

# Fresh. Local. Ethical.

---

**We're continuously working on ways to offer a sustainable and environmentally friendly menu. We use sustainable produce, source local products where available, and only work with ethically responsible companies. Any profit we make is invested right back into our gallery, artists and our wonderful community.**

## Coffee

---

Pink Lane Coffee is a North East based company who source all of their coffee from ethical and sustainable suppliers, and ensure they are paid a fair price for the work they put in. They have also committed to being a Real Living Wage employer.

## Cola

---

Karma Cola are on a mission to be the world's most ethical soft drink and have established The Karma Foundation, where 1% of revenue from every Karma Drink goes to their Cola nut growers and their communities in Sierra Leone. The Foundation guarantees the funds raised help drive economic and social independence, which is how they live up to their name on the label. They call it Karma.

## Honey

---

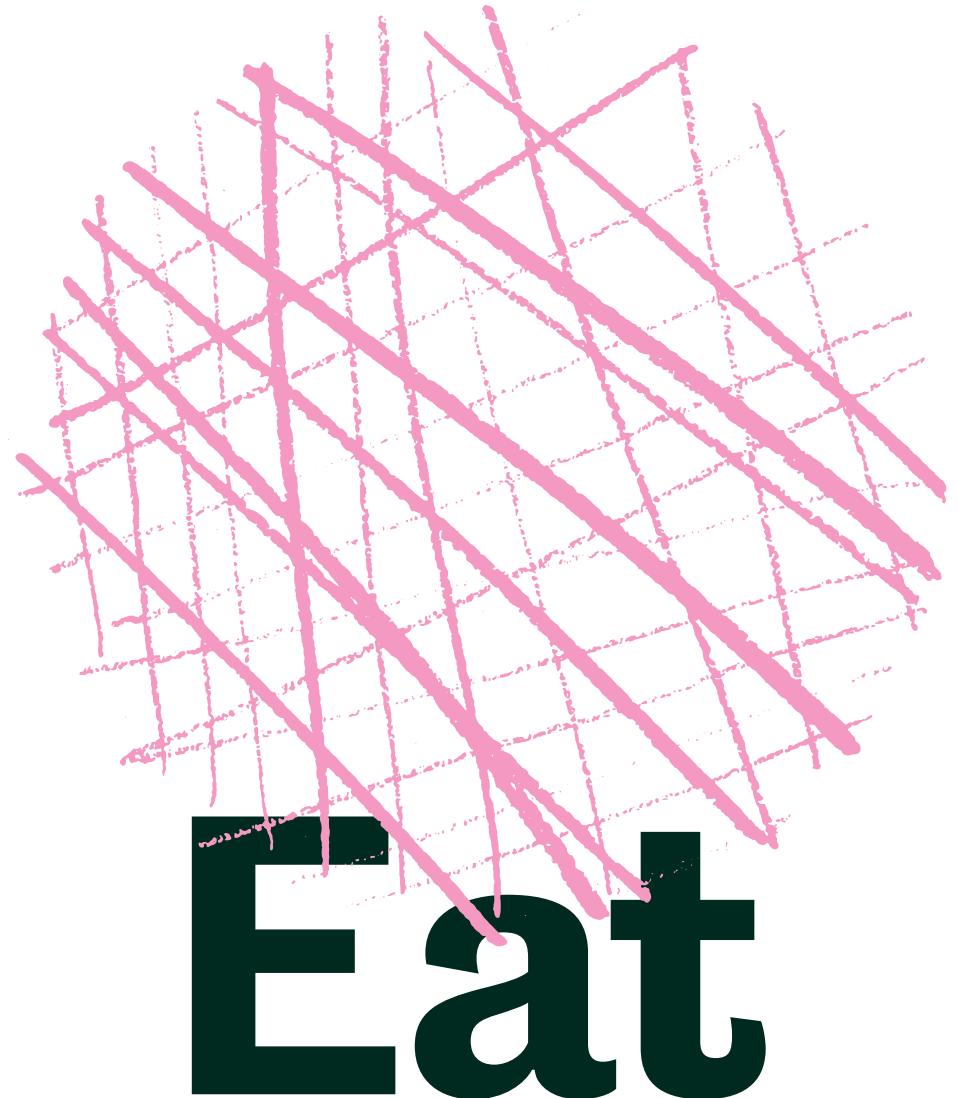
Baltic Honey is sourced from four hives on our rooftop, where an estimated 200,000 bees reside during the summer months. If you're lucky, you'll see the bees buzzing. The bees are looked after by members of a group called North East Young Dads & Lads who are also based in our building.

