

## ABOUT US

Hi, we're Megan's! Our ingredients are high quality & locally sourced.  
Bread: 7 seeded organic sourdough. Our eggs: free range.

Please let us know any feedback from your visit. We are an independent neighbourhood restaurant & rely on your comments to improve & be your favourite local spot! We have some new measures in place so please bear with us & thank you for your understanding! You can find information about our safety measures here:  
<https://megans.co.uk/news/megans-corona-safety-measures-london/>

Please ensure everyone on your table logs in to our wifi, 'Megan's Guest', for track & trace. Our wifi is GDPR-compliant & is a quick way for us to get in touch with you if we need to! Plus, if you tick that you'd like to receive our marketing emails (we only send fortnightly), we give you a bottle of Prosecco on your birthday! 😊

## OUR OFFERS

### EARLY BIRD MENU

selected mains 9.5

mon & tues: all evening | wed - fri: 5-7pm

### HAPPY HOUR

selected drinks 5 | monday - friday 5-7pm

### BOTTOMLESS BUBBLES

20pp for 90 mins bottomless prosecco on saturdays, sundays & bank holidays until 6.30pm (last sitting 5pm)

### DELI BAR

to reduce waste, enjoy 50% off our deli bar for the last hour of deli monday - friday 4-5pm

N = nuts | V = vegetarian | VG = vegan | GF = gluten free | GF-AV = gluten free available

We do a lot of cooking so can't guarantee our kitchen is totally nut/gluten-free. If you have any allergies, please tell a team member & ask for allergen guide. List prices inclusive of VAT | A discretionary 12.5% service charge will be added to your bill for the team.



JUICES

freshly squeezed on site | +1 add a ginger or turmeric shot

GINGER SHOT w/ apple / 2

TURMERIC & GINGER SHOT w/ apple & cayenne pepper / 2

EASY GREEN spinach, cucumber, apple, ginger & lemon / 4.9

PINEAPPLE APPLE MINT / 4.9

ACG apple, carrot & ginger / 4.9

SINGLE orange | apple / 4.7

SMOOTHIES & SHAKES

dairy free & blended on site | +2 add vanilla protein powder VG (26g protein)  
+1 add chia seeds +1 | +1 add ginger or turmeric shot

TROPICAL GREEN coconut water, spinach, mango, passion fruit & banana / 5.9

BLUEBERRY SUPERFOOD w/ coconut water, mango, chia seeds & banana / 5.9

MANGO & PASSION FRUIT w/ orange juice & banana / 5.9

PEANUT BUTTER PROTEIN SHAKE N / 5.9

w/ oat milk, tahini, dates & vegan protein powder (36g total protein)

HOMEMADE LEMONADE

CLASSIC / 3.5

SOFTS

APPLE & RHUBARB / 4

SPARKLING ELDERFLOWER / 4

COKE / 3

DIET COKE / 3

WATER: STILL OR SPARKLING FILTERED WATER

1pp. Good for the environment & 20% of sales donated to charities chosen by you. So far we have raised over £20,000 for local charities & we currently support All Dogs Matter.

LOOSE LEAF TEA

we believe in better tea: hand picked, rolled whole leaf tea

ENGLISH BREAKFAST / 3

EARL GREY / 3

FRESH MINT / 3

LEMON, GINGER & HONEY / 3

CHAI / 3

GREEN / 3

HOT DRINKS

organic, fair trade &amp; rainforest alliance

+ 0.5 coconut/almond/oat milk | + 0.5 vanilla/salted caramel

FLAT WHITE / 3.3

LATTE / 3.3

ICED LATTE / 3.3

SPANISH LATTE / 3.3

CAPPUCCINO / 3.3

MOCHA / 3.5

HOT CHOCOLATE / 3.5

AMERICANO / 2.7

ESPRESSO / 2.2

DOUBLE ESPRESSO / 2.5

MACCHIATO / 2.5

DOUBLE MACCHIATO / 3

BABYCCINO / on us

SWEETS

THE HALF-BAKED COOKIE DOUGH V N / 9.9

to share w/ nutella, pistachios &amp; ice cream

KUNEFE TURKISH CHEESECAKE

to share | shredded wheat w/ sugar syrup, mozzarella, vanilla ice cream &amp; pistachios N / 8.5

HOT DRINK & BROWNIE OR COOKIE *from 5pm* / 5HOT DRINK & SLICE OF CAKE *from 5pm* / 6.5

GLUTEN FREE BROWNIE / 3.5 | warm w/ halva cream &amp; ice cream GF / 5.5

CARROT CAKE N / 4.7

ORANGE &amp; ALMOND CAKE DF N / 4.7

PUMPKIN LOAF VG / 4.7

CHOCOLATE &amp; ALMOND CAKE GF DF N / 4.7

LEMON &amp; ROSEMARY CAKE DF N / 4.7

NUTELLA &amp; SEA SALT COOKIE N / 3

HACKNEY GELATO / 4

salted caramel | vanilla | dark chocolate sorbeto VG

TO END YOUR EVENING AT HOME

BAKE AT HOME NUTELLA COOKIE DOUGH our famous cookie dough to enjoy at home N / 6.5

