

baffled



DELI SANDWICHES | £9

Chicken Milanese

Rosemary bread crumbed chicken breast with rocket, vine tomato and mayo on rustic white baguette.

Chorizo & Halloumi

Roasted fresh rosario chorizo sausage with grilled halloumi, rocket, mayo and homemade chilli jam on rustic white baguette.

Avocado & Halloumi

Grilled halloumi with sliced avocado, rocket, mayo and homemade chilli jam on rustic white baguette.

Ham & Cheese

Roast smoked ham, thick cut mature cheddar, peppered salami, gherkins, rocket and mustard mayo on rustic white baguette.

Caprese - available toasted

Vine tomato, mozzarella, pesto & rocket on fresh homemade focaccia.

Chorizo & Mozzarella - available toasted

Sliced cured chorizo with mozzarella, rocket and butter on fresh homemade focaccia.

Lentil Dhal Soup

It's that time of year again! A lightly spiced tomato based, fragrant chickpea & lentil dhal with spinach & served with toasted sourdough. And its Vegan!

Beef Rendang Curry

Locally raised beef shin slow cooked with coconut, ginger, chilli, garlic, galangal with rice and chopped peanuts.

OUR SALT BEEF

After too many corned beef sandwiches as a kid and then discovering Brick Lane's Beigel Bake in later life, salt beef has always been a foodie passion. At Baffled, we only use local purveyors Arun Meat & Livestock's locally reared brisket. We dry cure, spice, cook it all in house, pile it high and serve it in different ways - a Classic Reuben, a Salt Beef Bagel and a Salt Beef Benedict.

BRUNCH MENU

Available all day! All our dishes are available
Gluten Free please speak to your server.

Salt Beef Benedict £13

Our signature home dry cured and smoked salt beef with poached eggs & hollandaise on toasted muffins.

Have this dish three ways with either; salt beef, smoked salmon or spinach.

Mushroom Benedict £12.50

Homemade spinach English muffin topped with roasted field mushrooms, poached eggs & smothered in a rich porcini, sage & mascarpone wild mushroom sauce, finished with walnuts.

Kedgeree £11

Homemade lightly curried basmati rice with smoked haddock, poached egg and buttered toast.

Smashed Avo £12

Smashed avo on sourdough with poached egg, mango salsa, dukka & siracha mayo. Or make it *your way* with salt beef, smoked salmon, bacon, halloumi.

Baffled Meat £13

Full English breakfast the Baffled way, bacon, sausages, fried eggs, mushroom, grilled tomato, hashbrown.

Baffled Vegetarian £12

Full English, as above but with vegetarian sausages & halloumi.

Breakfast Bap £6

Buttered soft white bap with either 3 bacon, 2 sausage or 2 egg. Add a medium coffee to make it a deal for £8

Make it your way with something extra...

Sausages/Bacon/Halloumi/Avo/Toasted Bagel £3
Egg/Tomato/Mushroom/Hashbrown/Gouda £1.50

Kids Breakfast £5

1 sausage, 1 egg, 1 bacon, 1 hash brown.

REUBEN BENEDICT | £16

Whole Reuben sandwich topped with more salt beef, poached eggs & hollandaise



GRILLED SANDWICHES

Reuben £12

Our signature home cured salt beef loaded onto thick sourdough bread, double gouda cheese, homemade pickled pink onions and Russian dressing then toasted until melted.

Margherita Grilled Cheese £9

Thick sourdough loaded with mozzarella, sundried tomato mayo, parmesan and basil served with our homemade tomato, garlic and basil sauce. Upgrade to Chicken Parmigiana by adding chicken milanese.

Vegan Grilled Mushroom & Cheese £9

Thick sourdough loaded with roasted field mushrooms, vegan cheddar, vegan mozzarella, spinach and vegan aioli accompanied by homemade tomato sauce.



BAGEL MENU | £8

Salt Beef

Toasted buttered bagel with our salt beef, dill pickle and mustard.

Smoked Salmon

Toasted bagel with lemon cream cheese, smoked salmon and black pepper.

Green Omelette

Toasted bagel with spinach, chive and a little tabasco omelette and Emmental cheese.

BAFFLED DEALS

Coffee & Pastry *see counter for fresh daily pastries* £6
Medium hot drink and a pastry.

Breakfast Bap & Coffee £8

Bacon or Sausage or Egg in soft bap with any medium hot drink.

Bagel & Coffee £10

Any filled bagel and medium hot drink.

