



The Social opens every morning, serving lovely breakfast foodstuffs, such as porridge, bacon sarnies, smoothies, all to go or to stay. We are open right through til 6pm, serving lunch from 11am with a wide variety to choose from. We are proud of the food we serve and endeavour to make sure we only serve the good things in life. We try our upmost to use the most sustainable suppliers available. Our packaging comes from our friends at London Bio Packaging (www.londonbiopackaging.com) so it's kind to the planet too!

PORRIDGE

/2.00/2.20 (in)

Pots of warming oats served from our counter with:

Maple syrup & pecan Nuts (v wf n)
Or
Fair trade banana (v wf)

BREAKFAST CIABATTAS

These are kept in the fridge and we will heat them up for you behind the counter and provide any sauce needed!

Smoked Bacon /2.90/3.20 (in)

Cumberland Sausage /2.90/3.20 (in)

Vegetarian Sausage /2.90/3.20 (in)

Roast Vegetable /2.50/2.75 (in) (v)

See counter for selection:

Pain au Chocolat,
All Butter Croissants
or Choc Chip Cookies



**MUFFINS,
COOKIES
AND CAKES**

Plus more at the weekend!



BRUNCH



Poached free range eggs with smoked salmon & hollandaise on an English muffin /5.00

Eggs Benedict, same as above but ham instead of salmon /5.00

The Social Breakfast /6.50
Dry cured bacon, Cumberland sausage, baked beans, hash brown & toast, with tomatoes & mushrooms

Homemade scones with clotted cream & jam /1.95 (v)

Teacakes with jam /1.95 (v)

ON TOAST

Choose any of the following on either white or brown toast, simple!

Bacon /3.00

Free range eggs (any way you like) /3.00 (v)

Mushrooms /2.50 (v)

KIDS MENU /3.50

Mini burger & chips

Mini fish n chips

Mini spaghetti (v)

Or just ask for anything off the menu in a kids portion

SANDWICHES



Homemade fish finger sandwich with tartare sauce /4.50

Flash fried steak sandwich with caramelized onions /5.00

Cajun spiced chicken in a wrap /4.50

Halloumi, grilled aubergine & yoghurt in pita bread /4.50 (v)

-add some chips for a pound

LUNCH & BEYOND

available from 11am until we close



Proper good burger, chargrilled, with bacon smoked cheddar & all the usual accompaniments (can take 20 mins) /7.50

Home made fish and chips with mushy peas & tartare sauce /7.00

Spaghetti with a rich tomato sauce & spiced lamb meatballs /6.50

Malaysian chicken or vegetable curry with coconut & coriander rice /6.50

Home made falafel with pita bread, spiced cous cous & minted yoghurt /5.50 (v)

Hummus & flat bread /3.50 (v)

SOUPS



We will always have two soups for you to choose from, please see our specials board or just ask to find out today's offerings.

Available to go too!

CLASSIC SALADS

(for a reason!)

Seared tuna steak Nicoise with anchovies green beans, black olives, new potatoes & a hard boiled egg, a classic! /6.00 (wf)

Greek salad with feta cheese, tomatoes, red onion, peppers, olives & cucumber /5.00 (v wf)

Chicken Caesar salad with anchovies, cos lettuce, bacon, coutons & parmesan /6.00

EXTRAS

Chips /2.50 (v wf)

Chips n dips /3.00 (v wf)

Potato Wedges /3.00 (v wf)



Every day we have a selection of salads, sandwiches, ciabattas, little pots of pasta or yoghurt, all made freshly here at The Social, please have a look in our big fridge and see what you like

V- vegetarian, vg- vegan, wf- wheat free, n- has nuts in it. Menu printed on recycled paper.



The drinks;
 Drinking is important, whether it be for socialising, peppering you up in the morning, or just quenching your thirst, we all need to drink. Here is a list of drinks you can buy from us.
 From coffee /tea /smoothies /pops /wines /beers, we have something (we hope) for everyone.
 Everything is available from 8am (we don't recommend beer that early though) until we close, to go or to stay.

