DRINKS

CAFE NO OS

PLEASE SPEAK TO A
MEMBER OF STAFF ABOUT
ANY ALLERGIES BEFORE
PLACING YOUR ORDER

HOT DRINKS

Breakfast tea	£ 3.00
Espresso	£ 3.40
Americano	£ 3.40
Filter coffee (hot / iced)	£ 3.40 / £3.90
Cappuccino	£ 3.85
Latte	£ 3.85
Flat white	£ 3.70
Cortado	£ 3.50
Cafe Macchiato	£ 3.50
Mocha	£ 4.50
Deluxe mocha	£ 5.00
Chai latte	£ 4.00
Matcha latte	£ 4.50
Beetroot latte	£ 4.20
Turmeric latte	£ 4.20
Cinnamon & honey latte	£ 4.60
Amaretto black coffee	£ 4.50
(0% alcohol)	
Irish cream coffee	£ 4.50
(0% alcohol)	
Hot chocolate	£ 3.50
After 8 / Terry's chocolate orang Smores hot chocolate	ge / £ 4.50
Deluxe hot chocolate	£ 4.00
Babyccino	£ 2.00
Puppaccino	£ 2.00



Please turn over for smoothies etc!

LOOSE-LEAF TEAS

Peppermint / earl grey / blood orange / rhubarb spritzer / lemon / strawberries & cream / pear & cinnamon / vanilla rooibos (contains almonds) / lemon & ginger / afrika chai / jasmine blossom green tea / ginger & turmeric / chamomile / turkish apple

ICED COFFEE / MATCHA

Iced latte / cappuccino	£ 4.20
Iced americano	£ 4.00
Iced pistachio latte/Iced strawb latte	£ 4.70
lced flat white	£ 4.10
Frappuccinos Ice, milk, double coffee shot, topped with cream	£ 6.00
Iced mocha / white mocha	£ 4.70
Iced matcha	£ 4.50
Iced matcha Strawberry / blueberry / mango	£ 5.00

COLD DRINKS

Apple / Orange juice	£ 2.50
Pineapple / Cranberry juice	£ 3.00
Coke / Diet coke / Cherry Coke	£ 3.50
Lemonade / Raspberry Lemonade	£ 3.00
Elderflower Presse	£3.00
Ginger Beer	£ 3.00
Rhubarb & Apple	£ 3.00
Apple & Pear	£ 2.50
San Pellegrino Orange / lemon / blood orange	£ 3.50
Blighty Booch Kombucha Nettle & Rosehip / Cherry	£ 3.70
Lemon & Ginger / Mint & Thyme Soda	£ 3.50
Large still / Sparking water	£ 4.50
Small still / Sparking water	£ 2.50

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SMOOTHIES (GF) (VE)

£ 6.00

Base milk for all is almond milk. All served with granola on top.

Strawberry stinger

Strawberries, banana, apple

Daily greens

Banana, avocado, spinach, cucumber, celery, honey

Anti-inflammatory kick

Blueberries, strawberries, banana, oats

Banana & peanut

Oats, golden syrup, cinnamon

Immune booster

Ginger, turmeric, mango, pineapple

Strawberry sunrise

Strawberries, honey, mango

MILKSHAKES (VE AVAILABLE) £ 5.00

Raspberry / strawberry / peach / banana / chai / caramel / chocolate / vanilla / hazelnut / gingerbread / cinnamon / pumpkin spice / frosted mint / cherry / almond / coconut Add: whipped cream / marshmallows (+50p)

PROTEIN SMOOTHIES (GF) (VE)

£ 8.00

Base milk for all is full fat, blue milk. Please ask for alternative milk or vegan protein powder.

Peanut butter bomb

Whey vanilla protein, peanut butter, banana, chocolate

Green protein

Whey vanilla protein, banana, avocado, spinach, cucumber, celery, honey

Post gym protein kick

Whey vanilla protein, blueberries, strawberries, banana. oats

Add coffee: £1

PROTEIN MILKSHAKES (GF) (VE)

£ 8.00

Base milk is full-fat, blue milk. Please ask for alternatives.

