



MENU

Breakfast Served All Day

Breakfast Muffin Served with homemade red pepper jelly
Homemade English Muffin w/ Cumberland sausage, smoky bacon &
a fried egg on top..... £4.50

Vegetarian Breakfast Muffin w/ 2 vegetarian sausages & fried egg.... £4.00

Muffin with sausage or bacon & fried egg.....£3.80

Eggs on toast or muffin - fried, poached or scrambled...£3.00

Scrambled eggs with smoked salmon on toast.....£5.40

Kipper Fish Cakes on toast w/ an egg or creme fraiche on top... £6.00

Bubble & squeak on toast with an egg on top..... £4.20

Ruby Grapefruit - half a fruit w/ fresh mint...£2.20
w/ Maple Syrup...£3.20

Organic Porridge with Spanish honey & milk.....£2.40

Organic Muesli with yoghurt, honey & fresh fruit.£3.00

Toast - 2 pieces from a range of bread

With butter only.....£1.50

With butter & marmalade or jam, marmite, nutella, honey, peanut butter..£2.20

Omelettes.....£4 plain. Served with bread & side salad

Choose from fillings £1 each: mushrooms, cheese, onion, roasted red peppers, chorizo, ham



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Lunch

Hot Dish of the Day-ask for the special on offer.

All cooked in the café

Soup...Served with bread £3.80 eat in / take away

Salads.....£6 eat in / £5 take away lettuce, cucumber, tomato, roasted peppers & aubergine, cooked beetroot, pitted kalamata olives with either:

Falafel & Hummus

Smoked Salmon

Goats Cheese & Chorizo

Choice of meats: English Ham, Roast Chicken, Chorizo

Blood Orange, Fennel & Olive Salad (V)...£6.50 / £3 as side salad

Roasted Squash, Feta & Mint Rice Salad (V)...£6.50 / £3 as side salad

Choose either salad or have a mixture of both

Fennel & Lemon Risotto (V)...£7.50

Homemade Sausage Rolls

Served with homemade red pepper jelly £2.20 eat in/£1.80 take away

Sandwiches & Panini

See Sandwich menu for our delicious fillings on a range of bread

Homemade Cakes

Citrus Polenta Cakes -

Gluten-Free made with polenta (corn) & ground almonds £2.20 eat in / £1.80 take away

Chocolate Brownie - homemade.....£2.40 eat in / £2 take away



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Sundays

We're open from 11 a.m to 4 p.m for Full English Breakfast.
Come & relax with the Sunday papers

Full English

Cumberland or Lamb & Mint Sausage, 2 rashers smoky bacon, a fried free range egg, Baked beans, Grilled tomatoes, Garlic mushrooms, Hash brown, Bubble & squeak, Black pudding & white pudding, 2 toast
ALL FOR £11.40

Vegetarian Breakfast

Halloumi - fried & served with chopped coriander, a fried free range egg, Vegetarian sausage, Baked beans
Grilled tomatoes, Garlic mushrooms, Hash brown, Bubble & squeak, 2 toast
ALL FOR £9.60

Bubble & squeak on toast with a fried egg..... £3.80

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Homemade English Muffin with Cumberland or Lamb & Mint sausage, smoky bacon & a fried egg on top.....£4.50
Vegetarian Breakfast Muffin with 2 vegetarian sausages & fried egg... £4
Muffin with sausage or bacon & fried egg.....£3.80

Eggs on toast or muffin - fried, poached or scrambled.....£3
Scrambled eggs with smoked salmon on toast.....£5.40

Organic Porridge with honey & milk.....£2.40
Organic Muesli with yoghurt, honey & fresh fruit.....£3

Toast - 2 pieces from a range of bread
With butter only.....£1.50
With butter & marmalade, jam, marmite, nutella, honey, peanut butter.....£2.20



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Drinks

Soya & goats milk also available

Coffee	single / double (<i>in size or strength!</i>)
espresso	£1.50 / £2.00
americano	£2.00 / £3.30
white americano	£2.20 / £3.30
cappuccino	£2.20 / £3.30
caffè latte	£2.40 / £3.30
macchiato	£1.80 / £2.40
flat white	£2.70
mocha	£2.70 / £4
hot chocolate	£2.20 / £3.30
iced coffee	£3.30

Tea	
cup	£1.30
pot of tea for two	£2.40 – refill for free
green & herbal	£1.30
fresh mint	£1.30

Cold Drinks	
Homemade lemonade	£1.50
Coca Cola	£1