Little Dove
COFFEE • FOOD • WELLNESS

BREAKFAST & LUNCH

Gluten-free bread available on request

I'M TOAST (V) — £13.50
Sourdough, spinach, goat's cheese, fresh figs, honey, walnuts and cherry tomatoes. Add poached eggs +£2.00

AVO MANGO SMASH (V) — £13.95
Avocado, fresh mango, cherry tomatoes, microgreens, two poached eggs and lime dressing on sourdough.

SMOKED SALMON TOAST — £14.50
Smoked salmon, avocado, whipped cream cheese, cucumber, radish, capers, pickled red onion and dill on sourdough.

GYM DUDE HIGH PROTEIN — £14.50
Short-rib omelette and spinach with sourdough. Add cheddar or Parmesan +£1.00 each.

KIMCHI TOFU TOAST (VG) — £13.95
Scrambled tofu, kimchi, kale, tamari, sesame oil and seeds on toasted sourdough, with avocado and chilli oil.

THE FULL MONTY — £14.95
Two free-range eggs, bacon, Cumberland sausage, grilled tomato, portobello mushrooms, hash browns, baked beans and sourdough.

SHAKSHUKA (V) — £13.50
Baked eggs in spiced tomato and pepper sauce with roasted red peppers, onions, herbs and feta, served with sourdough.

THE GARDEN BREAKFAST (VG) — £13.95
Beetroot hummus, falafel, avocado, roasted tomatoes, spinach, portobello mushroom and sourdough.

WILD MUSHROOM BENEDICT (V) — £14.50
Poached egg, portobello mushroom, spinach, goat's cheese and hollandaise sauce.

TURKISH SUNRISE — £13.95
Eggs, grilled sucuk, halloumi, cherry tomatoes, avocado, beetroot hummus, olives, jam and toasted sourdough.

HEALTHY BOWLS

Wholesome ingredients, full of flavour

SALMON POWER BOWL — £13.95
Grilled salmon, quinoa, avocado, roasted vegetables, edamame, mixed leaves and honey-mustard balsamic dressing.

CHICKEN PROTEIN BOWL — £14.95
Grilled chicken, quinoa, avocado, cherry tomatoes, roasted vegetables, mixed leaves and honey-mustard balsamic dressing.

GREEN GODDESS BOWL (V) (GF) — £13.95
Roasted cauliflower, chickpeas, avocado, quinoa, mixed leaves, seeds and honey-mustard balsamic dressing.

ARGENTINIAN STEAK BOWL — £16.95
Grilled steak, quinoa, roasted vegetables, avocado, cherry tomatoes, mixed leaves and honey-mustard balsamic dressing.

MEDITERRANEAN HALLOUMI BOWL (V) — £13.95
Grilled halloumi, quinoa, roasted vegetables, beetroot hummus, avocado, mixed leaves and honey-mustard balsamic dressing.

TUNA & MANGO BOWL (GF) — £15.95
Tuna, mango, avocado, edamame, quinoa, mixed leaves and honey-mustard balsamic dressing.

AÇAÍ BOWL (VG) — £12.95
Organic açaí, banana, berries, granola, chia seeds, coconut, almonds and peanut butter.

SKYR POWER BOWL (V) — £11.50
Skyr, fresh berries, banana, peanut butter and crunchy granola.

CLASSIC PANCAKES — £12.95
Berry compote, Nutella, honey or maple syrup, banana, blueberries, bacon or strawberries. Vegetarian without bacon.

FRENCH TOAST (V) — £12.95
Thick-cut sourdough with vanilla and cinnamon, berries, maple syrup and icing sugar.

V VEGETARIAN VG VEGAN GF GLUTEN-FREE

Dietary labels depend on ingredients and preparation; please tell our team about allergies.

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SANDWICHES

Homemade bread · Gluten-free bread available

KEEP IT CLEAN (VG) — £11.95
Beetroot hummus, falafel and grilled vegetables.

PURE PROTEIN
Grilled chicken or Argentinian steak with caramelised onions, provolone, rocket and mustard mayo. Served with chips. Steak £16.50 · Chicken £13.50.

TUNA MELT — £13.95
Tuna, red onion, capers, tomato, sweetcorn, melted provolone and lemon mayo.

SPICY TOFU (VG) — £13.50
Avocado, tofu, sweetcorn, spring onion and lime-sriracha sauce.

THE HOT HONEY SUJUK & HALLOUMI SANDWICH — £12.50
Halloumi, crispy sujuk sausage, roasted red peppers, rocket, garlic mayo and hot honey.

NO GLUTEN, NO PROBLEM

Gluten-free favourites

GLUTEN-FREE PIZZA MARGHERITA (V) (GF) — £14.90
Tomato sauce, mozzarella, fresh basil and olive oil.

ADD TOPPINGS — £1.50 each
Mushrooms, olives, rocket, roasted peppers, cherry tomatoes, halloumi, chicken or sliced chilli.

GLUTEN-FREE CHICKEN WRAP (GF) — £13.50
Grilled chicken, mixed leaves, tomato, cucumber, red onion and garlic aioli in a gluten-free wrap.

GLUTEN-FREE CHICKEN GOUJONS (GF) — £14.50
Crispy gluten-free chicken goujons with truffle chips and garlic aioli.

GLUTEN-FREE BURGER (GF) — £15.90
Argentinian beef burger with provolone, all the trimmings and chips. Add provolone +£2.00. Gluten-free bun.

SWEET TREATS

Gluten-free selections

CHOCOLATE BROWNIE (GF) — £6.95
Rich and fudgy, with vanilla ice cream.

CHOCOLATE FONDANT (GF) — £6.95
Warm molten chocolate fondant with vanilla ice cream.

CRÈME BRÛLÉE (GF) — £6.95
Vanilla crème brûlée with a caramelised sugar crust.

ALMOND TART (GF) — £6.95
Passion-fruit flavours with silky-smooth vanilla custard.

ALLERGEN ADVICE

Please tell our team about any allergies or dietary requirements.
Our kitchen handles nuts, gluten and other allergens; cross-contact is possible.
We cannot guarantee the absence of traces.

V VEGETARIAN VG VEGAN GF GLUTEN-FREE

Gluten-free options require suitable ingredients and preparation; please check with staff.