Biscoff protein

Whey vanilla protein, biscoff spread & biscuits, milk

Cookies & cream

Whey vanilla protein, cookies & cream flavouring, milk

ICED TEAS & COOLERS

£ 6.00

Peach & mango iced tea

Peach tea, frozen mango & soda water

Watermelon iced green tea

Watermelon green tea flavouring, ice, & topped with frozen cherries

Passion fruit & lemon iced tea

Passion fruit tea flavouring, ice, soda water, & topped with frozen lemons

Jasmine lime iced tea

Jasmine lime flavouring, ice, soda water, & topped with frozen limes

Ginger & lime cooler

Ginger beer, lime flavouring, soda water, ice, & topped with frozen limes

Dragon fruit & mango cooler

Dragon fruit & mango flavouring, ice, soda water, & topped with frozen mango

Strawberry & basil cooler

Strawberry & basil flavouring, ice, soda water, & topped with a frozen lime

HEALTH DRINKS

Collagen & Vitamin C boost

£ 7.00

Mango collagen & Vitamin C powder, blended with orange juice

Beetroot juice £ 4.00

Berry hydration

£ 7.00

Electrolytes, cranberry juice. mixed berries

FROZEN JUICES (VE)

£ 6.00

Vitamin sea

Mango, pineapple, carrot & orange juice

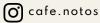
Notos beet

Strawberries, apples, beetroot & pineapple juice

Wonder greens

Avocado, cucumber, celery & apple







BREAKFAST

CAFE NOIOS

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Don't forget to check the specials board! -

Seeded bloomer toasted 2 7 12 £ 4.50

Butter & strawberry jam or marmalade. (GF) (VE available)

£ 7.50 Notos granola 7 10 12

Stewed rhubarb & apples, topped with granola, greek yoghurt & half an orange. (GF) (VE available)

Berry yoghurt bowl 7 10 12 £ 7.50

Greek yoghurt base, topped with fresh berries & garnished with seed & nut milk. Drizzle of honey. (GF) (VE available) Add granola +£2.

£10.50 Eggs on togst 2 4 7

Tofu on toast 2 13

Poached, scrambled or fried eggs, on 2 slices of seeded bloomer toast. (GF) (VE available) Add bacon: +£1, salmon: +£2. 5

£ 13.50 Turkish eggs 2 4 7

Two poached eggs on a garlic yoghurt base, Aleppo oil, pickled red onions & dill, with flatbread. (GF available) Upgrade to seeded sourdough: +£1.

£ 7.00 Togsted breakfast bap 2 4 7

Sausage, bacon and egg. (GF available) Add hash brown: +£1.

£7.00 2 4 7 Veggie breakfast bap

Hash brown, halloumi and egg. (GF available) Add avocado: +£1.

Vegan breakfast bap 2 13 £7.00

Quorn sausage, avocado and hash brown.

£ 13.50 Notos famous avocado on toasted seeded sourdough 2 4 7 12 13

Sesame rayu, crunchy romano pepper salad & poached eggs. (GF) (VE available)

Add bacon: +£1, salmon: +£2. 5

£ 13.50 Eggs benedict 2 4 7

Poached eggs, hollandaise sauce, ham on a toasted bagel. (GF available) Swap ham for salmon, 5 pulled pork or bacon: +£2.

NOTOS ALL IN

£ 14.50

Upgrade to seeded sourdough: +£1.

The meaty one 2 4 7

2 sausages, 2 bacon, black pudding, beans, tomato, mushroom, hash brown, fried egg & 1 tiger bread toasted. (GF available)

2 4 7 Veggie delight

2 halloumi, beans, tomato, mushroom, 2 hash browns, fried egg & 1 tiger bread toasted. (GF available)

Heavenly vegan 2 13

I quorn sausage, beans, tomato, mushroom, hash brown, kale, scrambled tofu & 1 tiger bread toasted.

(VE) (GF available) Add rayu: +£1.

PANCAKES & FRENCH TOAST

£ 13.00

Add below toppings for pancakes or french toast. (GF & VE available)

The nutella one 2 4 7 10 13

Nutella sauce, toasted hazelnuts & chocolate chunks.

The bacon one 2 4 7

Bacon, syrup & caramelised krispies.

2 4 7 13 White choc & raspberry

Raspberry coulis, white chocolate sauce, freeze dried raspberries & white choc chunks.

The berry one 2 4 7 10 12

Greek yoghurt, fresh berries, homemade granola & syrup.

Allergens

1 Celery

Eggs

7 Milk

10 Nuts

13 Soya

2 Cereals containing gluten

Fish

8 Molluscs

11 Peanuts

14 Sulphur dioxide

3 Crustaceans

6 Lupin

9 Mustard

12 Sesame seeds



KIDS

CAFE NOIOS

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COLD DRINKS

Apple / orange juice carton	£ 2.50
Apple & blackcurrant squash	£ 1.50
Orange squash	£ 1.50
Kids milkshake	£ 4.00

Strawberry / chocolate / banana / vanilla /



LUNCH

ON TOAST

FRIES	£ 7.50
Sausage & fries 2	
Fish fingers & fries 2 4 5	
Beans & fries	
(GF) (VE available)	
TOASTIE	£ 7.50
Cheese 2 4	
Cheese & ham 2 4	
(GF available)	
(GF available)	

