

BREAKFAST

Full Scottish Breakfast £14.90

Crispy bacon, haggis, black pudding, your choice of pork link or Lorne sausages, egg cooked your way (fried, poached or scrambled), grilled tomato, tattie scone, toasted bread and butter

Eggs Benedict £11.95

*Toasted English muffin, perfectly poached eggs with silky yolk, and finished with our homemade hollandaise sauce. Add haggis, black pudding, crispy bacon, pork sausage (Link or Lorne), fresh avocado or Swiss cheese for **+£1 each***

Ritual's Muffin £7.95

Toasted English muffin filled with crispy bacon, black pudding and a freshly egg patty

Eggs on Toasted Sourdough £8.90

*Creamy scrambled eggs served on toasted bread. Add haggis, black pudding, crispy bacon, pork sausage (Link or Lorne), fresh avocado or Swiss cheese for **+£1 each***

Breakfast Rolls

1 Filling £3.25

2 Fillings £3.95

3 Fillings £4.50

Choose your fillings: Bacon, Sausage (Link or Lorne), Black pudding, Haggis, Swiss cheese, Egg (fried, poached or scrambled), fresh Tomato.

Pancakes £9.50

Choose between Maple Syrup & Bacon OR Banana & Nutella

Porridge £6.50

Choose your milk between Oat, Coconut, Almond, Soya, Whole or Semi skimmed.

*Add maple syrup **£0.50**, banana **£1**, honey free*

SANDWICHES AND LUNCH

Sandwiches £9.50

Parma Paradise

Parma Ham, basil mayo, fresh tomato, rocket

CapRitual

Fresh mozzarella, fresh tomato, basil mayo, fresh mint

Manhattan

Pastrami, mustard mayo, Swiss cheese, pickles

Hispanic

Chorizo, sriracha mayo, roasted red peppers, rocket, Swiss cheese

Milano Delight

Salame Milano, grilled courgettes, cream cheese, rocket

Veggie Glory

Grilled vegetables (aubergines, courgettes, red peppers) Hummus

All served with side salad

Lunch

Walnut Pesto Pasta £8.95

Pasta tossed in our homemade walnut pesto, finished with freshly grated Italian cheese

Vegetarian Quiche £6.50

French-style vegetarian quiche, served with toasted sourdough

Roasted Vegetables Cous Cous £7.50

Cous Cous with roasted vegetables, served with drizzle of extra virgin olive oil and fresh mint

Special of the Day £8.95

Ask at the counter for today's Special

DRINKS

FRESHLY MADE

Fresh Orange Juice _____ **£4.50**

Freshly Squeezed to Order

Fresh Smoothies _____ **£6.50**

Ask at the counter for daily fresh fruits and vegetables

SOFT DRINKS

Coke _____ **£2.95**

Diet Coke _____ **£2.95**

Coke Zero _____ **£2.95**

Old Jamaica Ginger Beer _____ **£2.95**

San Pellegrino Limonata _____ **£2.95**

San Pellegrino Blood Orange _____ **£2.95**

San Pellegrino Lemon and Mint _____ **£2.95**

Cawston Elderflower Lemonade _____ **£2.95**

Sparkling and Still Water _____ **£2.95**

Yoga Italian Juice _____ **£3.20**

(Peach, Pear, Green Apple, Orange/Carrot/Lemon, Pineapple)

COFFEES AND ICED DRINKS

COFFEES & TEAS

Americano _____ £3.20

Espresso _____ £2.70 - £3.10

Cappuccino _____ £3.80 - £4.10

Latte _____ £3.90 - £4.20

Flat white _____ £3.90

Hot chocolate _____ £4

Chai latte _____ £4

Dirty Chai Latte _____ £4.30

Matcha Blue, Red, or Green _____ £4.30

Tea and Herbal Tea _____ £3

(Scottish Breakfast, Earl Grey, Berry Hibiscus, Sencha, Tropical Green,
Peppermint, Chamomile & Citrus)

ICED COFFEES & TEAS

Americano _____ £3.50

Cappuccino _____ £4 - £4.30

Chai Latte _____ £4.20

Dirty Chai Latte _____ £4.50

Chocolate _____ £4.20

Latte _____ £4.10 - £4.40

Matcha Blue, Red, or Green _____ £4.50

Tea and Herbal Tea _____ £3.20