

All of our coffee is locally produced and roasted by Artisans in Essex,
as well as many of our ingredients and products.

Drinks

Coffee – Home Blend		Soft Drinks (see fridge)	
Americano	2.40	Freshly squeezed orange juice	2.95
Latte	2.40	Tillys mock-tails	1.90
Cappuccino	2.40	San Pellegrino cans	1.60
Flat white	2.40	Belvoir cans	1.60
Espresso single	1.45	Fentimans natural botanicals	1.90
Espresso double	1.75	Cawston press apple juices	1.60
Macchiato	+10p	Cawston press cans	1.60
Mocha	2.60	Vita coca coconut water	1.95
Hot chocolate	2.60	Still/Sparkling water	0.99
Also Available:		Coke, lemonade, diet coke, cream soda	0.95
Extra shot	+40p	Smoothies/Shakes	
decaff/soya or almond milk	+40p	Mixed berry	
Syrup Shots		(raspberries, strawberries, blueberries, half banana, low fat greek yogurt. Blended with ice)	
Hazelnut/vanilla/ caramel	+40p	All green	
Speciality Loose Leaf Teas		(cucumber, fresh mint, apple juice. Blended with ice)	
English breakfast	2.00	Basic protein shake	
Sapphire earl grey	2.00	1.5 scoops protein powder (vanilla) - 20g nut butter	
Egyptian mint	2.00	(Peanut, almond, chocolate almond, chocolate coconut)	
Persian pomegranate	2.00	Almond milk. Blended with ice.	
Wild encounter	2.00	Espresso protein shake	
Citrus chamomile	2.00	1.5 scoops protein powder, double shot espresso,	
Dragon well Green tea	2.00	scoop of cocoa powder, almond milk	
Mighty matcha green tea	2.20		

Breakfast

Freshly baked pastry		Sandwiches	
(pain au chocolate, pain au raison, pecan twist)	1.50	(thick cut bloomer, white or granary, Sourdough & Gluten free)	
Toast or Bagel	2.50	Bacon or sausage	
(With jam/Local honey/Preserve Peanut butter/Marmite)			
Croissants		Toasties	
With jam & butter	2.00	Breakfast club sandwich	
With Suffolk ham and emmental	2.75	(Chutney, Egg Mayo, Bacon, Sausage)	
Bagels (Toasted of course)		Healthier Choices	
With jam & butter	2.20	Protein pancake stack	
With smoked salmon	4.50	(Served with fresh berries, low fat yogurt and drizzled in local honey)	
And cream cheese		Add:	
Charlies Eggs		(protein peanut butter, protein almond butter, protein chocolate almond butter, chocolate coconut peanut butter)	
Scrambled eggs, sourdough toast. Topped with parma ham or Scottish smoked salmon	5.50	Charlie's fruit salad	
French toast. Scrambled eggs. And smoked streaky bacon. Served with maple syrup.	6.50	(Fresh berries, low fat yogurt and local honey topped with granola)	
Charlies omellete plain	5.00	Porridge	
or add – ham, cheese, tomato. bacon on the side		Plain and simple	
Extras:	+50p	Or add local honey, jam	
Egg, bacon, tomato, ham, salmon, cheese, toast		Protein powder	
		With apples in cinnamon	
		With banana and 70% dark choc chips	



LUNCH

From the counter, served cold or warm (Freshly prepared daily)

Homemade square quiche 4.80
(Butternut squash and feta, mushroom and Gruyère,
Ham leek and stilton, Quiche Lorraine – bacon and cheese)

(With side salad) 5.50

Large free-range scotch egg 3.50

(With side salad) 5.50

Available Flavours:

Classic/Scrumpy apple/Vegetarian/Gluten free

The Baguettes (toasted, with side salad)

Suffolk ham, mature cheddar & chutney 5.50

Chutney, tomato or caramelised onion 5.50

Mozzarella, sun-dried tomato & basil 5.50

Brie, grape, rocket, pear and walnut chutney 4.90

Ciabatta (toasted, with side salad)

Tuna nicoise 5.50

(Tuna, boiled egg, capers, tomato & rocket)

Chicken, peppered mayo & rocket 5.50

The Baps (served with side salad)

BBQ pulled pork 5.75

(Home made BBQ pulled pork, topped with homemade slaw.
Best served warm)

Add cheese +40p

Bagels (served with side salad)

Smoked salmon and cream cheese 5.75

The wall street 5.95

(Pastrami, mustard mayo, pickles and lettuce)

Sandwiches

(thick cut bloomer, white or granary. Sourdough. Gluten free)

Turkey breast, cranberry, home made stuffing 5.75

Charlie's famous club – served on sourdough 5.20

(Chicken, avocado, bacon, tomato, egg and mixed leaf,
topped with chutney. Lightly toasted)

Home made soups & pasta (please ask up at the counter)

Super-food salad

(Freshly prepared with couscous/quinoa, roasted vegetable, mixed leaves,
broccoli, green beans topped with pumpkin seeds and home made coleslaw)

With steamed chicken and boiled egg 6.50

With Charlies chicken, avocado mix. Topped with pomegranate seeds 6.75

With smoked salmon and king prawns 6.50

With sweet chilli crayfish and king prawns 6.50



Our food is freshly prepared in our little kitchen and we try to keep it fully
available all day, however we can sell out on certain popular lines,
but don't worry, everything tastes great!