

THE HUB

GRAB AND GO

COCONUT YOGHURT AND BLUEBERRY COMPOTE (VG) Coconut yoghurt, nutty granola, banana, blueberry compote and goji berries 278 kcal	4.95
MANGO, PASSION FRUIT AND PISTACHIO YOGHURT (V) Lemon chia yoghurt, pistachio, pomegranate and mango passion fruit coulis 301 kcal	4.95
BLUEBERRY AND GRANOLA YOGHURT (V) Lemon chia yoghurt, blueberries, nut and seed granola and blueberry compote 388 kcal	4.95
PLANT POWER SALAD (VG) Falafel, hummus, piquillo peppers, green grain mix and spinach with a lemon and tahini dressing 634 kcal	7.25
HOT SMOKED SALMON SALAD Hot smoked salmon, quinoa, pickled onions, edamame, courgetti, cucumber, spinach, omega seeds with a miso, chilli and lime dressing 380 kcal	8
KATSU ROASTED CAULIFLOWER WRAP (VG) Katsu roasted cauliflower, Asian slaw, cucumber, crispy onion, sriracha chickpeas and spinach with katsu mayonnaise on a curried tortilla 593 kcal	7
INDIAN CHICKEN WRAP Indian chicken, cucumber, red pepper, pickled onion, coriander and spinach with green chilli aioli on a spinach tortilla 486 kcal	7
FREE-RANGE EGG MAYONNAISE AND CRESS BLOOMER (V) Free-range egg mayonnaise and cress on malted bloomer bread 537 kcal	3.95
CURRIED CHICKEN BLOOMER Curried chicken mayonnaise, mango chutney, cucumber and spinach on malted bloomer bread 550 kcal	5.95
VEGAN PLOUGHMAN'S BLOOMER (VG) Vegan cheese, semi-dried tomatoes, pickled onions, sweet pickle and vegan lemon aioli mayonnaise on malted bloomer bread 662 kcal	5.95
TUNA ROCKET AND CUCUMBER BLOOMER Tuna mayonnaise, cucumber and rocket on malted bloomer bread 552 kcal	5.25
SMOKED SALMON AND CREAM CHEESE BAGEL Smoked salmon and cream cheese with rocket on a seeded bagel 388 kcal	5.95
RED AND WHITE GRAPE POT (V) 85 kcal	4.50
BENUGO FRUIT POT (V) Blueberries, seedless white and black grapes, Cantaloupe melon and pineapple 121 kcal	5.25
KIDS' LUNCH BOX Emmental or Wiltshire ham roll, crisps, orange or apple juice and fruit	5.95

PLEASE ASK US ABOUT THE ALLERGENS IN OUR FOOD

(V) VEGETARIAN | (VG) VEGAN

We use a wide range of ingredients in our kitchen, some of which may contain allergens. Please let us know if you have a specific allergy or dietary requirement so we can let you know of the most appropriate food choice.

Adults need around 2000 kcal a day

Operated by
BENUGO



THE ROYAL PARKS
THE REGENT'S PARK

THE HUB

PASTRIES

PAIN AU CHOCOLAT (V) Freshly baked golden pastry with a rich dark chocolate filling 284 kcal	3.25
PAIN AUX RAISINS (V) Freshly baked crisp pastry topped with raisins 319 kcal	3.25
ALMOND CROISSANT (V) Freshly baked all butter croissant topped with almonds 386 kcal	3.25
CROISSANT (V) Freshly baked all butter croissant 256 kcal	2.80
HAM AND CHEESE CROISSANT Freshly baked all butter croissant with Wiltshire-cured ham and Emmental 363 kcal	4.25
CHEESE AND TOMATO CROISSANT (V) Freshly baked all butter croissant with Emmental and tomato 338 kcal	4.25

JUICES AND SMOOTHIES

PLEASE ASK OUR TEAM FOR TODAY'S FRESHLY MADE FLAVOURS

BEETROOT BOOST JUICE (VG) Apple, carrot, beetroot, ginger 222 kcal	5.25
GREEN ESCAPE JUICE (VG) Cucumber, apple, celery, kale 137 kcal	5.25
PARKSIDE PINEAPPLE JUICE (VG) Pineapple, apple, kale, ginger 254 kcal	5.25
REGENT'S REFRESH SMOOTHIE (VG) Apple, avocado, spinach, ginger, coriander 429 kcal	6.95
ALMOND POWER SMOOTHIE (VG) Oat milk, banana, oats, almond butter, dates 612 kcal	6.95
STRAWBERRY SUNRISE SMOOTHIE (VG) Orange, strawberry, banana 306 kcal	6.95

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HOT DRINKS

ESPRESSO sngl / dbl 2 kcal	2.60 / 3
MACCHIATO sngl / dbl 6 kcal	2.65 / 3.10
FLAT WHITE 117 kcal	3.75
AMERICANO 2 kcal	3.45
CAPPUCCINO 135 kcal	3.85
LATTE 202 kcal	3.85
MOCHA 282 kcal	4.15
CHAI LATTE 366 kcal	3.85
MATCHA LATTE 151 kcal	4.45
HOT CHOCOLATE 310 kcal	3.95
INDULGENT HOT CHOCOLATE 432 kcal With whipped cream and marshmallows	4.75
TEA 1 kcal English breakfast, Earl Grey, Oriental sencha, Peppermint, Chamomile	2.95
BABYCCINO 44 kcal	FREE
EXTRA COFFEE SHOT 2 kcal	0.60
SYRUP SHOTS	0.60
MILK ALTERNATIVES	FREE

BEER

CAMDEN HELLS LAGER ½ pint / pint / jug	4 / 7.95 / 32
CAMDEN PALE ALE ½ pint / pint / jug	4.2 / 8.25 / 33

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SOFT DRINKS

PASSION FRUIT AND PINEAPPLE ICED GREEN TEA 163 kcal	4.95
PINK LEMONADE	4.95
CLASSIC LEMONADE	4.95
COCA-COLA / DIET COKE / COKE ZERO	3.25
SANPELLEGRINO	3.25
LIFE STILL/SPARKLING WATER	2.35
BENUGO REUSABLE WATER BOTTLE	3.95
DASH WATER	3.50
DALSTON'S	2.95
MOJU SHOTS	3.95
PIP ORGANIC JUICES	3.75
APPLE / ORANGE JUICE	3.75

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