grounded&co.





coffee for all as it says

all available leaded or unleaded

ESPRESSO short, sharp, unfiltered truth & the foundation of it all	2.8	FLAT WHITE silky microfoam, born down under, UK-adopted, barista-approved	3.7
BATCH BREW proper filter coffee done right, & as black as your humour	3	LATTE espresso bathed in steamed milk, comfort in a cup	3.9
AMERICANO/LONG BLACK for those who like it simple	2.8	CAPPUCCINO espresso, creamy foam with a chocolate sprinkle if you feel fancy	3.8
CORTADO espresso with just enough warm milk to take the edge off	3.2	MOCHA espresso meets hot chocolate & steamed milk. the best of both worlds	4.2

go large for 30p





cafe remix alternatives to coffee

ICED LATTE espresso on ice with your milk of choice, cool, smooth, & dangerously easy to drink	3.9	DIRTY CHAI chai latte with an espresso shot strong enough to keep your darkest secrets	4.5
CHAI LATTE spiced black tea & steamed milk, sweet and warming, a hug in a mug	4.2	SPANISH LATTE espresso, condensed and steamed milk, the coffee that flirts with you	4.2
MATCHA LATTE vibrant green, antioxidant-rich, so you can be healthy & smug	4.5	HOT CHOCOLATE melted luxury, silky and rich west coast hot chocolate	3.9
ICED AMERICANO espresso, cold water, ice, chilled sophistication	3.2	ICED MOCHA espresso, chocolate, milk, ice, the adult milkshake for your inner child	4.5
ICED CHOCOLATE indulgent west coast chocolate ice cold	4.2	add caramel/vanilla/hazelnut syrup options for 50p	



brews true whole-leaf & herbal infusions

ENGLISH BREAKFAST punchy black tea that says "good morning" in a proper British accent	2.8	ORGANIC VERY BERRY all the fruit, none of the caffeine, vibrant, tart and as Instagramable as it is tasty	3
EARL GREY sophisticated but not snobby, bright black tea with real bergamot	3	ORGANIC ROOIBOS South African red magic, rich, earthy, naturally sweet and caffeine-free	3
JASMINE GREEN sweet Chinese green tea infused with white jasmine flowers	3	DESI MASALA CHAI bold black tea spiced like your best chat, cinnamon, cardamom, ginger, complex, built for milk	3
ORGANIC CHAMOMILE FLOWERS whole flowers to ease the mind and restore calm	3	OOLONG TIE GUAN YIN the inbetweener, not quite green, or black, tea as complex as you are	3
LEMON & GINGER spicy, zesty, warming, comfort in a cup, no judgment	3	DECAF BREAKFAST strong, flavoursome and comforting, but unleaded	2.8



sandwiches prepared fresh, full of flavour

MEDITERRANEAN VEG (ve)	6.9
grilled courgette, aubergine, red pepper, harrisa hummus, rocket, in toasted ciabatta	

HALLOUMI & CHIMICHURRI (v) 7.4 grilled halloumi, fresh tomato, cucumber, pickled onion,

with a bright chimichurri dressing in flatbread

KOREAN FRIED CHICKEN 7.9

crispy fried chicken tossed in a gochujang glaze, with slaw, pickles, and garlic mayo in a soft brioche bun

5.9 **HAM & CHEESE**

the ubiquitous ham & cheese croissant



bakehouse

pastries		bakery/classic	
BUTTER CROISSANT flaky, classic, french	2.8	FRUIT SCONE (ve) sultanas & orange zest	2.5
PISTACHIO CROISSANT topped with pistachio-infused frangipane	4.5	TRIPLE CHOCOLATE MUFFIN all chocolate, big, bold and over the top	
PAIN AU CHOCOLAT dark chocolate batons, all butter pastry	3	MAPLE FLAPJACK chewy oat bar with maple syrup	2.8
cakes		TOASTED TEA CAKES spiced bun with dried fruit,	2.5
BLACKBERRY & EARL GREY ROUND CAKE afternoon tea, but louder	4.8	cookies	
LEMON DRIZZLE SLICES zesty, sharp and sunshine-bright	3.9	obscenely rich with decadent, dark chocolate, & salted caramel	3
CHOCOLATE BROWNIE (gf) a proper brownie, dense, dark and fudgy	3.2	DOUBLE CHOCOLATE COOKIES chocolate on chocolate & no apologies for indulgence	3
RASPBERRY & MATCHA CHEESECAKE BLONDIE East meets west. rich cheesecake, tart raspberry and aromatic matcha	3.5	WHITE CHOCOLATE & RASPBERRY COOKIE tart and creamy together in perfect chorus	2.5



pop & fancy water sodas, water, kombucha and juice, all natural and low-intervention

BELU BOTTLED WATER still or sparkling	2.3	COUNTER CULTURE Al of the Storm kombucha mango, lime & warm organic ginger	3.2
SAN PELLEGRINO lemon or blood orange carbonated lemon water	2.5	COUNTER CULTURE Against the Current kombucha rhubarb & hibiscus	3.2
KARMA COLA classic fair-trade cola	2.8	TING GRAPEFRUIT SODA tart & sweet, posh Lilt	2.5
LEMONY LEMONADE tart and natural	2.8	D & G GINGER BEER	2.5
CHERRY LEE cherry soda	2.8	a fiery ginger kick makes a pure Jamaican of PEPSI MAX COLA	2.5
DANDELION & BURDOCK the Americans have root beer, we win	2.5	CAWSTON JUICES	2
IRN BRU a mix of bubblegum, citrus & sweet fruit	2.5	apple & mango apple & summer berries	

