

# *Herb's*

Our menu brings together fresh pastries, vibrant bowls, lighter plates, speciality smoothies and barista-crafted coffee — simple, nourishing food prepared with care, perfect for those moments to pause and savour the day.

## VITALITY CUPS

### **Bircher Muesli, 4.00**

Rolled oat, apple, honey, soya milk, sunflower seed, pomegranate, banana (G)

### **Chia Seed Pudding, 4.50**

Chia seed porridge, mango, berry compote, coconut yoghurt (VG)

### **Matcha Berries, 5.50**

Greek yoghurt, matcha, fresh berries, pumpkin seed granola (G\*, M)

## SANDWICHES

### **Old Course Stack, 6.50**

Kaiser bun, smoked streaky bacon, sausage, omelette, cheddar (G\*, M)

### **Salmon Cheese Croissant, 7.00**

Smoked Scottish salmon, cucumber, cream cheese, chives (G, M)

### **Tuna Melt, 6.75**

Ciabatta, tuna, red onion, mayonnaise, cheddar cheese (G\*, M)

### **Chicken Wrap, 6.50**

White tortilla wrap, grilled chicken, avocado, rocket, red pesto (G\*, D)

### **Falafel Wrap, 6.00**

Wholegrain tortilla wrap, falafels, coriander hummus, tomato, rocket (G\*, VG)

G – Cereals containing gluten | M – Milk | N – Tree nuts | VG – Vegan | V – Vegetarian  
\* – can be adapted to suit

WE LABEL CEREALS CONTAINING GLUTEN, MILK, AND TREE NUTS ON OUR MENU. FULL INFORMATION ON ALL 14 LEGAL ALLERGENS IS AVAILABLE ON REQUEST. DUE TO SHARED EQUIPMENT, SURFACES, AND AIRBORNE PARTICLES, WE CANNOT GUARANTEE ANY DISH IS ALLERGEN-FREE. PLEASE SPEAK TO US ABOUT ANY ALLERGIES OR INTOLERANCES BEFORE ORDERING. PRICES ARE IN POUNDS STERLING.

## SALAD BOWLS

### **Chicken Caesar, 7.50**

Baby gem, grilled chicken, parmesan, Caesar dressing, crouton (G\*, M)

### **Hot Smoked Salmon, 8.50**

Salmon, avocado, cherry tomato, mixed leaves, honey mustard dressing, fresh cucumber (G\*)

### **Orzo Pasta Bowl, 6.00**

Orzo pasta, roasted Mediterranean vegetables, red pesto, pickled red onion, black olives (G VG)

G – Cereals containing gluten | M – Milk | N – Tree nuts | VG – Vegan | V – Vegetarian  
\* – can be adapted to suit

WE LABEL CEREALS CONTAINING GLUTEN, MILK, AND TREE NUTS ON OUR MENUS. FULL INFORMATION ON ALL 14 LEGAL ALLERGENS IS AVAILABLE ON REQUEST. DUE TO SHARED EQUIPMENT, SURFACES, AND AIRBORNE PARTICLES, WE CANNOT GUARANTEE ANY DISH IS ALLERGEN-FREE. PLEASE SPEAK TO US ABOUT ANY ALLERGIES OR INTOLERANCES BEFORE ORDERING. PRICES ARE IN POUNDS STERLING.

## BAKERY

If you would like your treat warmed, please ask your server

Butter Croissant, 4.00 (G, M)

Cinnamon Swirl, 4.00 (G, M)

Chocolate New York Roll, 6.00 (G, M)

Plain Scone, 4.25 (G)

Fruit Scone, 4.50 (G)

Gluten-free Fruit Scone, 5.00

Lemon Meringue Tart, 6.00

Raspberry Croissant, 4.00 (G, VG)

Blueberry Bakewell, 5.00 (G, VG)

Honeycomb Rocky Road, 5.00 (G)

Iced Cinnamon Bun, 6.95 (G)

Carrot Cake, 6.00 (G, M)

Lemon Muffin, 4.75 (G, M)

Chocolate Muffin, 4.75 (G, M)

Double Chocolate Cookie, 2.50 (G, M)

White Chocolate & Raspberry Cookie 4.75 (G, M)

G – Cereals containing gluten | M – Milk | N – Tree nuts | VG – Vegan | V – Vegetarian  
\* – can be adapted to suit

