

*Eat In, Take Away, Delivery*



**NELLIES**  
**AT THE POSTGRAD**

## Café Menu

Monday- Friday 7am-4:30pm



*Nellies at the postgrad*



*@nelliesatthepostgrad*

*Find us at the Postgraduate Medical Centre.*

**nelliescafe.co.uk 01752 430935 hello@nelliescafe.co.uk**

**NELLIES HOMEMADE GRANOLA:** £3.50

Homemade granola, with berry compote, soya yoghurt & toasted coconut (V, VG)

**TOAST & STUFF:** £2.00

2 slices of buttered toast served with one of the following Strawberry jam, marmite or honey (Make me GF)

**CARROT CAKE PORRIDGE:** £4.00

Porridge made with Cinnamon, Nutmeg, maple syrup, vanilla & grated carrot topped with berries & toasted coconut. (V, VG, GF)

**NELLIES MUFFIN:** £5.00

sausage patty, bacon, cheese, hot sauce & egg in a toasted muffin or Make it veggie with sweet potato hash brown, smashed avo, egg, cheese & hot sauce. (V)

**NELLIES BREAKFAST:** £6.50

sausage patty, bacon, sweet potato hash brown, homemade baked beans, tomatoes, mushrooms, egg & toast.

**VEGAN BREAKFAST:** £6.50

scrambled seasoned tofu, tomatoes, sweet potato hash brown, garlic & oregano mushrooms, beans, smashed avo & toast. (V, VG, make me GF)

**EGGS ROYAL:** £7.50

2 poached eggs, with smoked salmon, buttered spinach, toasted muffin and chive hollandaise.

**BAKED SWEET POTATO:** £7.50

Filled with grated salad (beetroot, carrot, radish, red onion & apple) & lemon yoghurt topped with crunchy maple seeds, rocket & vegan feta. (V, VG, GF)

**CHICKEN SHAWARMA:** £8.50

Shredded marinated chicken, served on homemade flatbread with, sweet pickled red cabbage, lettuce, pico de gallo, paprika fries, pomegranate & lemon & garlic yoghurt.

**THE MONTE CRISTO SANDWICH:** £6.00

3 layers of brioche bread loaded with butcher's ham & mature cheddar soaked in egg and pan-fried French toast style served with a drizzle of maple syrup.

**NACHO LOADED FRIES:** £6.00

skinny fries, loaded with Pico de Gallo, Nellies fried chicken, cheddar cheese, smashed avo, jalapeños & BBQ sauce.

**NELLIES BRUNCH BURGER:** £9.00

6oz patty with bacon, cheese, sweet potato hash brown, smashed avo, fried egg, lettuce, tomatoes served in a brioche bun with skinny fries

**NELLIES MEATY VEGAN BURGER:** £8.00

Meaty meat free patty, with vegan cheese, lettuce, tomato, sweet pickled red cabbage & BBQ sauce served in a brioche bun with skinny fries (V, VG) (gluten free buns available on request)

**PRAWN & TOFU LAKSA:** £6.50

Lightly spiced coconut Malaysian noodle soup with king prawns & tofu

**SOUP OF THE MOMENT:** £4.50

seasonal soups with a Nellies twist. (make me GF)

**NELLIES SALAD BOXES:**

ready boxes to grab & go

**VEGAN GREEK BOWL:** £5.50

Olives, sundried tomatoes, vegan feta, salty croutons, roasted chickpeas & cucumber (V, VG)

**CAULIFLOWER GRAINS BOWL:** £5.50

Roasted chickpeas, shawarma cauliflower, quinoa, beetroot, sundried tomatoes, cucumber, garlic & lemon yoghurt. (V, VG, GF)

**SMOKED SALMON POKE BOWL:** £5.50

smoked salmon, edamame beans, pickled red cabbage, carrot, smashed avocado, radish & quinoa topped with sesame seeds & siracha mayo. (GF)

**OAT COATED CHICKEN:** £5.50

kale, spinach, mange tout, diced spicy potatoes, salsa & boiled egg

**BAGUETTES** (available on white or brown) £4.00

Egg mayo, spring onion & rocket (V)  
Bacon, lettuce, tomato, avocado & mayo  
Vegan Banh Mi (V, VG) (pickled red cabbage, carrot, tofu, coriander & hot sauce)

**PANINIS** £4.00

Roasted spiced chick peas, peppers, red onions, smashed avo, tomato chutney & vegan cheese (V, VG)

Chicken, bacon, bbq & cheddar melt

Tuna & spring onion melt

(Gluten free bread available on request)

Food at Nellies is freshly prepared meaning at busy times there may be a slight wait, if this is the case you will be informed when ordering. If you are on your break and limited for time, we do encourage you to pre-order to avoid delay. You can also check out our delivery service to have food delivered direct to you if you are unable to get to us. We take great care in the preparation of our food, and all staff are trained in allergen awareness. Please ask about allergens and to see our allergen index.