## Packaging

---

We aim to only use sustainable, biodegradable, or recyclable packaging. All our takeaway packaging is either fully compostable or recyclable. Our cold drinks are either in glass bottles or aluminium cans which can be recycled. Our milk from Yew Tree Dairy comes in fully renewable packaging made from responsibly sourced wood fibres and sugar cane.

# Baltic Kitchen



# Eat

## Breakfast

Served from 10am

<b>Breakfast Burrito</b>	5
Chorizo, Scrambled Egg, Mozzarella, Cheddar, Coriander	
<b>Breakfast Muffins</b>	3.5
Cured Back Bacon	
Roasted Mushroom, Garlic, Rosemary Vg	
<b>Homemade Sausage Rolls</b>	3
Sausage, Bacon, Onion	
Leek, Potato, Cheddar V	
<b>Toast - White or Brown</b>	2.5
Jam, Butter V	
Baltic Honey V	
<b>Granola Pot</b>	3.8
Granola, Yoghurt, Mixed Berry, Baltic Honey V	
<b>Pastries</b>	
Homemade Cheese Scone V	2.5
Homemade Fruit Scone V	2.5
Mini Danish Selection V	2
Pastéis De Nata V	2.75
Cinnamon Bun V	3
Almond, Blackberry Friand GF V	3.75
Carrot Cake, Cream Cheese Icing V	4.5
Blondie, Raspberry, Hazelnut, White Chocolate V	3.75
Chocolate Cake Vg	4.5

Our sandwiches, salads and soft drinks are available in our display fridge.  
Hot drinks, alcohol & pastries can be ordered at the till.

## Lunch

Served from 12pm

<b>Smoked Sea Trout Bagel</b>	6.5
Smoked Sea Trout, Cream Cheese, Cucumber, Rocket	
<b>Avocado Bagel</b>	5.5
Smashed Avocado, Rocket, Red Onion, Tomato, Red Pepper Vg	
<b>Roast Vegetable Wrap</b>	6
Houmous, Roast Vegetables, Feta, Spinach V	
<b>Toasted Rueben</b>	6.5
Pastrami, Mozzarella, Cheddar, Sauerkraut, Pickle	
<b>Toasted Sandwiches – Signature Cheese Blend</b>	4
Add Red Onion, Spring Onion V	4.5
Add Tuna Mayo	5.5
Add Kettle Ham	6.5
<b>Tabbouleh &amp; Falafel Salad</b>	6.5
CousCous, Falafel, Cucumber, Cherry Tomato, Red Onion, Sultanas, Chickpea, Parsley, Mint, Tzatzyki V	
<b>House Salad</b>	4
Mix Leaf, Cucumber, Cherry Tomato, Red Onion, Red Pepper, Honey & Mustard Dressing V	
Add to sandwiches V	2.5

## Kids Lunch Boxes

Served from 12pm

Cheese or Ham Sandwich	5
Pom Bears or Mini Propercorn	
Orange or Apple Carton	
Soreen	
Fruit	

Vg | Vegan – V | Vegetarian

**ALLERGIES:** Please let our team know if you have any dietary requirements or allergies. Please note our products are prepared in a kitchen that contains nuts, therefore we cannot guarantee they are nut free.