.95**

**ADD** one salad to your main **2.5**

**ADD** two salads to your main **5**

**(V)** Veggie, **(VG)** Vegan, **(DF)** Dairy Free, **(GF)** Gluten Free, **(NF)** Nut Free

## HOMEMADE CAKES

### CARROT WALNUT

**V - 3.45**

### ORANGE POMEGRANATE

**V/GF - 3.45**

### BANANA CARAMEL & HAZELNUT

**V-3.45**

### CHOCOLATE BROWNIE

**V/NF - 3.45**

### CHOCOLATE CHIP & MANDARIN

**V/GF - 3.45**

## DESSERT

### CHOCOLATE BROWNIE

Served with vanilla ice cream

**V/NF - 4.95**

### RICE PUDDING

Topped with pistachio

**V/GF - 3.45**

**(V)** Veggie, **(VG)** Vegan, **(DF)** Dairy Free, **(GF)** Gluten Free, **(NF)** Nut Free

### CARROT SALAD

Green lentil, kale, pomegranate molasses, sesame seeds, chilli flakes & Za'atar

**V/VG/DF/NF/GF**

### CAULIFLOWER SALAD

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