

Smoothies & juices

Nutritious and delicious smoothies and fresh juices

Freshly squeezed orange juice	£2.80
Mixed berry, banana, yoghurt, apple	£4.00
Mango, banana, chilli, lime, yoghurt, pineapple	£4.00
Passion fruit, berry, mango, yoghurt, pineapple	£4.00

'Supersmoothies' and protein shakes

'Crossfit Recovery' chocolate protein powder, banana, peanut butter, milk	£4.00
'The Mike Green Machine' Matcha, spinach, frozen banana, mango, walnuts, honey, oat milk	£4.00
'Black Forest' mixed berries, chocolate protein powder, milk, whipped cream	£4.00

Ice cream shakes

Biscoff and banana	£4.00
Blueberries, marshmallows, cream	£4.00
Oreo 'double chocfest'	£4.00

Tea & coffee

	Regular	Large
Americano	£2.60	£2.80
Cappuccino	£3.00	£3.40
Latte	£3.00	£3.40
Mocha	£3.20	£3.60
Espresso	£2.00	
Cortado	£2.80	
Flat white	£2.80	
Flavoured syrup	£0.30	
Dairy milk alternatives	add 20p	
Hot chocolate and marshmallows	£3.20	
Deluxe hot chocolate marshmallows, cream and flake	£3.90	
Iced flavoured latte	£3.50	
Spiced Chai tea latte	£3.00	£3.40
Matcha latte/Dirty Chai latte	£3.20	£3.60
Tea - Yorkshire, herbal or fruit		£2.20

10% off main menu
for take out food

Need outside catering?
See what we can offer you...

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indulge
DELI BAR

Salads & healthy plates

Coronation chicken, avocado, spinach, carrot, mango, walnuts, coriander	£7.30
Fresh mozzarella, vine tomato, mixed leaf, walnuts, basil pesto, croutons	£7.30
Smoked salmon, tuna mayo, sweetcorn, boiled egg, avocado, balsamic	£7.90
Cumin roasted squash, feta, beetroot, falafel, hummus, carrot, cherry tomato, boiled egg, seeds, mixed leaf and crouton	£7.30

Sandwiches

Choose from a large white roll, malted brown roll or ciabatta

Free range egg mayo, grated carrot and spinach	£4.60
Tuna mayo, sweetcorn, cucumber, mixed leaf	£4.60
Mature cheddar, mixed salad, tomato chutney	£4.60
Coronation chicken, avocado, mixed leaf	£4.60
Yorkshire ham salad with boiled egg and salad cream	£4.60
Chicken breast, hummus, rocket, chilli jam	£4.60

Wraps

Mexican chicken, pinto beans, avocado, cheddar	£4.80
Coronation chicken, red pepper, boiled egg and mixed leaf	£4.80
Warm falafel, hummus, roast squash, feta, beetroot, spinach and sweet chilli	£4.80

Toasted panini

Meat Feast – pulled pork, chicken, bacon, chorizo, vine tomato, cheddar, chipotle mayo	£5.90
Tuna, sweetcorn, mayo, mature cheddar, red onion	£5.60
Chorizo, goats cheese, rocket, sun blush tomatoes	£5.60
'Meatferno' – chicken, Sriracha sauce, chorizo, cheddar, jalapeños	£5.60
Fresh mozzarella, basil pesto, vine tomato, spinach	£5.60

Bagels

Plain or wholemeal

Spicy chicken, Sriracha sauce, chorizo, cheddar, jalapeños	£5.00
Open smoked salmon, cream cheese, rocket, sweet chilli	£5.80
Open smashed avocado, feta, roast tomatoes, coriander, olive oil	£5.80
Goats cheese, vine tomato, pesto, honey	£5.00

Soup

Wholesome homemade soup

Homemade soup with granary or white roll	£4.60
Add a cup of soup to any sandwich	£2.80

House classics

Indulge Club Sarnie £5.70

Toasted triple decker on sliced multiseed – not for the faint hearted!
Chicken, pulled pork, mature cheddar, vine tomato, chipotle mayo

Big Pig Wrap £5.90

Pulled pork, Audsley butchers Cumberland sausage, bacon, chorizo, jalapeños, mozzarella, chipotle mayo

Grilled Flatbread Kebab £5.70

Chicken breast, hummus, carrot, coriander, red onion, Sriracha sauce, garlic mayo

Mediterranean Grilled Flatbread £5.70

Chicken breast, grated mozzarella, pesto and vine tomato

Baked potatoes

Coronation chicken, spinach	£5.30
Tuna mayo, sweetcorn, red onion, cheddar	£5.30
Mexican chicken, jalapeños, pinto beans, cheddar	£5.30
Baked beans, mature cheddar, coleslaw	£5.30
Smoked salmon, tuna mayo, sweetcorn, beetroot, avocado	£5.90

Little people

Build your own £3.30

Sandwich, mini wrap, toastie or half baked potato
Choice of any fillings you see, such as chicken, tuna mayo, ham, beans, pepper, avocado...

Nibble plate £3.30

Hummus, carrot sticks, cucumber, pepper, cherry tomato, olives, ham, chorizo

Cheesy beans on toast £3.40

Sausage roll – Voakes sausage roll with baked beans £3.40

Pancakes with Nutella, banana, blueberries and cream £3.40

Drinks

Apple juice, orange juice, milk, babycino £1.50

Hot chocolate with whipped cream, mini mallows £2.20

Breakfast

Breakfast menu behind counter