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### (8:00 - 11:45AM) Mega Breakfast Two Rashers of Bacon, Two Sausages, Grilled Tomato, Two Eggs, Black Pudding, Baked Beans, Mushrooms, Hash Brown & Toast Breakfast One Rasher of Bacon, Sausage, Grilled Tomato, Egg, Baked Beans, Mushrooms, Hash Brown & Toast Mega Veggie Breakfast Two Veggie Sausages, Two Eggs, Baked Beans,

Mushrooms, Grilled Tomato, Two Hash Browns & Toast

#### Veggie Breakfast

BREAKFAST

Veggie Sausage, Egg, Baked Beans, Mushrooms, Grilled Tomato, Hash Brown & Toast

Full breakfasts include Tea or Filter Coffee

#### Smoked Salmon & Scrambled Egg

Served with Toast & Butter

<b>Toast</b> Served with a selection of Jam	£2.00
With 1 filling	£2.95
With 2 fillings	£3.90
With 3 fillings	£4.85
With 4 fillings	£5.80

Egg (boiled, fried, scrambled or poached) Sausage, Bacon, Veggie Sausage, Black Pudding, Hash Brown, Mushrooms, Beans, Tomato) Add Avocado - £1.30

On White or Brown Bread Seeded Gluten Free Roll - Extra 0.50p

# Early Breakfast Roll

With 1 filling	£2.40
With 2 fillings	£3.35

#### **Breakfast Toasties**

£8.35

£6.95

£7.50 V

£6.50 V

£7.95

With 1 filling With 2 fillings With 3 fillings With 4 fillings	£2.40 £3.35 £4.30 £5.25
(Choose from Cheese, Ham, Tomato, Onion, Tuna Mayonnaise, Bacon, Sausage, Veggie Sausage)	
Plain Omelette	£4.50

Make your own with a choice of Ham, Cheese, Tomato, Onion, Bacon, Mushrooms (0.95p per item)

# **Breakfast Wraps**

Smoked Salmon & Scrambled Egg	£5.50
Ham, Cheese & Scrambled Egg	£4.25
Roasted Red Pepper, Spinach & Scrambled Egg	£4.25 <mark>V</mark>
Spinach, Roasted Red Pepper & Avocado (Add Goat's Cheese or Halloumi Cheese)	£4.95 VE £1.75

# BLT Ciabatta£4.50Bacon, Lettuce, Tomato & Mayonnaise

(Choose from either White Bread, Brown Bread or Portuguese roll) Seeded Gluten Free Roll - Extra 0.50p

# Porridge

0	
Oats (Take away Porridge)	£3.50 £2.50
Gluten Free Organic Oats (Take away Porridge GF)	£4.00 £3.00
(Choose your milk: Fat Reduced Milk, Soya Milk, Almond Milk)	
Toppings: Jam, Honey, Maple Syrup, Cinnamon	

With 3 fillings With 4 fillings £4.30 £5.25

**Add Extras - 0.50p per item** (Mixed Berries, Sultanas, Granola)

(Choose from Bacon, Sausage, Egg, Tomato, Cheese, Mushrooms, Veggie Sausage, Black Pudding, Hash Brown, Fried Onions) Add Avocado - £1.30

On White or Brown Bread, Ciabatta, Portuguese Roll or Soft Brioche Roll Seeded Gluten Free Roll - Extra 0.50p

V - Vegetarian VE - Vegan

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# **LUNCH**

(11.45AM - 2.00PM)

<b>Soup of the Day</b> Served with Toasted Ciabatta & Butter	£4.50 <mark>V</mark>
Take away Soup with Toasted Ciabatta	£2.50 V
Homemade Vegetarian Quiche Served with Salad Garnish & Coleslaw	£7.50 V
Plain Omelette with Salad Garnish Make your own with a choice of Ham, Cheese, Tomato, Bacon, Mushrooms (0.95p per item)	£5.75
<b>Classic Club Sandwich</b> Chicken, Bacon, Lettuce, Tomato, Egg & Mayo served layered between three pieces of toast served with Chips & Salad Garnish	£10.75
<b>Toasted Sandwiches</b> <b>with Salad Garnish</b> With 1 filling With 2 fillings With 3 fillings With 4 fillings (Choose from Cheese, Ham, Tomato, Onion, Tuna Mayonnaise)	£3.50 £4.45 £5.40 £6.35
<b>Cajun Chicken Ciabatta</b> Grilled Cajun Chicken with Bacon, Lettuce, Tomato, Mayo, Served with Salad Garnish	£7.95
<b>Smoked Salmon Ciabatta</b> Smoked Salmon, Cream Cheese, Avocado, Served with Salad Garnish	£7.95
<b>Steak Ciabatta</b> Steak & Fried Onions, Served with Salad Garnish	£7.95
<b>BLT Ciabatta</b> Bacon, Lettuce, Tomato, Mayo, Served with Salad Garnish	£5.75
Cichette	





