



# BOWLAND

## FOOD HALL

### COFFEE

	<i>Small</i>	<i>Large</i>
MACCHIATO	£1.75	£2.00
CAPPUCCINO	£2.45	£2.70
LATTE	£2.40	£2.70
AMERICANO	£2.30	£2.60
MOCHA	£2.70	£3.00
HOT CHOCOLATE	£2.40	£2.70
ESPRESSO	£1.70	£2.00
ESPRESSO CON PANNA	£2.95	
CORTADO	£2.10	
FLAT WHITE	£2.50	
SYRUP SHOT	£0.50	

### • TEA •

Exchange Teas  
(cf) caffeine free

	<i>for 1</i>
ENGLISH BREAKFAST	£2.50
DECAF ENGLISH BREAKFAST	£2.50
EARL GREY	£2.50
GUNPOWDER GREEN TEA (cf)	£2.50
PEPPERMINT GREEN TEA (cf)	£2.50
STRAWBERRY & KIWI (cf)	£2.50
FRUIT INFUSION	
LEMON & GINGER	£2.50

### CAKES

FROM £1.95

Ask your server for today's selection of freshly baked cakes, cheesecakes and pastries.

### SMOOTHIES

MEDIUM 4.00 / LARGE 4.95

#### INDULGENCE

Pineapple, coconut milk, banana, coconut flakes

#### PROTEIN POWERHOUSE

Banana, peanut butter, cacao, honey, almond milk

#### ANTIOXIDANT

Berries, banana, almond milk, oats, goji berries

#### CLEANSER

Pineapple, banana, orange, lemon

#### SOOTHER

Pineapple, mango, coconut milk, ginger, lemon

### JUICES

MEDIUM 4.00 / LARGE 4.95

#### GINGER BLAST

Apples, carrots, lemon, ginger

#### ENERGISER

Beetroot, carrots, apple, orange

#### GREEN MACHINE

Apple, spinach, courgette, lime

#### SUNSHINE KICK

Carrots, sweet potato, pineapple, ginger

### • SOFT DRINKS •

SAN PELLEGRINO Btl 250ml	£2.30
ACQUA PANNA Btl 250ml	£2.30
SAN PELLEGRINO Can 330ml	£1.50
Blood Orange / Lemon / Lemon & Mint / Orange	
COKE Btl 330ml	£2.35
DIET COKE Btl 330ml	£2.35
FENTIMANS Btl 275ml	£1.65
Dandelion and Burdock	
Victorian lemonade / Mandarin and seville orange jigger / Ginger beer	
Cherry cola / Curiosity cola / Rose lemonade	
FRESHLY SQUEEZED ZUMMO ORANGE	£2.80
FRESH APPLE	£2.00

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## RED WINE

MURIEL RESERVA RIOJA 2014  
125ml £4.25    175ml £6.00    250ml £8.00

SANTIAGO PINOT NOIR 2016  
125ml £3.50    175ml £5.00    250ml £7.00

LISTENING STATION MALBEC  
125ml £4.25    175ml £5.50    250ml £7.00

SIXTY CLICKS SHIRAZ  
125ml £3.50    175ml £4.95    250ml £6.95

COTES DU RHONE  
125ml £4.75    175ml £6.25    250ml £8.00

## WHITE WINE

MARAY VIOGNIER GRAN RESERVA  
125ml £3.50    175ml £4.95    250ml £6.95

PIATTINI PINOT GRIGIO  
125ml £4.00    175ml £5.50    250ml £7.00

HELTER SKELTER CHARDONNAY  
125ml £3.50    175ml £4.95    250ml £7.00

WANDERLUST N.Z SAV BLANC  
125ml £4.00    175ml £5.50    250ml £7.00

DRY LANDS CHENIN BLANC  
125ml £4.25    175ml £6.00    250ml £8.00

*Fancy a bottle?*

CHOOSE ANY OFF THE SHELF AND  
ADD £6 CORKAGE TO ENJOY HERE!

## ROSÉ WINE

PASIÓN DE BOBAL ROSADO  
125ml £4.00    175ml £5.50    250ml £7.00

CHEVAL GRIS GRENACHE  
125ml £4.00    175ml £5.50    250ml £7.00

## SPARKLING

MINI ITALIA PROSECCO  
125ml £5.50

CASA BURTI FLUTE ROSÉ  
Glass £5.00

## BEER, LAGER & CIDER

SAN MIGUEL	£3.50
ESTRELLA INEDIT	£4.00
HEN HARRIER	£3.50
BUSTER IPA	£3.50
PHEASANT PLUCKER	£3.50
DEER STALKER	£3.50
BOXER BLONDE	£3.50
REKORDERLIG Wild Berry / Pear	£4.50
REKORDERLIG Non alcoholic	£3.50

