



EATS@THE COMMUTE

Porridge

Honey, cinnamon, sultanas / Peanut butter, banana, honey / Nutella, banana £5.00

Currant tea loaf £3.00

Toast

Jam / Marmalade / Marmite £3.00

Peanut butter, banana £4.00

Nutella £4.00

Nutella, banana £3.50

Peanut butter £4.00

Spicy Hummus on sourdough toast (v) - with rocket and pickled red cabbage £6.25

Avocado on sourdough toast (v) - Seasoned avocado with lemon and chilli £6.25

Smokey beans on sourdough toast (v) – Homemade smokey beans on toasted locally baked bread (add sprinkle of cheese for no extra cost) £6.50

Homemade sausage roll - Choose from traditional, chilli or veggie. Served with chutney and salad £5.50

Daily sandwiches (Toasted or cold on a white ciabatta)

We make our sandwiches freshly made every morning, please ask what sandwiches we have available, starting from £6.00

Bacon sandwich £4.00 (Lishman's bacon)

Bacon and avocado £5.00 (Lishman's bacon)

Nourish bowl (v/ve) - A selection of our fresh rice and salad dishes with toasted sourdough £7.50

Add extras for £1 each - egg, halloumi, chicken or hummus.

Please ask us about our daily specials!

Beers - we now have a range of draught and craft beers. Choose from locally sourced Ilkley Brewery IPA or from a selection of canned ales and beers.

Ilkley Brewery Alpha Beta £3.80 pint

North Brew Co. Sputnik £3.00 330ml

Lost at Sea Voyager IPA £3.75 440ml

Ilkley Brewery Alpha Beta £2.40 half

North Brew Co. Herzog £3.00 330ml

Lost at Sea Wipeout Pilsner £3.75 440ml

Selection of cold drinks also available.



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