



## BREAKFAST

**Eat in OR  
Take Away**

<b>Small Breakfast</b>	
Egg*, Bacon, Sausage, Baked Beans, Hash brown, Toast*	£4.20
<b>Full English Breakfast</b>	
Egg*, 2 Bacon, 2 Sausage, Baked Beans, Tomatoes, Mushrooms, Hash brown, Toast*	£5.20
<b>Large English Breakfast</b>	
2 Egg*, 3 Bacon, 3 Sausage, Baked Beans, Tomatoes, Mushrooms, 2 Hash browns, 2 Toast*	£7.25
<b>Vegetarian Breakfast (V)</b>	
Egg*, 2 Vegetarian Sausage, 2 Hash brown, Baked Beans, Tomatoes, Mushrooms, Toast*	£5.20
<b>Porridge Oats (V, GF*)</b>	
Rollled Porridge oats served with Honey, Maple or Golden syrup	£2.95
<b>Eggs Benedict</b>	
Poached eggs, Bacon, Hollandaise & Toasted muffins*	£5.95
<b>Eggs Royale</b>	
Poached eggs, Smoked Salmon, Hollandaise & Toasted muffins*	£6.25
<b>Eggs Florentine (V)</b>	
Poached eggs, Spinach, Hollandaise & Toasted muffins*	£4.95
<b>Smoked Salmon &amp; Scrambled Eggs</b>	
Smoked salmon, Eggs & Toasted muffins*	£5.95
<b>Avocado with Poached Egg (V, GF* DF*)</b>	
Avocado, Poached egg and Toast*	£5.95
<b>Bacon or Sausage Sandwich</b>	£3.00
<b>Bacon &amp; Sausage Sandwich</b>	£3.75
<b>Bacon or Sausage Toasted Muffin*</b>	£2.75
<b>Vegetarian Sausage Sandwich (V, GF*)</b>	£3.00
<b>Beans or Eggs on 2 slices of Toast* (V,VE* GF* DF*)</b>	£3.00
<b>2 Slices of Toast* &amp; Butter (V,VE* GF* DF*)</b>	£1.50
With Jam	£1.75
Any Extra Breakfast Items (Each)	£0.75



## Light Bites & Snacks

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### Sandwiches/ Paninis/ Wraps

All Served with a **Side Salad, Two fillings & One Sauce**

<b>Hot</b>	
Panini	£4.75
Toasted Tortilla Wrap	£4.50
Toasted Sandwich	£4.50
<i>Additional fillings/ Toppings (each)</i>	<i>£0.75</i>
<b>Cold</b>	
Sandwich	£4.00
Tortilla Wrap	£4.00
<i>Additional fillings/ Toppings (each)</i>	<i>£0.75</i>
<b>Other Speciality breads available including Gluten Free - Please ask behind the counter</b>	<b>£0.75</b>

### Jacket Potatoes / Omelette

All Served with a **Side Salad**

<b>Jacket Potatoes - Choose One</b> topping from below (V*)	£4.25
<b>Jacket Potatoes - Choose Two</b> toppings from below (V*)	£4.75
<i>Extra Topping/Filling</i>	<i>£0.75</i>
<b>2 Egg Omelette</b> with One Filling (V*)	£3.95

### Choice of Fillings

Ham ~ **Cheddar Cheese** ~ Feta ~ **Baked Beans** ~ Tuna Mayo - **Mushrooms** ~ Ceasar Salad ~ **Chilli Con Carne** ~ Falafel ~ **Houmous** ~ Tomato ~ **Chicken Tikka** ~ Pickle ~ **Coleslaw** ~ Bacon ~ **Chicken** ~ Brie ~ Spinach ~ **Red Onion** ~ Olives ~ **Peppers** ~ Cucumber ~ **Gherkin** ~ Avocado ~ **Lettuce**

**Sauces** - Cranberry Sauce ~ Mango Chutney ~ Tikka Paste ~ Pesto

**Condiments:** Tomato Sauce, Brown Sauce, Mayonnaise and Salad Cream available on request

### Suggested Perfect Companions:

BLT - Bacon, Lettuce & Tomato ~ Chicken, Pesto, Cheese & Tomato  
Feta, Olives & Peppers (V) ~ Bacon Brie & Mango Chutney ~ **Chicken Brie & Cranberry**  
Chicken Tikka, Cheese & Mango Chutney ~ Falafel, Houmous & Tomato (V, VE)



## Homemade Soup

<b>*Home Made Soup of the Day (V, VE*, GF*, DF*, SW*)</b>	
Homemade soup Served with a Cheese scone or Mini Cheese OR Ham Sandwich	£4.95
*Please see our specials board	

