



BREAKFAST

Served between 9:00 am to 11:30 am

ENGLISH BREAKFAST

	SMALL	LARGE
TRADITIONAL Fried Eggs, Bacon, Chipolatas, Beans, Mushrooms, Tomato and a choice of Granary or White Toast	£6.00	£8.00
GLUTEN FREE Fried Eggs, Bacon, GF Chipolatas, Beans, Mushrooms, Tomato and GF Toast	£6.00	£8.00
VEGETARIAN Fried Eggs, Veggie Bacon, Veggie Sausage, Halloumi, Beans, Mushrooms, Tomato and a choice of Granary or White Toast	£7.00	£9.00
VEGAN Bubble Vegetable Pattie, Veggie Sausage, Sliced Avocado, Beans, Mushrooms, Tomato	£7.00	£9.00

ENGLISH BREAKFAST WRAP

Our breakfast special is out of this world, an English wrap with all the trimmings

TRADITIONAL Toasted Tortilla with 3 choices: Scrambled or Fried Egg, Bacon, Chipolatas, Mushrooms or Tomato	£6.50
GLUTEN FREE Toasted GF Tortilla with 3 choices: Scramble or Fried Egg, Bacon, Chipolatas, Mushrooms or Tomato	£6.50
VEGETARIAN Toasted Tortilla with 3 choices: Scramble or Fried Egg, Veggie Sausage, Halloumi, Mushrooms or Tomato	£7.00

TOASTED TREATS

	1 SLICE	2 SLICES
TOAST Delicious slices of toast with a choice of Granary, White or Gluten Free bread with butter* and one of the following toppings below.	£1.50	£2.00
TEACAKES 2 Delicious slices of gluten or gluten-free toasted teacakes with butter* and one of the following toppings below.	£2.50	
CRUMPETS 2 Delicious toasted crumpets with butter* and one of the following toppings below. (Gluten)	£2.00	

TOPPINGS

Jam, Marmalade, Lemon Curd, Marmite (gluten),
Chocolate Spread (milk, nuts), Peanut Butter (nuts)

*Different butter options are available including vegan

Some items contain nuts, milk, gluten, egg, fish or sulphites; Please make our team aware of any allergies.
We are a small kitchen, and everything is freshly prepared, please allow us time to prepare your food.



BRUNCH & LUNCH

Served All Day

Some items have a limited availability on day so please check at the counter before ordering

THINGS ON TOAST

Choice of Granary, White (Gluten) or Gluten Free toast with butter* and one of the following options below. Extras toppings are available, please ask at the counter.

Beans (V)	£4.50
Cheese (Milk)	£4.50
2 Fried Eggs	£6.00
2 Poached Eggs	£6.00
Scrambled Eggs (Milk)	£6.50
Smashed Avocado & Mint (V, Ve)	£7.00
Smoked Salmon (Fish)	£7.00

*Different butter options are available including vegan

JACKET POTATO

A baked potato with a choice of fillings:

Beans (v)	£4.50
Cheese (V, Milk)	£4.50
Cheese & Red Onion (V, Milk)	£5.00
Cheese & Ham (Milk)	£5.00
Tuna (Fish)	£5.50
Egg Mayo (Milk)	£5.50

SPECIAL FILLINGS

The ultimate jacket potato filling:

Cheese & Beans (V, Milk)	£5.50
Bacon & Brie (Milk)	£7.00
Chicken & Bacon Mayo (Milk, Egg)	£7.00
Chicken & Mayo (Milk, Egg)	£7.00
Prawns & Mayo (Milk, Fish, Egg)	£7.50
Salmon & Cream Cheese (Milk, Fish)	£7.50

SANDWICHES, WRAPS & PANINIS

Choice of Granary, White or Gluten Free Breads, Flour or Gluten Free Tortillas or Paninis (Not Gluten Free);
With one of the following fillings below. Also let us know if you wish for it to be toasted:

