



## SANDWICHES

*All served with a green herb salad*

**Isle of Mull Cheddar** £7.95  
*With Paolozzi onion jam*

**Hot Smoked Scottish Salmon** £9.25  
*With harissa crème fraîche, rocket and soft boiled egg*  
S LF

**Roast Chicken** £8.25  
*With walnut and cumin muhammara, bulgar wheat and yoghurt, wrapped in Lebanese flat bread*  
S LF N

**Peelham Farm chorizo** £7.95  
*With comte and quince jam, toasted*

**Spiced Roast Chickpeas** £7.50  
*With tomato masala, coconut yoghurt, greens, mint and coriander, wrapped in Lebanese flat bread*  
S LF V VG DF

**Smashed Avocado** £6.50  
*With za'atar spices on toast*  
S LF V VG DF

Add feta £1.50

Add Peelham Farm chorizo £1.95

S SUPERFOOD

LF LOW FAT

V VEGETARIAN

VG VEGAN

WF WHEAT FREE

DF DAIRY FREE

N CONTAINS NUTS

GF NO GLUTEN CONTAINING INGREDIENTS



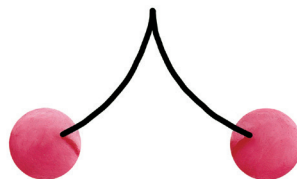
## SALADS

**Courgette, Feta & Lemon Baked Fritters** £9.50  
*With preserved lemon & cumin yoghurt, greens, nut dukkah & lebanese flat bread*  
S LF V N [WF & GF without bread]

**MILK Caesar** £9.50  
*Crisp greens, tahini & almond dressing, toasted almonds, avocado, sesame & hemp seed crumb and garlic & herb crisp bread*  
S LF V VG DF N [WF & GF without bread]

**Summer Superfood** £9.50  
*Feta, avocado, quinoa, cherry tomatoes, rocket, toasted pumpkin seeds, chickpeas and sunflower seed & basil vinaigrette & lebanese flat bread*  
S LF V  
[WF & GF without bread, DF & VG without feta]

Add roast chicken to your salad £1.75



## DAILY SEASONAL DISHES

*Ask your server for today's options*

**Seasonal Soup of the Day** £4.75  
*Served with artisan wholemeal bread*  
V

**Soup and Half a Sandwich** £7.95  
*Add £1.75 for Smoked Salmon*

**Seasonal Hot Dish of the Day** £9.95

**Seasonal Quiche of the Day** £8.50  
*Made with Scottish free range eggs.  
Served with salad*

## SIDES

*Add a side to your main meal*

**Oven Baked Chips with Aioli** £2.95

V VG WF DF GF

**Chilli & Fennel Marinated Olives** £2.60

S LF V VG WF DF GF

**Walnt and Cumin Muhammara** £3.50

*With garlic & herb crisp bread*

S LF V VG DF N



## KIDS

**Seasonal Baby Puree** £1.95

*Pureed vegetables with nothing added. Ask a server for today's options*

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**Soup** £2.95

*Served with artisan wholemeal bread*

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**Toasted Cheese & Apple** £3.95

*Artisan wholemeal bread, with Orkney Cheddar and grated apple*

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**Toasted Cheese & Ham** £3.95

*Artisan wholemeal bread, with Orkney Cheddar and Scottish honey roast ham*

**Lunch Box** £4.95

*Ham or cheese sandwich, MILK's homemade flapjack, crunchy veggies/fruit, fruit juice and Super Moon lentil puffs*

Any of the dishes on our menu (apart from sides) can be ordered as a half portion for children for half the price

## WINE

175ml 250ml Bottle

### SPARKLING

**Prosecco Frizzante, La Jara, Veneto, Italy** £19.95

*Organic & vegan*

### WHITE

**Sauvignon Blanc, Domaine Levin, Loire, France**

*Organic* £4.95 £6.50 £18.95

**Oris Bianco, Ciu Ciu, Falerio, Italy** £21.95

*Organic & vegan*

### RED

**Montepulciano 'ERA' Cantine Volpi, Abruzzo, Italy**

*Organic* £4.95 £6.50 £18.95

**Bacchus Rosso, Ciu Ciu, Piceno, Italy** £21.95

*Organic & vegan*

### ROSÉ

**Les Galets, Chateau Mourgues, Costieres de**

**Nimes, France**

£21.95

*Organic*



### BEER

**Paolozzi** £3.95

*Edinburgh Beer Factory, 5.2% 330ml*

*A Munich style lager created with Edinburgh flair & Italian technology*

**Lawless Village IPA** £3.95

*Bellfield Brewery, Edinburgh, 4.5% 330ml*

*Gluten-free small batch craft beer from Portobello*

**Bohemian Pilsner** £3.95

*Bellfield Brewery, Edinburgh, 4.5% 330ml*

*Gluten-free small batch craft beer from Portobello*