

THE BASE BAR

▲ MENU ▲

COFFEE

Barista Roasted Coffee

Peruvian Medium Roasted Coffee Beans. Full bodied and gentle on the pallet with low acidity and a hint of sweetness

Espresso	2.20
Americano	2.40
Flat White	2.65
Cappuccino	2.65
Latte	2.65
Mocha	2.80
Syrup shot	0.50

Decaffeinated available

TEA

Novus Award Winning Tea

English Breakfast	2.20
Decaffeinated Ceylon	2.20
Herbal + Fruit	2.20

HOT DRINKS

Matcha Latte	3.50
Chai Latte	3.50
Hot Chocolate	2.80
with cream	3.00
with marshmallows	3.20
with biscoff crumbs + sauce	3.30

MILK

The Duffield Dairy - traditionally produced free-range un-homogenised milk

Barista Oat, Soya and Almond

COLD DRINKS

Still Water	1.00
Orange Juice	2.00
Apple Juice	2.00
San Pellegrino - Limonata	1.00
Pepsi Max	1.00
Fentimans - various	2.00
J20 - various	2.00

ICED

Iced Coffee	2.50
Iced Matcha	3.50
Frappuccino - coffee	3.65
Frappuccino - mocha	3.80

SMOOTHIES

Vanilla matcha	4.50
Luscious lemon	4.50
Very berry	4.50
Salted caramel	4.50
Chocolate avocado	4.50

All of our smoothies are made with Awesome Supplements vegan protein powder. For a full ingredients list, see The Base Derby app

Available without protein powder by request

CAKES & TREATS

Please see the counter for our daily selection of cakes, traybakes and Gail's Grub refined sugar free treats from 2.00

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contact us. basebar@thebasederby.co.uk www.thebasederby.co.uk

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POST WORKOUT REFUEL

Oaty breakfast bar	3.50
Smoothie	4.50
Seeded granola pot	4.00

Specifically designed by Gail's Grub. Packed with slow release carbohydrates and quality protein - the perfect post workout nutrition

BREAKFAST

Seasonal overnight oats	3.75
jumbo oats soaked in Greek yoghurt and almond milk, flavoured with maple syrup and seasonal fruit. Available gluten free with protein powder on request	
Amy's granola bowl	3.75
house-made nutty granola served with Greek yoghurt and topped with berry compote	
Vanilla protein pancakes	4.75
3 house-made pancakes topped with: Greek yoghurt and berry compote or smoked bacon and maple syrup	
Naked eggs	4.50
2 free range eggs poached, scrambled or fried with choice of toasted bread and Lurpak butter	
Smoked salmon + scrambled egg	6.75
fresh smoked salmon and 2 free range scrambled eggs with choice of toasted bread and Lurpak butter	
Bacon bagel	4.50
buttered sesame seeded bagel with 3 rashers of crispy smoked butchers bacon and choice of tomato or brown sauce	

LUNCH

Soup of the week	4.50
house-made soup served with granary bread or sourdough roll. See the app for our current flavour	

Avocado smash with feta	5.50
served on toasted sourdough or granary bread and topped with chilli flakes add crispy smoked butchers bacon (1.00) add poached egg (0.50)	

Deep filled wrap or toasted panini brioche	4.75
Seeded sourdough baguette	5.50

served with kettle crisps and below choice of filling

- House-made falafel, salad and sweet chilli sauce
- Avocado and halloumi, seasoned with pepper
- Tuna salad crunch with house-made creamy low fat dressing
- Chicken, mozzarella, pesto and rocket
- BBQ chicken, bacon, rocket and avocado paste

The salads

our colourful and tasty salads are made to order, always using fresh produce. For a full list of ingredients see The Base Derby app

- Salad of the week	6.00
- Seasonal with feta and balsamic dressing	4.50
- Buddha bowl with humus, falafel and feta	6.00
- Pesto pasta	5.50

add tuna (0.50) or chicken (1.00) to any of our salads

Jacket potatoes	from 4.75
choice of white (4.75) or sweet potato (5.75)	

- Tuna salad crunch with house-made creamy low fat dressing
- Cheese, bacon, spring onion, sour cream + chilli
- BBQ chicken, bacon + cheese

Specials

for weekly specials, see the blackboard behind our counter

IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS PLEASE LET US KNOW