

BREAKFAST & BRUNCH

SERVED 9-12

HUSTLE & CO

Prince Albert Row, 71 Station Parade, Harrogate, HG1 1ST. 01423 552844
www.hustleandco cafe.co.uk hello@hustleandco cafe.co.uk

OATS 6.50

A generous serving of hot organic porridge oats

GF ON REQUEST

Coconut and Chia VE | DF cooked oats with coconut milk and fresh banana, topped with toasted coconut flakes, chia seeds and agave drizzle

Stoned Fruit Melba VE | DF a bowl of springtime goodness, with oat milk, house-made fruit compote, dairy or non-dairy yoghurt topped with omega seeds

Almond and Cherry VE | DF | N a blissful bowl of Bakewell flavours, almond milk and almond syrup, served with sweet cherries and coulis topped with candied almond brittle

PANCAKES

'LOCALLY FAMOUS' GF | DF | LF

The Savoury 12.50

Turmeric sweetcorn hotcakes with avocado salsa, maple glazed crispy bacon and chilli fried hens egg

GO VEGAN with avocado salsa, wilted spinach, balsamic roasted baby vine tomatoes, chimichurri and vegan feta **ADD** · *Sauteed mixed mushrooms* +2.50

The Sweet **VE | P** 10.00

Stoned Fruit Melba with maple cream cheese, topped with candied almond brittle

GRANOLA VEo | GF 6.50

A gluten free energy boosting bowl of house-made goodness

Our GF toasted oat granola is packed with nuts, seeds & dried berries, baked for the perfect crunch with high grade Canadian maple and *partnered with* Greek yogurt (non-dairy available) and spring fruit compote

WRAPS & BAGELS 9.50

Multigrain Bagel | GFo or ask for today's choice of tortilla wrap

Crispy chicken with rocket, red peppers, house creole mayo, dressed leaves and summer slaw

Middle Eastern spiced spinach falafel with flavourful Lebanese red pepper cream, rocket and summer slaw **VE | N**

Smoked salmon with herby cream cheese, pickled pink onions on a bed of peppery rocket

Smokey, seasoned and lightly dusted crispy halloumi sticks with rocket and creole mayo and summer slaw **| V**

FRENCH TOASTS

The Savoury | GFo 12.50

Crispy Egg-soaked brioche with maple glazed streaky bacon, avocado salsa, roasted balsamic vine tomatoes, sauteed mushrooms and chimichurri drizzle **ADD** · *Sticky halloumi* +2.50 *Chilli fried hens egg* +1.75

The Sweet | N 10.00

Almond brioche French Toast served with cherry compote, Greek yogurt and candied almond brittle

HUSTLE HASH V | VEo | GF 13.50

Roasted roots, avocado, spinach, crispy smoked bacon and chorizo crowned with two poached Ian Taylor eggs, roasted balsamic vine tomatoes finished with chipotle ketchup **ADD** *Sticky halloumi* +2.50

GO VEGAN with roasted roots, avocado, spinach with sauteed mixed mushrooms, VE feta, topped with roasted balsamic vine tomatoes with chipotle ketchup **| VE | ADD** - *Sauteed tofu* +2.50

TOPPED TOAST 9.50

Choose from white poppy seeded or farmhouse granary bloomer

Smashed avocado, smoked streaky bacon and two poached Ian Taylor eggs

Sauteed mixed mushrooms finished with truffle oil, cashew cream, toasted pine nuts chimichurri drizzle **VE | DF | GFo | N**

Smoked salmon, capers and pink pickled onions on a bed of herby lemon cream cheese with avocado salsa and lemon wedge

ADD

- *Pan seared chorizo* +2.50
- *Smoked salmon* +3.25
- *Maple glazed streaky bacon* +2.75
- *Sticky halloumi* +2.50
- *Wilted spinach* +1.50
- *Avocado* +2.50
- *Feta* +1.75 · *VE feta* +2.00
- *Crispy chilli fried hens egg* +1.75
- *Sauteed mixed mushrooms* +2.50
- *with truffle oil/miso* +.25
- *Sauteed miso glazed tofu* +2.50
- *Roasted balsamic vine tomatoes with chimichurri* +2.25

BAKES & CAKES

SEE OUR BOARD FOR TODAY'S SPECIALS

All-butter croissant & Strawberry conserve
· **Almond | N** 4.00
· **Vegan Blueberry** 4.00

Toasted filled croissant 7.25

Choose:

- **Sauteed mixed mushrooms** with melted monterey jack **or**
- **Maple glazed steak** with melted monterey jack

Artisan gluten-free cinnamon and raisin bagel | GF 6.50
toasted and served with a generous portion of maple cream cheese and spring fruit compote

Toasted bloomer 3.00
Choose: white poppy seeded or granary served with butter and strawberry conserve

GOOD FOOD TAKES TIME...

