

RUSTIC CUP

Food Menu

Opening times: MTWT 07:30 - 17:00 | FS 07:30 - 22:00 | Sun 09:00 - 16:00

Kitchen opening times: MTWT 08:00 - 16:00 | Fri+Sat 08:00 - 21:00 | Sun 09:00 - 15:30

Rustic's Plant Breakfast, leek and vegan cheese sausages, mushrooms, chilli beetroot, vine tomatoes, house hummus, house beans and Pure Knead's sourdough. 9.1 (V) (V)

The Meat Breakfast, Nicholson's Cumberland sausage and back bacon, two poached eggs, vine tomatoes, hash brown, house beans and Pure Knead's sourdough. 9.5

Avocado, sourdough, chimichurri, rocket, dukkah, lime and coriander. 7 (V) N
ADD halloumi 2.5, Feta 1.9 or free range poached egg 1

Sweet Potato Kale Cake, poached free range egg, house tomato salsa, avocado, sour cream, chilli, siracha and dukkah. 7.2 (V) N
ADD halloumi 2.5

Buns, tomato, salad and Rustic's burger sauce; Nicholson's pork and leek **Sausages**. 5.1
Nicholson's dry cured **Bacon**. 5.1
Rustic's **Plant Sausage** leek and cheddar. 5 (V) (V)
Swap bun for Brioche for .30p

Waffles

Nicholson's streaky bacon and Rustics caramel toffee syrup. 7.6

Or Di-Meo's vanilla ice cream, Nutella and seasonal fruit. 8 N Vegan option available (V)
Please allow additional time for waffles.

Rustic's **Banana Bread**, espresso butter. 3.5 (V)

Curried Chicken Burger, tomato, onion and curried mayo.
With house slaw. 9.25

Salad of the day. Large 4.9 Small 2.4

Super Smoothie Granola Bowl, banana, frozen berries, almond milk, chia seeds, house-made granola, seasonal fruit. 5.4 336cal (V)
ADD a shot of vegan protein powder 0.6

Vegan Burger, house vegan patty, tomato, onion and Rustic's burger sauce. With house slaw. 7.9 (V) (V)
ADD a side of naked sweet potato wedges 4

Sweet Potato Thins feta, red onion, spring onion, tomato, kidney beans, fresh chili and sour cream. 5.1 (V) N

WRAPS AND SANDWICHES

Greek salad wrap

Cucumber, olives, red onion, tomato, salad and feta. 6
ADD chicken 2.5
Vegan option available .20 (V)

Chicken and egg wrap

Lettuce, tomato and Rustic Cup's burger sauce. 7
ADD bacon 1.5

Peanut butter, strawberry, and banana sandwich
4.9 N

Cream cheese and sweet potato sandwich

Red onion, tomato, mint and salad garnish 5.4 (V)

Pesto chicken sandwich

Chicken, pesto, tomato and salad garnish 6.4

ADD ANY HOT/COLD DRINK* 1.9

Please see our server for today's offering of daily fresh Rustic Cup bakery items.
Kid's menu available on request (12yr & under). Unsupervised kids are given espresso.

Extras

Egg, tomato 1
Feta 1.9
Plant sausage, vegan cake, mushrooms 2 Sausage, bacon, halloumi, avocado 2.5

Sides

Firecracker broccoli 3.5
Chilli beetroot 2.5
Seasonal salad 2.4
Sweet potato wedges, with dip 4

We are not a nut or gluten free kitchen and therefore cannot guaranty possible traces of these.
We do, however take allergies very seriously and try our best to suit all dietary requirements.

Please make us aware of any allergies as not everything is listed on the menu.

*NO ALCOHOL

Our products are prepared fresh daily from local produce.

Visit Rusticcup.co.uk

With pride and love Veronika, Liliana and Lee

Follow @rusticcup.uk

(V)-Vegetarian (V)-Vegan N-Contain Nuts

Wifi: 2flatwhitesplease