

## BRUNCH [8AM - 2PM]

## SMASHED AVOCADO ON SOURDOUGH SERVED WITH BEETROOT HUMMUS, POACHED LOCAL FREE RANGE EGG, CHILLI & CORIANDER (V) 9.00 EXTRAS

SMOKED SALMON 3.50 OR HALLOUMI 3.00- POACHED FREE RANGE EGG 1.00

SMASHED MINTED PEAS ON HOMEMADE NUT & SEED LOAF
WITH HALLOUMI, POACHED EGG & ROCKET PESTO (V)(N)(GFA) 10.00
ADD PROSCUITTO – SWAP EGG & HALLOUMI FOR COCONUT FETA FOR VEGAN OPTION 8.00

HOMEMADE AMERICAN STYLE PANCAKES, MAPLE SYRUP, BERRIES & BANANA (V) 8.00

THE PADDLES HOMEMADE GRANOLA, GREEK YOGHURT, HONEY, FRUIT (V)(N) 7.00

SOURDOUGH TOAST WITH BANANA, PEANUT BUTTER, CINNAMON & HONEY (V)(N) 5.25

2 SLICES OF SOURDOUGH TOAST WITH BUTTER AND JAM/MARMALADE/MARMITE/HONEY (V) 3.75

**BACON CIABATTA 6.50** 

SAUSAGE CIABATTA 7.50 ADD A FRIED EGG 1.00

**LUNCH [11.30-2PM]** 

CIABATTA ROLLS

PROSCUITTO, CHEDDAR, NAKED SLAW, SRIRACHA MAYO 7.50 AVOCADO, CHILLI JAM, HALLOUMI, NAKED SLAW (V)7.50 'THE PADDLE BLAT'

BACON, TOMATO, AVOCADO, LETTUCE, SRIRACHA MAYO CIABATTA 8.00 SOURDOUGH TOASTIES

COASTAL CHEDDAR, PROSCUITTO, CHUTNEY 8.25
GOATS CHEESE, RED ONION MARMALALDE, WALNUTS (V)(N) 8.25

PLEASE NOTE THAT DURING BUSY TIMES AND IF ADJUSTEMENTS ARE MADE THERE MAY BE A SLIGHTLY LONGER WAIT.
PLEASE ENSURE YOU ADVISE OUR TEAM OF ANY ALLERGIES OR INTOLLERANCES YOU HAVE AS NOT ALL INGREDIENTS ARE STATED ON DISHES.



## **BAD HAND COFFEE**

**ESPRESSO** 2.80 2.90 LONG BLACK/AMERICANO CAPPUCCINO 3.20 LATTE 3.20 **MACHIATTO** 2.80 2.90 **PICCOLO FLAT WHITE** 3.10 MOCHA 3.80 MAROCCHINO 4.40 Nutella, Espresso, Hot Milk ICED COFFEE 3.80

Our cows milk is from Meggy Moos Dairy in Dorset.

Alternative options are Toats Organic Oat Milk from Winchester or Rude Health Organic Coconut or Soy.

We do charge .40p extra for 'Alternative Mylk'

## **COLD DRINKS**

**CANS 2.10** 

FRESH JUICE OF THE DAY 4.95
BERRY BERRY SMOOTHIE 4.95

Berries, Banana, Yoghurt

PEANUT BUTTER SMOOTHIE 4.95

Peanut Butter, Banana, Oat Milk, Honey
MILKSHAKES 4.95 ADD CREAM 50P

All made with Ice Cream

- CHOCOLATE
- BISCOFF
- OREO
- VANILLA
- BANANA
- STRAWBERRY

**FRESH ORANGE 3.25** 

Caramel, Vanilla, Gingerbread, Hazelnut

**EXTRA SHOT 60P** 

SYRUPS 60P

ALL OUR COFFEES ARE DOUBLE SHOT AS STANDARD

**ALTERNATIVE MILK 40P (20P FOR A DASH)** 

CHAI LATTE 3.30
DIRTY CHAI 3.90
HOT CHOCOLATE 3.30 (GF)

(ADD CREAM & MARSHMALLOWS £1)

MATCHA/ TUMERIC LATTE 4.00

**TEAS** 

DORSET TEA 2.10 MUG/2.30 POT

**HERBAL LEAF TEAS 2.90** 

Please ask for our selection

PLEASE POP UP TO THE COUNTER WHEN YOU ARE READY TO ORDER.

TAKE A LOOK IN OUR CABINET FOR OUR SELECTION OF HOMEMADE CAKES