Thanks in advance for your support and patience if, at peak and busy times your food takes a little longer to arrive than normal

Please ALWAYS inform a member of our staff of any **ALLERGIES** or **INTOLERANCES** before placing your order. Some dishes may contain nut traces. For allergy and intolerance information, please ask to see our allergen matrix. **DIETARIES & ALLERGENS** DF - Dairy Free | GF/GFo - Gluten Free/Options Available | V - Vegetarian | VE/VEo - Vegan/Options Available | N - Nuts P - Peanuts | A full allergen matrix is available on request.

An optional service charge of 10% will be added to your bill; every penny of your tip goes to our restaurant team.

LUNCH & LATEERS

SERVED 12 - 4.30

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GOODNESS BOWLS

Gnocchi bowl VE | GF 14.00

Little toasted pillows of gnocchi on a bed of smokey cashew cream with truffle sautéed mushrooms and dressed with flavourful chimichurri

ADD · Roasted balsamic vine tomatoes +2.00

· Crispy chicken +3.00 · Crumbled feta +1.75 · Vegan feta +2.0

· Wilted spinach +1.50 · Sticky halloumi +2.50

Mezze Salad Bowl 11.50

Choose 3 of our daily house salads and add one item from the following:

- Crispy chicken · Smoked salmon · Sticky halloumi
- Maple glazed bacon · Pan seared chorizo · Avocado salsa
- Feta VEo · Falafel bites · Smokey cashew cream
- Lebanese red pepper cream · Miso glazed tofu

And ask for a dressing on the side!

Soup bowl 6.50

A deep filled bowl of nourishing homemade soup, served with fresh doorstop bread, ask the team for today's choice

Hash bowl 13.50

Roasted roots, avocado, spinach with crispy smoked bacon and chorizo crowned with two poached Ian Taylor eggs and roasted balsamic vines tomatoes, finished with chipotle ketchup **ADD Sticky halloumi** +2.50

Vegan hash bowl 13.50

Roasted roots, avocado, spinach and sautéed mixed mushrooms, VE feta, topped with roasted balsamic vine tomatoes and chipotle ketchup **ADD Pan sautéed tofu** +2.50

SIDE HUSTLES 5.50

- Mixed house salad · Hash brown bites · Breads & oils
- Nori seasoned fries · Sweet potato fries
- Rosemary skin-on-fries · Seasoned mixed nuts
- Edamame beans with Aleppo salt seasoning

WRAPS & BAGELS 9.50

Multigrain Bagel | GFo
 or ask for today's choice of tortilla wrap

Crispy chicken with rocket, red peppers, house creole mayo, dressed leaves and summer slaw

Smoked salmon with herby cream cheese, pickled pink onions on a bed of peppery rocket

Middle Eastern spiced spinach falafel with flavourful Lebanese red pepper cream, rocket and summer slaw **VE | N**

Smokey, seasoned and lightly dusted crispy halloumi sticks with rocket and creole mayo and summer slaw **| V**

BETWEEN THE BUN 14.00

Our burgers are served on a lightly toasted pretzel bun with rocket and beef tomato. With seasoned skin-on-fries. Garnished with pickles, dressed mixed leaves and house salad

Prime beef burger with chipotle ketchup and melted Monterey Jack and zucchini dill pickle on the side

Vegan burger a middle eastern spiced house-made spinach falafel pattie with flavourful red pepper cream and rocket and pink pickled onions served on the side **| N**

Crispy chicken burger a succulent crispy chicken breast burger with creole mayo and pink pickled onions served on the side

Halloumi tower burger sticky halloumi stacked with oven roasted squash discs and roasted red pepper, served with rocket and sun-blushed tomato mayo and zucchini dill pickle on the side **| N**

ADD · Avocado salsa +2.50

· Halloumi fries +3.00

· Maple glazed bacon +2.75

· Crispy chilli fried egg +1.75

· Pan seared chorizo +2.50

UPGRADE

sweet potato fries + 1.50

LIGHT HUSTLES SERVED 2.30 - 4.30

Filled croissant 7.25

Choose from: Crispy smoked bacon
 or **Sauteed mixed mushrooms**
 with melted monterey Jack cheese

Artisan cinnamon and raisin bagel | GF 6.50

Toasted and served generously with whipped maple cream cheese and spring fruit compote

Smokey halloumi fries with creole mayo **| GF** 6.25

Lebanese red pepper dip 6.25

and dukkha flat bread **| VE | N**

Crispy chicken tenders and creole dip 6.25

Sticky chorizo in honey and cider glaze **| GF** 6.25

TOPPED TOAST 9.50

Choose from white poppy seeded or farmhouse granary bloomer

Smashed avocado, smoked streaky bacon and two poached Ian Taylor eggs

Sauteed mixed mushrooms finished with truffle oil, cashew cream, toasted pine nuts chimichurri drizzle **VE | DF | GFo | N**

Smoked salmon, capers and pink pickled onions on a bed of herby lemon cream cheese with avocado salsa and lemon wedge

ADD

· Pan seared chorizo +2.50

· Smoked salmon +3.25

· Maple glazed streaky bacon +2.75

· Sticky halloumi +2.50

· Wilted spinach +1.50

· Avocado +2.50

· Feta +1.75 · VE feta +2.00

· Crispy chilli fried hens egg +1.75

· Sautéed mixed mushrooms +2.50

- with truffle oil/miso +2.25

· Sautéed miso glazed tofu +2.50

· Roasted balsamic vine tomatoes with chimichurri +2.25

We frequently use sesame, celery and sulphates in our salads, soups and pickles. Please always inform us if you have any allergens or intolerances before you order

GOOD FOOD TAKES TIME...