<b>Prawn &amp; Marie Rose Sauce Wrap</b> Atlantic Prawns in Homemade Marie Rose Sauce, Lettuce, Served with Salad Garnish	£7.50
<b>Tuna &amp; Red Pepper Wrap</b> Tuna Mayo with Red Pepper, Lettuce, Served with Salad Garnish	£7.25
<b>Chicken Wrap</b> Grilled Chicken, Lettuce, Lime Mayo, Served with Salad Garnish	£7.50
<b>Cajun Chicken &amp; Bacon Wrap</b> Grilled Cajun Chicken, Bacon, Lettuce, Mayo, Served with Salad Garnish	£7.95
<b>Veggie Wrap</b> Roasted Red Pepper, Asparagus, Avocado,	£7.25 <mark>VE</mark>
Spinach, Served with Salad Garnish (Add Goat's Cheese or Halloumi Cheese)	£1.75
SALADS	
Cajun Chicken Salad	small £7.75
Chicken & Bacon on a Bed of Mixed Leaves & House Dressing, Topped with Feta Cheese	large £10.75
Salmon Fillet Salad	small £7.75
Salmon Fillet on a Bed of Mixed Leaves & House Dressing	large £11.75
Goat's Cheese Salad	small £7.25 V
Baby Spinach, Roasted Red Pepper, Beetroot & Balsamic Vinegar	large £9.25 V
Grilled Halloumi Salad	small £8.25 V
Roasted Red Pepper, Asparagus, Cherry Tomato, Rocket & House Dressing	large £11.25 V
Pea & Mint Falafel Salad	small £6.50 VE

#### Served with Salad Garnish

With 1 filling	£4.25
With 2 fillings	£5.20
With 3 fillings	£6.15
With 4 fillings	£7.10

Cheese, Ham, Tuna Mayonnaise, Chicken, Tomato, Lettuce, Onion

Baby Spinach, Avocado, Beetroot & House Dressing

**Superfood Salad** 

Sweet potato, Beetroot, Kale, Avocado & Seeds

Add Goat's Cheese or Halloumi Cheese Add
Chicken or King Prawns

large £9.50 VE

small £8.25 VE large £11.25 VE

> £1.75 £3.25

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#### **SET MENU** 2 COURSES £17.50 **3 COURSES £20.00**



# **STARTERS**

<b>Soup of the Day</b> Served with Toasted Ciabatta & Butter	£4.50 <mark>V</mark>
<b>Chicken Goujons</b> Served with Plum Sauce	£6.75
Pan - fried Scallops Served with Hollandaise Sauce	£7.50
<b>Prawn Cocktail</b> Served with Marie Rose Sauce	£6.95
<b>Grilled Goats' Cheese</b> Served with Spinach, Beetroot & Balsamic Vinegar	£6.95 V
<b>Grilled Halloumi</b> Served with Roast Red Pepper & Rocket	£6.25 V
Mini Superfood Salad	£6.50 <mark>VE</mark>
Mini Superfood Salad DESSERTS	£6.50 VE
	£6.50 VE £5.25
DESSERTS	
DESSERTS Homemade Cheesecake	£5.25
DESSERTS Homemade Cheesecake Homemade Chocolate Mousse	£5.25 £5.25
DESSERTS Homemade Cheesecake Homemade Chocolate Mousse Homemade Créme Caramel	£5.25 £5.25 £5.25

MAINS	
Beef Espetada	£19.50
<b>Chicken Espetada</b> All served with Homemade Milho, Chips & Salad	£18.50
<b>Steak Burger</b> Lettuce, Tomato, Fried Onions, Cheese, Mayo Served with Salad Garnish & Chips	£12.95
<b>Cajun Chicken Fillet Burger</b> Lettuce, Bacon, Avocado, Lime Mayo, Served with Salad Garnish & Chips	£12.50
<b>Lamb Shank</b> Served with Mashed Potato, Broccoli & Gravy	£14.95
<b>Duck Breast</b> Egg Noodles, Sugar Snap Peas, Spring Onions & Hoisin Sauce	£13.50
<mark>Scampi</mark> Served with Salad Garnish, Chips & Tartar Sauce	£11.50
Fish Pie Served with Mixed Salad	£12.95
<b>Spicy Bean Burger</b> Tomato Relish, Lettuce, Tomato, Cheese, Mayo, Served with Salad Garnish & Chips	£12.95 V
<b>Halloumi Burger</b> Rocket, Roasted Red Pepper, Marie Rose Sauce, Served with Salad Garnish & Chips	£12.95 V
<b>Sweet Potato Curry</b> Spinach, Chickpeas, Coconut Milk & Basmati Rice	£11.95 VE
Add King Prawns or Chicken	£3.25

Rice	E2.00
Onion Rings	£2.00
Garlic Bread	£2.00
	£2.50
Cheesy Garlic Bread	£3.45
Mixed Salad	£2.00
Milho	£2.00

£2.00

£2 00

#### **V**-Vegetarian

**VE - Vegan** 

Chips

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