

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 | SPARKLING ELDERFLOWER / 4

COKE | 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.

megan's

Wash your hands & drink your vits.

BOTTOMLESS BUBBLES

90 MINS BOTTOMLESS PROSECCO / 20pp
on saturdays, sundays & bank holidays until 6.30pm

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

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 & citrusy

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

GUILT-FREE G&T / 7

less than 50cal per glass. Low alcohol w/ full flavours.
hayman's small w/ natural light tonic & a lime wedge.

HENDRICKS DONE RIGHT / 10.5

hendricks w/ elderflower & cucumber tonic & a cucumber slice

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

megan's

I prefer my espresso in a martini.

SWEETS

THE HALF-BAKED COOKIE DOUGH V N / 9.9

to share w/ nutella, pistachios & ice cream

KUNEFE TURKISH CHEESECAKE to share

shredded wheat w/ sugar syrup, mozzarella, ice cream & pistachios N / 8.5

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

CARROT CAKE N / 4.7

ORANGE & ALMOND CAKE DF N / 4.7

PUMPKIN LOAF VG / 4.7

CHOCOLATE & ALMOND CAKE GF DF N / 4.7

LEMON & ROSEMARY CAKE DF N / 4.7

NUTELLA & SEA SALT COOKIE N / 3

HACKNEY GELATO salted caramel | vanilla | dark chocolate sorbeto VG / 4

TO TAKE HOME.

BAKE AT HOME NUTELLA COOKIE DOUGH N / 6.5

PROSECCO & PLASTIC FLUTES / 12

BOTTLE OF HOUSE WINE / 9.5

HOT DRINKS

organic, fair trade & rainforest alliance

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

FLAT WHITE / 3.3

LATTE | ICED LATTE / 3.3

SPANISH LATTE | CAPPUCCINO / 3.3

MOCHA | HOT CHOCOLATE / 3.5

AMERICANO / 2.7

ESPRESSO | DOUBLE ESPRESSO / 2.2 | 2.5

MACCHIATO | DOUBLE MACCHIATO / 2.5 | 3

BABYCCINO / on us

LOOSE LEAF TEA

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

ENGLISH BREAKFAST | EARL GREY / 3

FRESH MINT | LEMON, GINGER & HONEY / 3

CHAI | GREEN / 3

This menu is single use to avoid cross-contamination. We use recyclable paper made from sustainable forests w/ solvent free inks.

megan's
Life happens. Tea & cake helps.