

bonbon

good food is a necessity

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## BREAKFAST / EGGS

### **Sourdough toast**

*ricotta, walnuts and acacia honey* 4.5

*avocado and organic seeds* 4.5

*almond butter, banana and chia seeds* 4.9

**Porridge** with fresh fruits, nuts and seeds 6.5

**Granola** with yoghurt, honey and fresh fruits 7.5

**Flourless banana oat pancakes** with berries, honey, coconut yoghurt and flakes 9.5

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**Eggs of your choice** served with toasted sourdough and butter 6

### **Omelette**

*mushrooms and Misto cheese* 7

*Italian ham and Misto cheese* 8

**Mushroom and herbs** with rocket and Parmesan shavings on sourdough with two poached eggs 8.5

**Avocado and chilli flakes** on sourdough with two poached eggs 8

**Courgette fritters with guacamole** and a poached egg 9

### **Eggs Benedict/Florentine/Royale**

freshly prepared hollandaise sauce with any of the following:

*spinach only* 7.5

*spinach and Prosciutto di Parma* 8.5

*smoked salmon* 9.5

**Croque Madame** with Italian ham, Misto cheese and fried egg 8

**English Breakfast** with Cumberland sausages, beans, poached/fried eggs and Italian bacon 9

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### **Extras**

*extra egg, mushrooms, truffle cheese, Italian ham or avocado* 1.6

*smoked salmon, coconut yoghurt* 2.5

## SANDWICHES

<b>bonbon wrap</b>	3.7
<i>grilled with Misto cheese, pesto, sundried tomatoes and rocket leaves add a cured meat</i>	+1.2
<b>Ham &amp; cheese baguette</b>	4
<i>mustard or butter, Italian ham and Misto cheese</i>	
<b>Bacon baguette</b>	4.6
<i>butter, Italian bacon and a fried egg</i>	
<b>Turkey baguette</b>	4.2
<i>Misto cheese and pesto</i>	
<b>Gourmet baguette</b>	4.5
<i>with a hint of garlic spread, salami, Parmeggiano and Misto cheese, sundried tomatoes and rocket</i>	
<i>with Prosciutto di Parma</i>	5
<b>Avocado toastie</b>	5.3
<i>with turkey, Misto cheese, tomatoes and a mustardy sauce</i>	
<b>Mediterranean grilled chicken sandwich</b>	9.5
<i>avocado, spinach, red onion, sundried tomatoes and bonbon sauce</i>	

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## OPEN SANDWICHES

*on toasted sourdough*

<b>Avo tricolore</b>	6
<i>smashed avocado, cherry tomatoes, mozzarella, basil and balsamic glaze</i>	
<b>Mushroom</b>	6
<i>fried mushrooms with herbs, rocket leaves and Parmesan cheese shavings</i>	
<b>Avo smoked salmon</b>	7.5
<i>with dill yoghurt sauce, apple slices and walnuts</i>	
<b>Prawns</b>	8.5
<i>King prawns in a butter and garlic sauce, spinach, watercress and lime</i>	
<b>Soup</b>	4
<i>Home made soup of the day</i>	

## SALADS & PASTA

### **Daily Special**

*Please check with a member of staff for our daily offering*

8.5

**bonbon special** two swirls of Parma ham, sundried or fresh tomatoes, rockets, all wrapped up in Misto cheese 8

**Meat or cheese platter (serves 2)** 12.5  
*selection of four cheeses or four cured meats served with olives and bread*

**Mixed platter (serves 2 to 4 people)** 24  
*selection of four cheeses and four cured meats served with garlic spread, olives and bread*

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**Fresh fruit salad** 7  
*selection of fruits and a dollop coconut yoghurt*

**Quinoa & kale salad** dates, pistachio and bergamot vinaigrette 8.5

**Parma/smoked salmon salad** mixed leaves, fresh vegetables, mung beans, olive oil and balsamic dressing, topped with slices of Prosciutto or smoked salmon and Misto cheese 7.5 / 8.5

**Spinach & beetroot salad** with pomegranate, truffle cheese, apple and caramelised walnuts 9

## ORGANIC PASTA

Our pasta is organic and freshly prepared, never pre-cooked

Regular portion £8.5

Child Portion £6.5

**Pesto & Cashews · Tomato & Basil · Vegetables ·  
Carbonara · Bolognese · Mushroom & Garlic**

## DRINKS

### Smoothies

4.6

**The Bullet** (espresso, banana, almond milk, chia)

**Blueberry Boost** (blueberries, almond milk, oats, almond butter, dates)

**ABC** (avocado, banana, cacao, almond milk, dates, honey)

### Freshly Squeezed Juices

**Lemonade**

3

**Orange**

3.8

**Pink Grapefruit**

3.9

## ARTISAN COFFEE

Premium Arabica beans — hand roasted in small batches

	single	double	
	small	medium	large
<b>Espresso, Macchiato</b>	1.8		2.2
<b>Americano</b>	2	2.4	2.8
<b>Latte, Cappuccino</b>	2.2	2.6	3
<b>Flat White, Mocha</b>	2.4	2.8	3.2
<b>Chai Latte</b>	2.5	2.8	3.1

### Organic Teas

*By Cozy*

1.9

**Specialty Tea**

2.9

*Caj Mali (Herbal Mountain Tea)*

**Hot Chocolate**

Small

2.3

Medium

2.5

large

2.8

## WINE

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Sparkling	<i>Prosecco DOC or Spumante</i>	5.5	20
	<i>Trebbiano di Romagna DOC</i>	4.25	14
White	<i>Pagadebit DOC or Angelica Cupido</i>	5.25	17
		5.5	19
	<i>Sangiovese Colli di Rimini DOC</i>	4.25	14
	<i>La Levata DOC, Dioniso DOC or Papalina</i>	5.25	17
Red	<i>Dioniso Refined DOC or Monslupus Nicolo</i>	6.5	21
			24
	<i>Il Clericale</i>		35
Rosé	<i>Donna Fiore</i>	5	16
Fortified	<i>Passito (dessert wine)</i>	6.25	32

*Craft Cider or Beer (Lager, Pale, I.P.A.)*

4.5

## OUR STORY

We offer a great variety of cheeses, cured meats, pasta, olive oil, wine and of course Italian roasted coffee, for you to enjoy.

Our unique range of products are from direct trade with carefully selected, organic and free range artisan food producers, primarily from Italy. We use these ingredients throughout our menu.

...the multi award winning Sicilian olive oil has an acidity level of less than 0.08%. The wine comes from a 14th century vineyard run by the same family for generations. Our coffee is a blend of premium Arabica beans from Central America and is roasted to perfection in small batches..

As all our food is freshly prepared to order, please note that short delays may occur at busy times.

Additional charges may apply for extras or supplementary, off the menu items. Please check with a member of staff.

## Allergens Notice

**Do you suffer from food allergies or intolerances? Please speak to a member of our staff about the ingredients in your meal, when placing your order.**

Please note that all our dishes can be prepared using gluten free ingredients. Ask a member of staff for available options. We cannot guarantee that

## CATERING

**Do you need great food for an event?  
Find out how we can make it really special!**