Lunch Deal £13.50

Any deli sandwich, medium hot drink & daily pastry, cookie or muffin.

All our cakes are gluten free

Triple Chocolate Brownie

Our classic brownie, densely packed with chocolate, the perfect treat!

Peanut Crunch

Timeless combination of caramel and peanuts on a homemade shortbread base, a popular choice.

SPECIALITY CAKES | £4.25

Cherry Bakewell Blondie

Without a doubt our most popular cake, the perfect mixture of dense white chocolate blondie topped with red cherries & almonds.

Banana & Peanut Butter Loaf

Our signature loaf cake, the ever popular banana pb cake deliciously moist and its gluten & dairy free!

All made on premises by us

Goopy Banana Slice

Vegan & GF 'caramel' banana on a dark chocolate, oat and peanut base topped with dark chocolate and peanut brittle.

Desserts | £2 extra

Have your Brownie, Peanut Crunch or Cherry Blondie warmed and served with vanilla ice cream

Food allergies & intolerances - Please let us know if you have any specific requirements.

COFFEE MENU



Coffee	Small	Medium	Large	Syrups & Alternative Milk
Americano	£2.50	£3.10	£3.30	Caramel Syrup 60p
Single Espresso	£1.00	-	-	Hazelnut Syrup 60p
Double Espresso	-	£2.00	-	Vanilla Syrup 60p
Latte	£3.00	£3.80	£4.30	Chai Syrup 60p
Cappuccino	£3.00	£3.80	£4.30	Oat Milk 'Oatly' 60p
Cortado	£2.80	-	-	Almond Milk 60p
Flat White	£3.50	£4.10	-	Soya Milk 60p
Hot Chocolate	£3.00	£3.90	£4.50	Coconut Milk 60p
Mocha	£3.30	£4.20	£4.80	
Tea	£2.20	-	-	
Iced Coffee	-	-	£4.00	
Turmeric / Matcha / Beetroot Latte	£3.00	£3.80	£4.30	

SMOOTHIES | £4.50

Super Green

Spirulina, basil, apple, spinach, avo & lime.

Acai & Berries

Strawberry, mango, blueberry & acai.

Cacao & Almond

Banana, almonds, dates, cacao nibs, hemp protein & cinnamon.

COLD DRINKS

Coke	£2
Diet Coke	£2
Still Water	£1.50
Sparkling Water	£1.50
San Pellegrino	£2
Cawsten Press Juice	£1.50

MILKSHAKES | £5

All milkshakes made with whole milk, vanilla ice cream, syrup & finished with squirty cream!

Strawberry

Chocolate

Salted Caramel

Coffee

Peanut Butter & Banana

COFFEE COCKTAILS

Espresso Martini	£8
50ml Stoli vodka, Kahlua, double espresso.	
Flat White Martini	£8
50ml Stoli vodka, Kahlua, double espresso, condensed milk.	
Mocha Martini	£8
50ml Stoli vodka, Kahlua, rich hot chocolate.	
Baileys Latte	£6
50ml Baileys poured into a large latte, topped with cream.	
Frangellico Hot Chocolate	£6
50ml Frangellico in a large hot chocolate with cream.	

BRUNCH COCKTAILS | £8

Bloody Mary

50ml Stoli vodka, topped with spiced tomato juice, celery & bacon garnish.

Aperol Spritz

The classic! Aperol, Processco & Soda.

Limoncello Spritz

Twist on the classic, made with limoncello, processco and limonata.

Peach Bellini

Perfect brunch buddy, peach puree, peach schnapps topped with processco.

WINE

We use only wines on tap from our specialist supplier More Wine. All wines available by 175ml Glass or 500ml Carafe.

Sauvignon blend, crisp, citrus flavours | £6 / £15

Viognier, Fruity, honey flavours | £6 / £15

Cote du Rhone, Spicy, liquorice dark fruit | £6 / £15

Montepulciano, Organic & full of ripe fruit flavour
£6 / £15

Prosecco, Crisp and refreshing | 125ml £6 Bottle £20

BEER | £5

Ichnusa - 330ml Unfiltered Sardinian beer 5%

Brewdog Punk IPA - 330ml bottle 5.6%

At Baffled we are all about making as much as we can ourselves *fresh* everyday. We use the best quality local ingredients we can find wherever possible. We turn these ingredients into banging sandwiches and, we think, some of the tastiest treats around.

That is why our motto is '*simple things done well*'

Catering - Why not let us cater your event? Check out our website for sample menus. www.baffledcoffee.com

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