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DRINKS

COFFEE

PROUD TO PARTNER
'YORK COFFEE EMPORIUM'

Americano (Black)	2.50
Cappuccino	3.10
Flat White	2.95
Double Espresso	2.25
Machiato · Original	2.75
Latte · Original	3.00
Mochaccino · Original	3.50
Zuma Dark Hot Chocolate VE	3.50
ADD cream or marshmallows	+ .50

EXTRAS

Amunra Shot *	+ .50
Extra Coffee / Flavour Shot	+ .50
Extra milk jug	+ .20
Milks Coconut · Almond · Soy · Oat	+ .50

**Amunra performance coffee, need a high caffeine hit?
Strong and dark roasted? Ask our crew to explain more about
the benefits of Amunra, the clever coffee. Flavour notes of dark
chocolate, toasted hazelnuts, sweet molasses & a hint of spice.*

TEA

PROUD TO PARTNER 'TRUE TEAS'

Our Teas	2.75
Choose from: · Taylors Yorkshire Tea · Earl Grey · English Breakfast · Japanese Sencha Green · Peppermint · Berry Berry · Rooibos · Decaffeinated · Moroccan Mint · Sicilian Lemonade · Ginger & Lemongrass	
Fresh Infusions	2.50
Choose from: · Fresh mint leaves with honey · Ginger, lemon & mint with agave syrup · Turmeric, ginger, lemon & honey	

CAKES, BAKES & PASTRIES

WE SPECIALISE IN GLUTEN FREE & VEGAN BAKES
VISIT THE BAKE STATION TO SEE TODAY'S CHOICES
OR ASK THE HUSTLE CREW

SPRINGTIME SPECIALS

Health Lattes	4.00
· Beetroot · Matcha · Turmeric	
Zuma Hot Chocolate	3.50
ENJOY WITH Wild Peppermint or Flamed Orange	+ .50
Ginger Spiced Latte coffee based	4.00

ENJOY HOT, ICED OR AS A COLD BREW

Flavoured Lattes	3.50
Flavoured Mochas	4.00

Choose from: · Maple · Butterscotch · Cinnamon · Honey
· Vanilla · Salted Caramel · Irish Cream · Chai · Hazelnut

FRESH JUICES

Juice Flights	5.00
A taster shot of all 4 of our signature house raw-pressed juicers, on a board with fruit garnish	

Hustle Tonic	4.50
A classic fresh pressed juice to start your day with, apple, pineapple, orange, lemon and strawberry.	

Green & Co	4.50
Goodness greens of spinach, broccoli, cucumber, apple, lemon and ginger	

B.C.P	4.50
Vitamin and nutrient rich orange, carrot and ginger raw pressed juice	

Roots & Fruits	4.50
Packing an antioxidant punch with fresh beets, carrots, ginger, apple and orange	

Juice Pure apple juice · Pure orange juice	2.25
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Wellness Shot	1.95
Ginger · turmeric · super greens	

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SOFT DRINKS

Harrogate Water · Still · Sparkling 500ml 1.75 750ml 3.25	
Homemade Raspberry Mint Lemonade	5.50
Hibiscus Raspberry Spritz	5.50
Virgin Bloody Mary with all the spice	5.50
San Pellegrino · Pomegranate & Orange · Blood Orange · Lemon & Mint	2.75
Coca Cola · Original · Diet	2.50
Fever Tree · Premium Tonic Water / Light · Aromatic Tonic · Elderflower Tonic · Ginger Ale · Mediterranean Tonic Spring Soda · Lemonade	1.85
Karma Organic Soda Can	2.50
These bad boys are made from real organic and Fair Trade ingredients.	
Choose from: · Razza Raspberry & Lemon · Karma Cola <i>it's like drinking cola bottles!</i> · Gingerella Ginger Ale · Lemony Lemonade · Karma Cola 'Sugar Free'	

Money from
the sale of each
drink goes to
the Karma
Foundation

SMOOTHIES

Hustle Muscle N	4.75
The perfect post-workout smoothie. Medjool dates soaked in a double shot of Amunra performance coffee, vanilla protein powder, almond milk.	

Breakfast N	4.50
Slow-releasing energy smoothie, made with banana, granola, oat milk and agave syrup	

Raw Cacao N	4.50
Creamy cashew nuts, organic cacao, banana, oat milk & agave syru	

Berry Blast	4.50
A delicious fresh fruit smoothie, with fresh mint, sweet berries & apple juice	

Ginger Beets	4.50
Power-packed antioxidants beetroot & ginger with flavoursome blueberries & pineapple	

ADD AN EXTRA SHOT TO YOUR SMOOTHIE	+ 1.00
· Whey or hemp protein powder · matcha · spirulina	

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