





BREAKFAST

Great with grilled scrambled eggs! (V)

£5.95

Fresh fruit smoothies (V) £3.95 Avocado, spinach, apple and pear;

Mixed berries, banana and coconut milk; Mango, banana, orange & yoghurt

Homemade granola (V) £4.95

With greek yoghurt or coconut milk (Ve), sugar-free berry compote, fresh berries and seeds

Porridae (V) £4.95

Made with milk, coconut milk (Ve) or water (DF) and served with a seed sprinkle, sugar-free berry compote. strawberries and blueberries

Toast with preserves (V) £2.55

Served with butter, jam, marmalade, honey, chocolate spread or marmite

Toasted bagel £4.95

With cream cheese and smoked salmon

Warmed pain au chocolat. £1.95 teacake or croissant (V)

Served with jam and butter (V) £2.55

KIDS BREAKFAST

All £3

Beans or scrambled eggs on toast (V)

Porridge - made with milk (V) or coconut milk (Ve)

Small pancakes with yoghurt and fresh berries (V)

Chopped apple or banana with yoghurt and honey (V)

Smashed avocado on toast (Ve)

With harissa pesto and arilled tomatoes

Oat Pancakes stack (V) £5.95

Oat and banana pancakes served with greek yoghurt, in-house sugar-free berry compote, fresh berries and honey or maple syrup

Eggs on togst (V) £3.95

Scrambled, fried or poached

Sausaae Shaksouka £6.95

Spiced tomato, sausage and spinach baked egg. Served with toast to mop up the sauce!

Delicious with a fried eaa! £4.95

Bacon or sausage sandwich

Full English £8.95

Eggs (scrambled, fried or poached), bacon, sausages, beans, toast and hash browns

Vegan full English (V) £8.95

Vegan sausages, beans, hash browns, avocado, cherry tomatoes and toast

Add any of the 95p following to any dish for

- * Scrambled, fried or poached egg (V)
- * Bacon rasher
- * Sausage/vegan sausage (Ve)
- * Baked beans (V)
- * Hash brown (V)
- * Sliced avocado (Ve)
- * Smoked salmon £1.50



LUNCH



Made to order sandwiches, wraps, toasties or paninis'

White wholemeal sourdough or gluten free bread with any combination of the following:

- * Ham, coronation or crispy chicken, tuna/egg mayo, sausage, bacon, fish fingers or smoked salmon
- * Cheddar, halloumi, mozzarella, goats or cream cheese
- * Tomato chutney, pesto, honey, jam, marmite, mayonnaise, sweet chilli, hot sauce, harissa pesto or houmous
- * Lettuce, spinach, cucumber, avocado, tomato, red onion, sundried tomatoes or sweetcorn

Adult £6.25

Up to 3 fillings. Served with a side salad, crisps and a seasonal accompaniment

Child £3.95

Single filling. Served with carrot, cucumber and bread sticks with a little pot of houmous. Includes a drink and dessert

Homemade soup

See board for flavour of the week Served with bread and butter

Jacket potatoes*

£6.95

With a choice of toppinas:

- * Baked beans
- * Tuna mavo
- * Coronation chicken
- * Veaetable chilli (V)
- * Cheese

Served with a side salad and a seasonal accompaniment

Salads

£7.25

- * Crispy chicken and bacon
- * Tuna and eaa
- * Falafel, houmous and roasted pepper
- * Goats cheese, beetroot and sun-dried tomato
- * Grilled halloumi, carrot and chickpea
- * Quinoa, avocado and spinach

Served with either a Balsamic, Caesar or French dressing

Specials

Turn over

for details

£5.95

See board for seasonal specials!

*All our sandwiches, wraps, toasties, paninis and iackets are served with butter unless you instruct us otherwise!

(V) Vegetarian (Ve) Vegan (DF) Dairy free (GF) Gluten free- please ask for our GF menu

DRINKS



teas, coffees and more!

Bring your own reusable cup and off the price of your hot drink!





KIDS MENU

All £5.95



when you're ready

for your dessert

Build your own All served with squash and a piece of fruit (Ve, DF), a voghurt, sorbet (Ve, DF) or ice cream dessert. lust let us know

Choose one from each column

Fish fingers Peas Pasta

Chicken goujons Sweet potato fries Baked beans

Potato wedges Broccoli Sausages

Vegan Sausages (Ve) Half jacket potato Salad

Pasta

Our pasta dishes are served with a choice of homemade sauce and delicious garlic bread



Looking for something lighter? See inside for our kids sandwiches and toasties from £3.95





BREAKFAST

£4.95

£7.95

Fresh Fruit Smoothie £3.95

Avocado, spinach, apple and pear Mixed berries, banana and coconut milk Mango, banana, orange and yoghurt

Homemade Granola

With greek yoghurt, honey, seeds and a seasonal fruit compote (V)

Full English

Eggs (scrambled, fried or poached), Bacon, Sausage, Beans, Toast and Hash Browns

Veggie Full English

Eggs (scrambled, fried or poached), Vegetarian sausage, Grilled halloumi Beans, Toast, Hash Browns and Spinach (V)

> Make it vegan by switching the Eggs and Halloumi for spinach and a grilled tomatol

Add any of the following to any dish for 95p

Scrambled, fried or poached egg (V) Bacon rasher Sausage/Vegetarian sausage (V) Baked beans (V) Hash brown (V) Sliced avocado (V)

Smashed avocado on toast £5.95

£5.95

£5.95

£4.95

With lemon and chilli flakes (V)

Eggs Florentine (V)

Wilted spinach on a toasted muffin topped with two poached eggs with hollandaise sauce

Eggs Benedict

Pulled honey roast ham on toasted muffins with two poached eggs with hollandaise sauce

Eggs on Togst £3.95

Scrambled, fried or poached on white, brown, granary GF bread (V)

Bacon or Sausage Sandwich

Warmed pain au chocolat £1.75 or croissant (V)

Served with jam and butter (V) £2.25

Toast or toasted english £2.25 muffin with preserves

Served with preserves (butter/jam/ marmalade/honey/marmite) (V)

KIDS **BREAKFAST**

Beans or Scrambled Eggs on Toast (V) Egg and Soldiers (V) Toast with butter/jam/honey/marmite (V) Eggy Bread (V) Crudités calzone (V)



LUNCH



£7.25

Made to order sandwich wraps toasties or paninis

White, brown, granary or gluten free bread with any combination of the following:

Ham, cheddar, mozzarella, tuna/egg mayo, coronation chicken, sausage, bacon, fish finger, jam, honey, marmite, peppers, tomato, tomato chutney, pesto, cucumber, onion, lettuce

£6.25

Served with a side salad, crisps and a seasonal accompanime

Child

Served with carrot, cucumber and bread sticks with a little pot of humous

Soup - Mua

See board for flavour or the week

£6.25

£3.95

£4.95

Soup - Bowl

See board for flavour or the week

Served with toast and butter

lacket Potatoes £6.95

With a choice of topping: Baked beans

Tuna mayo

Coronation chicken

Vegetable chilli (V) Served with a side salad and a seasonal

accompaniment

Add cheddar or mozzarella for 90p

Crispy chicken and bacon

Tuna and egg

Falafel, humous and roasted pepper

Goats cheese, beetroot and sun-dried

Grilled halloumi, carrot and chickpea salsa and a sweet chilli dressing

Served with either a Balsamic, Caesar or

French dressina

See board (BBQ pulled pork, carnitas, Persian lamb pitta pockets etc)

DRINKS

See board for delicious hot and cold options: Milkshakes, smoothies, teas, coffees and more!

reusable cup and