SWEET THINGS, BITS & BOBS

(from 8am, until we close)*

Cakes etc. /from 50p /75p (in)
 There is always a selection of tasty cakes, muffins & snacks available from the counter of fridge; this is just a handful of those you might see

Organic oat & sultana cookie (v n)

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Homemade chocolate brownie

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Wheat free hazelnut & orange chocolate brownie (v wf n)

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Pecan pie (v n)

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Pieces of fresh fruit (vg wf)



FRUIT JUICES

(from 8am, until we close)*

Freshly squeezed orange or apple juice /1.80 /2.00 (in) (vg wf)

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Innocent smoothies /from 2.00 /2.25 (in) (vg wf)

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HOT DRINKS

(from 8am, until we close)*

Coffee /from 1.30 /1.50 (in) (v wf)

-We have sourced the finest beans around, triple certified, roasted to order, this is some seriously good coffee, enjoy

- Filter, latte, cappuccino, espresso are all available to go or to stay in various sizes;

Single (espresso)

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Double (espresso)

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Regular (latte, filter or cappuccino)

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Large (latte, filter or cappuccino)

Clipper teas /from 1.30 /1.50 (in) (vg wf)

- We stock a wide variety of these lovely organic, and fairtrade teas, just ask at the counter, available in;

Pot for one/large cup

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Tea for two (or more) also available

Fairtrade hot chocolate with optional marshmallows /1.80 /2.00 (in) (v wf)

COLD DRINKS

(from 8am, until we close)*

Super smoothies, packed full of goodness /from 2.50 /3.00 (in)

Breakfast-Fresh orange juice, banana, strawberries, organic yoghurt, honey & porridge oats (v wf)

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Tropical Fruits- Fresh orange juice blended with pineapple, banana & Mango (vg wf)

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The Zinger- Pineapple, lemon, orange & grapes, topped up with fresh juice (vg wf)

Plus others, see fridge!

SOFT DRINKS & POPS

(from 8am, until we close)*

Our fridges are full of nice healthy foodstuffs, plus we have a full range of smoothies & the like available, but what if you want a good-old fashioned drink of pop or some plain water?

Fentiman's /1.80 /2.00 (in) (vg wf)

- Victorian Lemonade, ginger beer, dandelion & burdock, curiosity cola or orange jigger

San Pelligrino /1.00 /1.20 (in) (v wf)

- Limonata, Aranciata

Belu still & sparkling water from /1.20 /1.40 (in) (vg wf)
 - The UK's first carbon neutral bottled water

Purdeys /1.80 /2.00 (in) (vg wf)

- Bringer of life, patron saint of hangover cures.
 Genius in a glass bottle

WHITE WINES

(from 11am, until we close)**

St Etalon sauvignon blanc 2007 Languedoc-Roussillon, France.

Fresh clean and crisp

/3.60 glass

/15.00 bottle

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Firefinch sauvignon blanc 2007 - Robertson/South Africa

This is a wine with powerful tropical fruit flavours, full of ripe richness

/4.50 glass

/18.90 bottle

RED WINES

(from 11am, until we close)**

Saint Etalon merlot 2007 - Languedoc-Roussillon, France.

Juicy, fruity and French

/3.60 glass

/15.00 bottle

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Libertad malbec 2006 - Argentina

Full and rich with concentrated strawberry fruit flavour

/4.50 glass

/18.90 bottle

BOTTLED



BEERS

Little bottles /3.30

Cruzcampo - Spain

Brooklyn beer - USA

Modelo Especial - Mexico

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Fruit based /3.60

Weston's organic cider -

England

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(from 11am, until we close)**

*we are happy to serve these as items to go, or to stay; unfortunately if you are staying in, the price increases a tiny bit, **seriously folks, we won't serve these before 11am. V = vegetarian, vg = vegan, wf = wheat free, n = has nuts in it.

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