

the Larder

Fresh, whole food dishes is what we're about at the Larder. If we can't make something in our kitchen, we've found local artisan suppliers who share our values - from our free range eggs to our east London honey

HOT FOOD

Houmous & Falafel (v) (GF) 7.0/9.0
Wrap | Salad
In a toasted wrap or with a dressed salad. Topped with Alfalfa sprouts

Spinach feta flatbread (v) 5.5
A delicious flatbread grilled till crisp & served with spicy harissa

Veggie burger (v) 6.5
Country vegetable & bean burger with melted Emmental cheese. On toasted ciabatta, spread with mayo, beetroot, tomato & mixed leaves

Home-baked savoury or tartlet of the day From 5.8
Served with side salad, see fridge for today's selection, can be also be served cold

KIDS SANDWICHES

Ham/Tuna/Cheese/Houmous 2.9
On soft brown bread

Kids packed lunch 5.0
Tuna or cheese sandwich, a piece of fresh fruit, juice and a chocolate brownie

SANDWICHES AND SALADS

All sandwiches can be served on freshly baked ...
baguette, ciabatta or brown bread

Or, why not turn it into a salad for an extra £2?

Chicken avocado bacon 7.9
With mayonnaise & mixed leaves

The Reuben 7.0
Pastrami, Emmental, pickles & Russian dressing

Prawn avocado 7.4
With Mary-rose sauce with avocado & rocket

Mozzarella (v) 6.6
Toasted sandwich with fresh basil pesto, sundried tomatoes & mozzarella cheese

The Monty's (v) 7.2
Montgomery cheddar, onion chutney & leaves

Chicken BLT 7.8
With wholegrain mustard, tomatoes & leaves

Smoked ham & cheese 7.0
With wholegrain mustard, tomatoes & leaves

Chicken houmous 7.8
With beetroot, munchy seeds & alfalfa

Salmon 7.8
Smoked flaked salmon, lemon, pepper & leaves

Chorizo Manchego 7.4
Toasted with roasted peppers & rocket

Coronation chicken 7.3
Chicken in curried mayonnaise, fresh tomato & rocket

Tuna 5.9
Tuna mixed with mayo, tomatoes, smoked paprika & leaves

Locally smoked mackerel 7.2
With beetroot, horseradish & mixed leaves

Goat's fig (v) 6.3
With beetroot, horseradish & mixed leaves

Houmous (v) 6.7
With sundried tomatoes, seeds & black olives

Brie & chilli jam (v) 7.6
Brie de Meaux, chilli jam & rocket

Goat's pesto (v) 6.8
Toasted with goat's cheese, fresh basil pesto, beetroot & mixed leaves

Halloumi & red cabbage (v) 6.8
Toasted sandwich with grilled halloumi, chilli & lime mayo, topped with homemade pickled red cabbage

Our freshly prepared sandwiches are made using
artisan bread baked by London producer -
the brilliant Boulangerie Jade

GF BREAD
AVAILABLE

Brunch at the Larder

Thanks to our whizz-bang new steam oven we are able to offer cooked breakfast with all items steam-cooked with no added fat (other than a small drop for the baked eggs which come out somewhere between a fried and a poached egg). Meat is sourced from the award-winning Shaw's Family Butchers and all eggs used are free-range. GF bread available in place of toast or sandwich breads, note our sausages contain gluten.



WIN a month's free coffee from The Filter Bar.

Simply tag @thelarderlondon in your #LarderFilterBar pic on Insta, Twitter or Facebook to enter.

A new winner will be chosen each month!

T&Cs: one coffee per day is redeemable with this prize offer for the agreed month.

THE TWO CONTINENTALS

| | |
|--|-----|
| Classic Continental | 6.9 |
| Coffee or tea of your choice, fresh croissant and a glass of fresh orange juice | |
| the Larder Continental | 9.9 |
| Coffee or tea of your choice, warm Emmental-filled croissant and a freshly blended Larder smoothie | |

BRUNCH

| | |
|---|-----|
| Larder bake-up | 9.9 |
| Two eggs, sausage, bacon, mushroom, roast cherry tomato and homemade smoky beans, toast and butter | |
| Small Fry | 6.9 |
| One egg, bacon, sausage and smoky beans with toast and butter | |
| Wanstead breakfast (v) | 8.9 |
| Baked egg on smoky beans with fresh spinach, roast cherry tomato, mushroom and feta, toast and butter | |
| Baked eggs on toast with cherry tomato (v) | 4.9 |
| Sausage or bacon ciabatta | 4.9 |
| Granola with Greek yoghurt, honey and fresh berries (served til noon) | 4.5 |
| Porridge with honey, berries and toasted almonds (served til noon) | 4.5 |

LIKE A FRY-UP BUT NOT

ALSO NOT FRIED

Why not boost your breakfast?

| | |
|----------------------|-----|
| Sausage/bacon/egg | 2.0 |
| Mushroom/smoky beans | 1.0 |
| Second egg | 1.0 |

TOAST

Toasts, served on daily-baked Hackney wholemeal loaf. GF bread also available

Toast with butter and jam 3.3

Avocado (v) 4.5/7.5
Single slice | double

GF BREAD AVAILABLE

Bacon and Emmental melt 4.5/7.5
Single slice | double
with mustard, sun-dried tomato & smoked paprika

Mushroom Melt (v) 6.5
Brown | Ciabatta
Mushrooms with garlic, cream cheese & blue cheese.
Finished under the grill and topped off with rocket

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