



# EAT

## Breakfast

- Pastries from £1.20
- Granary toast two slices with choice of toppings £2.00
- Muesli with yoghurt/milk and fresh fruit £3.00
- Porridge with choice of toppings £2.50
- Full veggie breakfast fried/scrambled eggs, beans, garlic mushrooms, halloumi and fried tomatoes on granary toast, plus tea or coffee £7.00
- Eggs on toast fried or scrambled £3.00
- Halloumi and fried egg bap £4.00

## Wraps

*Khobez: Mediterranean flatbread*

- Falafel £4.50 **V**
- Halloumi £4.50
- Roasted vegetables £4.50 **V**
- Feast falafel, halloumi, roast veg 6.50

*Tortilla: Mexican flatbread*

- Veg burrito veg chilli with yoghurt and cheese £4.50 **S**
- Quesadilla toasted, with cheese and vegetables £4.50
- Houmous and salad served cold £3.50 **V**
- Bean and cheese served cold £3.50

## No bull burgers

*Served in a granary bun with relish and salad*

- Soul burger black eyed beans, aubergine and herbs £4.00 **V**
- Lentil and nut burger £4.00 **V S**

## Mains

- Tarka dal north-Indian staple with choice of rice or flatbread £4.50 **V**
- Veg chilli sumptuous chilli, with cheese and yoghurt £6.00 **S**
- Mezze houmous, olives, flatbread, falafels and selection of salads £6.00 **V**
- Salad platter seriously filling plate of daily salads £5.00 **V**

## Sides

- Double-fried chips £2.50 **V**
- Side salad three salads from the daily selection £2.50 **V**
- Organic tortilla chips with homemade houmous £2.50 **V**
- Mini mezze khobez bread, houmous and olives £3.00 **V**

# DRINK

## Coffee

*Freshly ground from Clifton Coffee Co's Fairtrade organic beans, with organic dairy or soya milk*

- Espresso £1.80
- Americano £1.80
- Latte £2.20
- Flat white £2.20
- Cappuccino £2.20
- Mocha £2.60

*any coffee  
£1.50 before  
10am on  
weekdays*

## Tea and chocolate

*With organic dairy or soya milk*

- Breakfast tea £1.50
- Herbal and fruit teas £1.50
- Hot chocolate £2.50

## Soft drinks

- Fentimans curiosity cola £2.00
- Fentimans Victorian lemonade £2.00
- Fentimans mandarin and Seville orange £2.00
- Fentimans ginger beer £2.00
- Fruit juices from £1.50

## Hard drinks

- Bristol Beer Factory beers from £3.50 (500ml)
- Wyld Wood organic cider £3.70 (500ml)
- Ashton Press dry cider £3.70 (500ml)
- Budweiser Budvar lager £3.50 (500ml)
- Sol lager £3.00 (330ml)
- Wine by the glass medium (175ml) £3.50,
- Wine by the bottle from £12.00
- Spirits from £2.50 (25ml), or £3.50 with mixer

*add £2 for  
chips, £1  
for each  
extra filling*

*add £2 for  
chips, 50p for  
cheese, £1 for  
halloumi, £2  
for a double*

*see board for  
daily soups  
and specials*

**V** everything's vegetarian  
**V** means it's vegan  
**S** means it's a bit spicy

# Why we roll

Cycling is fun, healthy, affordable, and sustainable. Simple as that.

# How we roll

Roll for the Soul is a not-for-profit organisation. That means we charge for our services so that we can pay our staff and our bills, but any money left after that is used to achieve our social aims.

# Where we're rolling to

We have six clear social aims.

- Help more people enjoy the benefits of cycling
- Provide a home for Bristol's cycling community, celebrating our cycling culture
- Offer a friendly, welcoming and fun environment for all, making cycling normal
- Support cycling social enterprises through whatever means, including financially
- Pay a living wage in an excellent working environment
- Contribute positively to our community and our city

# Where we've rolled from

We're inspired by all the great grassroots cycling activity in Bristol. Especially close to our hearts are our two partners.

- The Bristol Bike Project is a comprehensive community project, repairing and relocating unwanted bikes, helping people from all walks of life get out on two wheels.
- The annual volunteer-run Bristol Cycle Festival is a celebration of the city's cycling scene. We want to capture the same atmosphere all year round.

We wouldn't exist without them, or the rest of the people who ride and do stuff with bikes in Bristol.

## The cafe meet, eat, drink, hang out

- healthy, hearty, affordable fresh food
- Fairtrade organic coffee and homemade cakes
- licensed bar for post-ride refreshment
- free wi-fi
- parties and outside events catered for

## The workshop keeping you riding

- welcoming and helpful mechanics
- repairs and servicing to any bike
- competitive prices
- parts, accessories and clothing sales
- teaching and tuition
- bikes for hire

## The hub learn, discover, create

- inspiring talks and films
- cycling TV coverage and live streaming
- information on local cycling groups, rides, events, businesses
- room hire for meetings, workshops, parties, live music and other functions

[facebook.com/RftSBristol](https://facebook.com/RftSBristol)

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[twitter.com/RftS\\_Bristol](https://twitter.com/RftS_Bristol)

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