Ham & Tomato	£4.50	Cheese & Ham (Milk)	£4.50
Egg Mayo (Milk, V)	£5.00	Cheese & Tomato (Milk, V)	£4.50
Pesto, Artichokes, Roasted Peppers (Ve)	£6.00	Cheese & Red Onion or Pickle (Milk, V)	£4.50
Roasted Peppers, Pesto & Mozzarella (Milk, V)	£6.00	Salmon & Cream Cheese (Milk, Fish)	£6.50
Double Fried Egg (V)	£6.00	Bacon or Vegetarian Bacon (V)	£5.00
Double Fried Egg & Cheese (V)	£6.50	Chicken & Bacon Mayo (Milk, Egg)	£6.50
Bacon & Brie (Milk)	£6.50	Chicken & Mayo (Milk, Egg)	£6.50

SIDES

Bread & Butter (Gluten, Milk)	£1.50
Gluten Free Bread & Butter (GF, Milk)	£1.50
Bowl of Salad (V, Ve)	£2.50
Chips (GF, v)	£3.00
Cheesy Chips (GF, Milk, v)	£3.50
Hummus & Pitta Bread (Gluten)	£3.50
Soup of the Day (ask at counter)	£5.00

CAKES & TREATS

Fruit	80p
Crisps	80p
Cereal Bar (GF, V, Nuts)	£1.00
Ice Cream (Milk)	£1.50
Scone (Gluten or Gluten Free)	£2.00
Cream Tea – Scone with Pot of tea	£5.00
Cakes & Slices – (Gluten or Gluten Free)	From £2.00

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SPECIALS

Served All Day

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TOAST POSH NOSH BURGER

A lightly toasted brioche bun with premium beef burger with cheese & salad leaves (Gluten, Milk)

£7.00

BUBBLE PATTIE (GF)

A gluten free bubble and squeak base made from fried vegetables and potatoes; with choice of 2 toppings: Fried Egg, Poached Egg, Smoked Salmon (Fish), Avocado & Mushrooms (Ve), Garlic Butter Mushrooms (Milk, V), Bacon or Vegetarian Bacon (V)

£7.00

EGGS BENEDICT ON TOAST

Freshly cooked eggs Benedict on lightly toasted sourdough (Gluten) or gluten free bread (GF) (Milk, V)

£7.00

EGGS BENEDICT ROYAL ON TOAST

Freshly cooked eggs Benedict with smoked salmon (Fish) on lightly toasted sourdough (Gluten) or gluten free bread (GF) (Milk, V)

£7.00

SMASHED AVOCADO & MINT ON TOAST

Smashed avocado with lemon juice and mint on lightly toasted sourdough (Gluten) or gluten free bread (GF) (V, Ve)

£6.50

GARLIC MUSHROOMS & LEMON BUTTER ON TOAST

Choice of Toasted Grainy, White (Gluten) or Gluten Free Breads (GF) with Garlic Mushrooms, Mustard & Lemon Butter (Milk, V, Ve)

£7.00

MUSHROOMS & LEMON KALE SALAD ON TOAST

Mushrooms with Lemon Kale & Baby Tomatoes on toasted sourdough (Gluten) or gluten free bread (GF, V, Ve)

£7.50

HALLOUMI, MUSHROOMS & SPINACH ON TOAST

Halloumi with mushrooms & spinach in garlic, mustard, and lemon butter on toasted sourdough (Gluten) or gluten free bread (GF) (Milk, Mustard)

£7.50

HALLOUMI & MUSHROOM WRAP

Halloumi and mushrooms cooked in coconut oil with lettuce and sweet chilli sauce (Gluten, Milk, Sesame Seeds, V)

£6.50

AVOCADO & HERB SALAD WRAP

Sliced avocado with baby leaf salad and sliced cucumbers dressed in lemon juice (Gluten, V, Ve)

£6.50

NACHOS SHARING BOWL

Tortilla chips with melted cheese & jalapenos served with guacamole, salsa & sour cream (GF, Milk, V)

£6.00

CAMEMBERT SHARING PLATTER

A cooked camembert wheel served with sliced bread (Gluten) or gluten free bread (GF), sweet chilli sauce and side salad (Milk, Sesame Seeds, V)

£10.00

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