PROSECCO w/ plastic flutes / 12

BOTTLE OF HOUSE WINE white or red / 9.5

## BUBBLES 125ml | btl

CHAMPAGNE palmer & co brut reserve NV / 65

PROSECCO valdobbiadene, Italy / 7.5 | 29

BELLINI prosecco & passion fruit / 7.5

MIMOSA prosecco & orange juice / 7.5

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## BOTTOMLESS BUBBLES

90 MINS BOTTOMLESS PROSECCO / 20pp

on saturdays, sundays & bank holidays until 6.30pm

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## ROSÉ 125ml | 250ml | 500ml | btl

DOMAINE TEISSEIRE CINSAULT, PROVENCE / 6.5 | 10.6 | 22 | 29.6

textured & full-flavoured w/ red berries & light, subtle spices

LA PICOUTINE CINSAULT-GRENACHE, FRANCE / 5.6 | 9.9 | 18.6 | 25.6

summer berry aromas & a sweet tangy flavour of raspberry & strawberry

## WHITES 125ml | 250ml | 500ml | btl

VALDIVIESO CHARDONNAY, CHILE / 35

ripe, tropical flavours w/ lemon & crisp apple

KUNG FU GIRL RIESLING, WASHINGTON / 6.6 | 11.6 | 21.6 | 29.6

citrus blossom, lime leaf & white peach w/ a long, refreshing finish

NYALA SAUVIGNON BLANC, S. AFRICA / 5.9 | 10.6 | 20.9 | 28.9

tropical fruit w/ aromas of white peach & nectarine

CAP CETTE PICPOUL DE PINET, FRANCE / 5.6 | 9.9 | 18.6 | 25.6

medium-bodied dry white w/ exotic & floral flavours

TREMITO INZOLIA, SICILY / 4.6 | 7.9 | 14.6 | 19.9

aromatic w/ hints of white flowers & lemongrass; light & fresh w/ citrus

## REDS 125ml | 250ml | 500ml | btl

LE VERSANT PINOT NOIR, FRANCE / 35

cherries, wild strawberries & blackcurrant

ALAMOS MALBEC, ARGENTINA / 6.6 | 11.6 | 21.9 | 29.6

aromas of ripe dark berries w/ raspberry & currant

TREMITO NERO D'AVOLA, SICILY / 5.9 | 10.6 | 19.6 | 26.6

intense spicy, cherry aroma w/ rich, ripe dark fruit flavours

FICO GRANDE SANGIOVESE, ITALY / 5.6 | 9.9 | 18.6 | 25.6

soft & supple w/ red fruit & hints of spice & black pepper

ALTO BAJO MERLOT, CHILE / 4.6 | 7.9 | 14.6 | 19.9

juicy plum, blackberry & damson w/ lashings of coffee & chocolate

## GIN BAR 50ml

megan's

GUILT-FREE G&T hayman's small w/ natural light tonic & lime wedge / 7  
less than 50cal per glass | low alcohol w/ full flavours.

HENDRICKS DONE RIGHT hendricks w/ elderflower & cucumber tonic & a cucumber slice / 10.5

TANQUERAY LONDON DRY w/ choice of tonic / 8.9

## COCKTAILS all 8.9

FROSE frozen rosé w/ strawberries & elderflower

REYKA SPRITZ vodka, rhubarb, apple and lemon

APEROL SPRITZ aperol, prosecco & soda water

MARGARITA tequila, triple sec & lime

ESPRESSO MARTINI vodka, tia maria, espresso & vanilla

PASSION FRUIT MARTINI vodka, prosecco, vanilla & passion fruit

CHELSEA GARDENER gin, prosecco, elderflower, cucumber & mint

PINK LEMONADE limoncello, prosecco, blueberries & elderflower

PIMMS glass / 8.9 sharing jug / 15

BLOODY MEGAN'S spiced tomato & vodka w/ a touch of Megan's love

## BEER btl

ESTRELLA GALICIA 330ml / 5

MEANTIME LONDON pale ale 330ml / 5

SAN MIGUEL 00 non-alcoholic / 3.5

## SPIRITS 50ml

VODKA reyka / 8

TEQUILA OLMECA gold / 8.5

LIMONCELLO bepi tosolini / 6

TIA MARIA coffee liqueur / 6

MIXERS / 2.5

elderflower & cucumber tonic | natural Indian tonic | diet coke  
natural light tonic | soda | grapefruit & bergamot tonic | coke

## CLICK & COLLECT

Pre-order your food to pick up in-store: [www.megans.co.uk/orders](http://www.megans.co.uk/orders)

*I prefer my espresso in a martini.*