## Childrens Meals

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<b>Picnic plate</b>	
Ham, Cheese or Tuna Mayo sandwich with Cucumber sticks	£1.95
<b>Half Jacket potato with Cheese or Beans (V, VE*, GF*)</b>	£3.00
<b>Sausage, Beans &amp; Scrambled Eggs</b>	£3.00
<b>Beans on Toast with grated cheese (V, GF*)</b>	£3.00
<b>Sausage, Chips &amp; Beans</b>	£4.20
<b>Childrens Breakfast</b>	£4.20
Egg*, Bacon, Sausage, Baked Beans, Hash brown	
<b>Extras (Each)</b>	£0.75

## Snacks & Sweet Treats

<b>Toasted Tea Cakes (V)</b>	£2.25
Served with Butter & Jam	
<b>GLUTEN FREE Rustic Cinnamon Raisin Baguette (GF, VE, V)</b>	£2.25
Served with Butter & Jam	
<b>Homemade Fruit Scone (V, GF*, DF*)</b>	
Served with Butter	£2.25
Served with Butter, Jam & Cream	£2.95
<b>Homemade Flavoured Scones (Sweet &amp; Savoury) (V*)</b>	
Served with Butter	£2.25
Served with Butter, Cream/Jam/Lemon Curd	£2.95
<b>Homemade Cakes (V)</b>	£3.25
Please see counter display	
<b>Speciality Cakes (V, VE*, GF*)</b>	£3.25
Bakewell Tart Slice (V)	
GLUTEN FREE Lemon Cake (GF, V)	
VEGAN Nuts about Toffee Cake (VE, V)	
Lemon Merangue Pie (V)	



## Main Meals

	<b>Eat in OR Take Away</b>
<b>Gourmet Burger</b>	£6.95
8oz Steak Burger (90% Beef), brioche bun, lettuce, red onion, gherkin & a Basket of Hand-Cut chips	
<i>Why not Add some extras:</i>	
Cheddar Cheese	£0.75
Blue Cheese	£0.75
Mushrooms	£0.75
Crispy bacon	£1.00
Sliced Avocado	£0.75
Double Up with an extra 8oz Burger (additional)	£3.95
<b>Ham, Egg &amp; Chips</b>	
Gammon Ham, Fried Egg Served with Hand-Cut Chips	£6.50
<b>Deluxe Club Sandwich</b>	
Tripple Stacked Sliced Chicken, Bacon, Lettuce, Tomato, & Mayonnaise	£6.95
<b>Quiche Platter (V*)</b>	
Homemade Quiche, Deli Salads & House slaw	£6.95

## Salads

	<b>Eat in OR Take Away</b>
<b>Chicken &amp; Crispy Bacon Caesar Salad</b>	£5.25
Chicken, Crispy Bacon, Leaves, Croutons, Parmesan, Caesar Dressing	£3.75
<b>Bacon, Lettuce, Tomato &amp; Avocado Salad</b>	£5.25
Crispy Bacon Medallions, Avocado, Leaves, Tomato, Cucumber, Balsamic dressing	£3.75
<b>Tuna Salad</b>	£5.25
Tuna Mayonnaise, Leaves, Tomato, Cucumber, Red onion	£3.75
<b>Greek Salad (V)</b>	£5.25
Feta, Olives, Cucumber, Tomato & Red onion	£3.75
<b>Ham Salad</b>	£5.25
Gammon Ham, Leaves, Tomato, Cucumber, Red onion	£3.75

## Extras

	<b>Eat in OR Take Away</b>
Hand-Cut Chips	£2.50
Homemade Coleslaw	£1.00
Deli Salads (Any 1)	£1.00
Deli Salads (All)	£3.00
Bowl of Olives	£1.95



## Slimming Watchers Menu

<b>BREAKFAST</b>	<b>Eat in OR Take Away</b>
<b>Full English Breakfast</b> Egg, 2 Bacon Medallion's, 1 Sausage*, Baked Beans, Tomato, Mushrooms, 1 Thick Wholemeal Toast. <i>*Sausages are Slimming World Own Brand Sausages</i>	£5.00
<b>Eggs Benedict</b> Poached eggs, Bacon Medallion's, Hollandaise* & Wholemeal Toasted muffin	£5.95
<b>Eggs Royale</b> Poached eggs, Smoked Salmon, Hollandaise* & Wholemeal Toasted muffin	£6.25
<b>Eggs Florentine (V)</b> Poached eggs, Spinach, Hollandaise* & Wholemeal Toasted muffin	£4.95
<b>Smoked Salmon &amp; Scrambled Eggs</b> Smoked salmon, Eggs & Wholemeal Toasted muffin	£5.95
<b>Extras (Each)</b>	£0.75
<b>Extra SW Sausage</b>	£0.75
<i>*SW Hollandaise Style Sauce is made from Fat Free Fromage Frais, please ask for recipe card</i>	

