



BREAKFAST

Served All Day

ENGLISH BREAKFAST

	SMALL	LARGE
TRADITIONAL Fried Eggs, Bacon, Chipolatas, Beans, Mushrooms, Tomato and a choice of Granary or White Toast	£7.00	£9.00
GLUTEN FREE Fried Eggs, Bacon, GF Chipolatas, Beans, Mushrooms, Tomato and GF Toast	£7.00	£9.00
VEGETARIAN Fried Eggs, Veggie Bacon, Veggie Sausage, Halloumi, Beans, Mushrooms, Tomato and a choice of Granary or White Toast	£7.50	£9.00
VEGAN Bubble Vegetable Pattie, Veggie Sausage, Sliced Avocado, Beans, Mushrooms, Tomato	£7.50	£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	£7.00
GLUTEN FREE Toasted GF Tortilla with 3 choices: Scramble or Fried Egg, Bacon, Chipolatas, Mushrooms or Tomato	£7.50
VEGETARIAN Toasted Tortilla with 3 choices: Scramble or Fried Egg, Veggie Sausage, Halloumi, Mushrooms or Tomato	£7.50

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.	£1.60	£2.20
TEACAKES 2 Delicious slices of gluten or gluten-free toasted teacakes with butter* and one of the following toppings below.	£2.60	
CRUMPETS 2 Delicious toasted crumpets with butter* and one of the following toppings below. (Gluten)	£2.40	

TOPPINGS

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

*Different butter options are available including vegan

G = Gluten, GF = Gluten Free, V = Vegetation, Ve = 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)	£4.80
Cheese (Milk)	£4.80
2 Fried Eggs	£6.20
2 Poached Eggs	£6.50
Scrambled Eggs (Milk)	£6.50
Smoked Salmon (Fish)	£7.50

*Different butter options are available including vegan

JACKET POTATO

A baked potato with a choice of fillings:

Beans (v)	£4.80
Cheese (V, Milk)	£4.80
Cheese & Red Onion (V, Milk)	£5.20
Tuna (Fish)	£5.70
Egg Mayo (Milk)	£5.70

SPECIAL FILLINGS

The ultimate jacket potato filling:

Cheese & Beans (V, Milk)	£5.60
Chicken & Bacon Mayo (Milk, Egg)	£7.20
Bacon & Brie (Milk)	£7.50
Prawns & Mayo (Milk, Fish, Egg)	£7.60
Salmon & Cream Cheese (Milk, Fish)	£7.60

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:

Cheese (Milk)	£4.80	Pesto, Artichokes, Roasted Peppers (Ve)	£6.50
Cheese & Tomato (Milk, V)	£4.80	Double Fried Egg & Cheese (V)	£6.80
Cheese & Red Onion or Pickle (Milk, V)	£5.00	Bacon & Brie (Milk)	£7.00
Egg Mayo (Milk, V)	£5.20	Salmon & Cream Cheese (Milk, Fish)	£7.00
Bacon or Vegetarian Bacon (V)	£5.50	Chicken & Bacon Mayo (Milk, Egg)	£7.00
Roasted Peppers, Pesto & Mozzarella (Milk, V)	£6.50	Chicken & Mayo (Milk, Egg)	£7.00

SIDES

Bread & Butter (Gluten, Milk)	£1.80
Gluten Free Bread & Butter (GF, Milk)	£1.80
Hummus & Pitta Bread (Gluten)	£3.60
Chips (GF, V)	£3.20
Cheesy Chips (GF, Milk, V)	£3.70

CAKES & TREATS

Fruit	90p
Crisps	£1.00
Cereal Bar (GF, V, Nuts)	£1.10
Ice Cream (Milk)	From £1.60
Cakes & Slices – (Gluten or Gluten Free)	From £2.20
Fudge Slices	From £2.50

G = Gluten, GF = Gluten Free, V = Vegetation, Ve = 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.



SPECIALS

Served All Day

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

SOUP OF THE DAY

Please see our specials board or ask a member of staff for today's special

£6.50

AVOCADO & HERB SALAD WRAP

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

£6.80

HALLOUMI & MUSHROOM WRAP

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

£6.80

NACHOS SHARING BOWL

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

£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)

£7.50

SMASHED AVOCADO & MINT ON TOAST

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

£7.50

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)

£7.50

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

EGGS BENEDICT ON TOAST

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

£7.50

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)

£8.00

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)

£8.00

G = Gluten, GF = Gluten Free, V = Vegetation, Ve = 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.