WE LABEL CEREALS CONTAINING GLUTEN, MILK, AND TREE NUTS ON OUR MENU. FULL INFORMATION ON ALL 14 LEGAL ALLERGENS IS AVAILABLE ON REQUEST. DUE TO SHARED EQUIPMENT, SURFACES, AND AIRBORNE PARTICLES, WE CANNOT GUARANTEE ANY DISH IS ALLERGEN-FREE. PLEASE SPEAK TO US ABOUT ANY ALLERGIES OR INTOLERANCES BEFORE ORDERING. PRICES ARE IN POUNDS STERLING.

## SMOOTHIES

add collagen or protein, £2.00

### **The Green Keeper, 5.00**

*Hearty & Satisfying*

Greek yoghurt, spinach, green apple, kale, lemon, mint (M)

### **Breakfast Blend, 5.00**

*Iron-rich & Earthy-sweet*

Scottish oats, banana, cinnamon, almond milk, almond butter (G, VG)

### **Berry & Beetroot, 6.00**

*Protein & Energy*

Scottish blackberries, beetroot, coconut yoghurt (VG)

## JUICES

Fresh Orange, 3.50

Fresh Apple, 3.50

Ginger & Turmeric Shot, 2.50

Ginger & Collagen Shot, 2.50

Ginger & Beetroot Shot, 2.50

Huel Peach & Hibiscus, 4.50

G – Cereals containing gluten | M – Milk | N – Tree nuts | VG – Vegan | V – Vegetarian  
\* – can be adapted to suit

WE LABEL CEREALS CONTAINING GLUTEN, MILK, AND TREE NUTS ON OUR MENUS. FULL INFORMATION ON ALL 14 LEGAL ALLERGENS IS AVAILABLE ON REQUEST. DUE TO SHARED EQUIPMENT, SURFACES, AND AIRBORNE PARTICLES, WE CANNOT GUARANTEE ANY DISH IS ALLERGEN-FREE. PLEASE SPEAK TO US ABOUT ANY ALLERGIES OR INTOLERANCES BEFORE ORDERING. PRICES ARE IN POUNDS STERLING.

## SPECIALITY LATTE

### **Rose Vanilla Latte, 5.75**

Espresso, madagascan vanilla syrup, milk, rose water

### **Salted Caramel Latte, 5.50**

Espresso, caramel, sea salt, milk

### **White Chocolate Pistachio Latte, 5.75**

Espresso, pistachio, white chocolate. milk

### **Hojicha Shaken Espresso, 5.75**

Espresso, hojicha, brown sugar, cinnamon, oat milk

### **Cardamon Chai Latte, 5.25**

Spiced black chai tea, cardamom, milk

### **Lavender Earl Grey Latte, 5.50**

Lavender infused earl grey, steamed milk

### **Strawberry & Cream Matcha Latte, 5.50**

Matcha, strawberry, cream

### **Vanilla Matcha Latte, 5.25**

Matcha, vanilla, milk

## **BOTANICAL WELLNESS**

### **Golden Glow Matcha Latte, 5.50**

Matcha, turmeric, ginger, almond milk

### **Coconut Collagen Latte, 6.00**

Espresso, collagen, coconut milk, madagascan vanilla syrup, maple

### **Camu Camu Iced Tea, 6.00**

White tea, camu camu berry, mint, lemon

### **Sea Buckthorn Citrus Sparkle, 5.50**

Sea buckthorn, orange, agave, lemon, sparkling water

## COFFEE

Espresso, 2.75

Machiato, 3.25

Latte, 4.25

Flat White, 4.50

Americano, 3.00

Capuccino, 4.00

Hot Chocolate, 4.70

Mocha, 4.50

## TEA

English Breakfast, 4.00

Earl Grey, 4.00

Gunpowder Green, 4.00

Matcha, 4.00

Hojicha, 4.00

Iced Tea, 5.00

## SOFT DRINKS

Still Water, 2.50

330ml bottle

Sparkling Water, 2.50

330ml bottle

Coke, 3.00

Diet Coke, 3.00

Coke Zero, 3.00

Irn Bru, 3.00

Diet Irn Bru, 3.00

Sprite Zero, 3.00

Fanta Zero, 3.00