**Ask behind the counter for Bread options including Muffins, Bagels or Wraps**





## Slimming Watchers Light Bites & Snacks

All Served with a **Side Salad** and **One** filling

**Eat in OR  
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<b>Jacket Potato</b> – no butter (V*)	£4.25
<b>Sandwiches (V*)</b> 1 thick sliced wholemeal bread with 1 tsp of margarine.	£2.95
<b>2 Egg Omelette</b> (Cooked in Frylight - single filling) (V*)	£3.95
<b>Choice of Fillings</b>	
<b>Ham</b> ~ Full Fat Cheddar Cheese (30g) ~ <b>Full Fat Feta</b> (45g) ~ Baked Beans ~ <b>Tuna</b> only or Mixed with Fat Free Natural Yoghurt/ Light Mayo ~ Mushrooms ~ <b>Tomatoes</b> ~ Spinach ~ <b>Chilli Con Carne</b> (Jacket potato only) ~ Red Onion ~ <b>Peppers</b> ~ Cucumber ~ <b>Gherkin</b>	
Additional fillings/ Toppings (each)	£0.75
<b>Bowl of Fat Free Chips (Air fried) (V, VE, GF*, DF*)</b> We cut and cook to order - <b>MIN 30 MINUTES</b>	£2.50
<b>* Crustless Quiche * (V*)</b> Served with a side salad Please see Display Counter for Flavours	£3.75
<b>Burger in a bowl</b> Juicy beef mince served on a bed of Fresh salad vegetables topped with a super SW tasty sauce.	£5.95
<b>*Soup of the Day* (V*)</b> Service with a Ham or Cheese sandwich (1 thick slice wholemeal) *See specials board*	£4.95
<b>Homemade Cakes (see counter display) (V*)</b> A Selection of homemade cakes and treats with less Sugar and Fat Please feel free to ask behind the counter for the recipe cards for your meals to allow you to work	From £2.20
Fancy a Coffee... Skinny syrups available too!	£0.70





## SOFT DRINKS MENU

**Eat in OR  
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<b>Fresh Fruit Smoothies</b>	
<b>Choose 1 or 2 Fruits:</b> Mixed Berries, Mangos, Raspberries, Strawberries, Bananas, and Pineapple	£3.25
<b>Then choose 1 Juice:</b> Pineapple, Cranberry, Orange, Apple	
<b>Optional:</b> Coconut water (SUBJECT TO AVAILABILITY)	£0.70
<b>Thick Milkshakes made with Ice Cream and Real Fruit</b>	
Strawberry, Raspberry, Mixed Berries, Banana or Chocolate	£3.50
<b>Glass Bottles</b>	
Coke	£1.50
Appletiser	£2.00
Strathmore Still Water	£1.50
San Pellegrino Sparkling Water	£1.50
Bottle Green Elderflower	£2.00
Bottle Green Raspberry Lemonade	£2.00
Bottle Green Pomegranate & Elderflower	£2.00
J20 Orange & Passionfruit	£2.00
J20 Apple & Raspberry	£2.00
<b>Cans</b>	
Coke	£1.00
Diet Coke	£1.00
Coke Zero	£1.00
Coke Zero Vanilla	£0.69
Tango Apple	£1.00
Tango Orange	£1.00
Tango Strawberry Melon	£1.00
Seven Up Light	£1.00
San Bernadino Orange Drink	£1.50
San Bernadino Lemon Drink	£1.50
Red Bull Energy Drink	£1.50
Red Bull Sugar Free Energy Drink	£1.50
<b>Pure Juice by the Glass</b>	
Orange, Apple, Cranberry, Pineapple	£1.80
<b>Appletiser</b>	£2.25
<b>Elderflower Juices</b>	£2.25
<b>Still Water - Bottle</b>	£1.75
<b>Sparkling Water - Bottle</b>	£1.75
<b>Children's Drinks (see display)</b>	From £1.00

We are fully Licenced, please see our separate drinks menu for alcohol



## Hot Drinks

### In House

<b>Coffees</b>	<i>Regular</i>	<i>Large</i>
Espresso	£1.60	£1.95
Americano	£1.95	£2.20
Latte	£2.20	£2.60
Cappuccino	£2.20	£2.60
Flat White	£2.40	
Macchiato	£2.50	
Mocha	£2.40	£2.80
<b><i>Please specify if you would like a single or double shot at no extra charge</i></b>		
Add Pouring/ Whipped Cream	£0.30	
Add Syrup	£0.70	
Hot Chocolate	£2.75	
Deluxe Hot Chocolate with Cream, Marshmallows & Sprinkles	£3.25	
Spiced Chai Latte	£2.75	
Pot of Tea		
for 1 Person	£1.75	
for 2 People	£2.90	
Speciality Teas & Fruit Teas	£2.00	

### TAKE AWAY HOT DRINKS

### TAKE AWAY

ALL COFFEE	£1.50
TEA	£1.00
Hot Chocolate	£2.00

***Soya, Coconut, Almond, Oat Milk, Decaffeinated Coffee and Tea Available***