Scrambled egg on toast 2 4 7 Beans on toast 2 Sausage on toast 2 (GF) (VE available)

HOT DRINKS

Kids hot choc	£ 4.00
After 8 / Terry's chocolate orange / Smores hot choc	£ 4.00
Kids deluxe hot choc	£ 4.00
Babyccino	£ 2.00

BREAKFAST

(GF) (VE available)

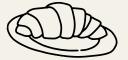
LITTLE NOTOS ALL-IN			£ 7.50
Meat: 1 sausage, 1 bacon, fried egg & beans	2	4	
Veggie: Halloumi, hash brown, fried egg & be	ean	s	4 7



ON TOAST		£ 6.50
Scrambled egg or	1 toast 2 4 7	
Beans on toast 2		
Sausage on toast	2	
	THE RES	0.4.50
PANCAKES 2	4 7	£ 6.50

All served with squirty cream. (GF) (VE available) Pancakes with nutella Pancakes with syrup

Pancakes with biscoff



Allergens

- 1 Celery
- 2 Cereals containing **5** Fish gluten
- **3** Crustaceans
- 4 Eggs
- 7 Milk

£ 6.50

- 10 Nuts
- **13** Soya

- 6 Lupin
- 8 Molluscs
- 11 Peanuts
- 14 Sulphur dioxide

- 9 Mustard
- 12 Sesame seeds



LUNCH

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LUNCH

£ 14.50 Teriyaki chicken bowl 12 13

Teriyaki glazed chicken, basmati rice, asian slaw, kimchi & edamame beans. Topped with sesame seeds & chillies. (GF available) Add fried egg +£1.

£ 15.00 Hot honey halloumi flatbread 2 7

Grilled halloumi, tossed in hot honey. Served on flatbread with tzatziki, rocket, pickled red onion.

£ 15.00 Crispy fish burger 2 4 5 7 9

Crispy Panko fish, served on a brioche bun with tartare sauce, lettuce, cheese & fries on the side. Upgrade sweet potato fries +£1.

Pulled pork tacos 2 7 13 £ 14.50

3 mini bbq pulled pork filled tortillas, cheese sauce, lettuce, chunky carrot, cabbage, jalapeños, topped with crispy onions. (GF available)

Singapore

noodle bowl

1 2 9 12 13 14

£ 14.50

Mixed veg & udon noodles, tossed in a Singapore curry sauce & topped with pak choi, sesame seeds & edamame beans. (GF available) Add fried egg +£1.

Poke bowl 12 13 15 £ 13.50

Smoked salmon, rice, diced peppers, carrots, radish, cucumber, edamame beans, kimchi. Served with a wasabi & lime dressing. (GF available) Add poached egg +£1.

HOMEMADE PIE & FRIES 7 2 £ 13.50

All served with a bowl of fries.

Meat & potato

Chicken mushroom

Steak & kidney slice

Beef & onion pie

Sausage roll

Cheese & onion pasty 9 13

Vegan sausage roll 13

(VE available)

LOADED FRIES

Loaded teriyaki chicken 12 13

£ 12.50

Skinny fries, teriyaki chicken, teriyaki mayo, asian slaw, topped with sesame seeds & chillies. (GF)

Loaded

Singapore curry

1 2 9 12 13 14 £ 12.50

Skinny fries, sweet & spicy Singapore curry sauce, spring onion, sesame seeds, crispy onions & fresh chillies. (VE) (GF available)

Loaded pulled pork 2 7 13

£ 12.50

Skinny fries, pulled pork in a bbg sauce, nacho cheese sauce, jalapeños & crispy onions. (GF)

SANDWICHES

Italian meat 2 7

£ 6.50

Selection of salami, red pesto mayo, rocket, mozzarella & red onion & roasted red peppers.

Smoked salmon 2 5 7

£ 6.50

Smoked salmon, cream cheese, cucumber & rocket.

Brie & walnut 2 7 10

£ 6.50

Brie, onion chutney, walnuts & rocket.

£ 8.95

Sandwich of your choice, can of fizzy pop / juice & crisps.

SIDES

£ 4.00 Bowl of skinny fries

£5.00 Bowl of halloumi fries 7

Bowl of sweet potato fries £4.50

Allergens

1 Celery Eggs 7 Milk

10 Nuts

13 Soya

Cereals containing gluten

Fish

8 Molluscs

11 Peanuts

14 Sulphur dioxide

3 Crustaceans

6 Lupin

9 Mustard

12 Sesame seeds