

## Mains

|   |       |
|---|-------|
| 5 Bean Chilli (H) (VE) with Rice              | 10.95 |
| Beef Chilli (H) with Rice                     | 11.95 |
| Sweet Potato & Lentil Curry with Advocado (H) | 10.95 |
| Beef Bourguignon (H)                          | 10.95 |

## Jacket Potato with Side Salad

Add extras for 1.20 (Prawns 2.25)

|        |       |
|--------|-------|
| Beans  | 7.95  |
| Tuna   | 8.95  |
| Cheese | 8.45  |
| Prawns | 11.95 |

## Homemade Quiche of the Day

served with Coleslaw and Salad 9.75

## Gourmet Open Sandwiches

All served with Salad homemade Coleslaw and Crisps

|  |       |
|--|-------|
| Brie and Bacon with Cranberry                          | 11.95 |
| Toasted Goats Cheese and Caramelised Onion Chutney (V) | 14    |
| Prawns and Smoked Salmon                               | 13.95 |
| Turkey & Cranberry                                     | 11.95 |
| Turkey, Advocado & Bacon                               | 12.95 |

## Winter Salad

Kale, Carrot, Red Onion, Red Cabbage & Pomegranate.

Dressed with a Pomegranate Molasses

|                         |       |
|-------------------------|-------|
| Prawns or Smoked Salmon | 12.95 |
| Avocado                 | 11.95 |
| Goats Cheese            | 13.95 |

## Lite Bites

All Lite bites are 8.95

|  |      |
|--|------|
| Soup and a Sandwich                        | 8.95 |
| Turkey, Cheese (V) or Tuna                 | 8.95 |
| Upgrade to Our Low Gi Seeded Bread         | 9.95 |
| B.L.T on Seeded Bread with Mayo and Crisps | 8.95 |
| Pate with Seeded Toast, & Cranberry Sauce  | 8.95 |
| Tuna Wrap with Crisps and Salad            | 8.95 |
| Garlic Mushrooms on Toast                  | 8.95 |

## Sides

|                                      |      |
|--------------------------------------|------|
| Pot of Coleslaw (V)                  | 2.5  |
| Garlic Bread (V)                     | 3.45 |
| Garlic Bread with Cheese (V)         | 3.95 |
| Crisps (VE)(GF)                      | 2.2  |
| Slice of Seeded Bread and Butter (V) | 1.85 |
| Chips (VE)                           | 3.25 |

## Little Sprogs Menu

### Breakfast

|  |      |
|--|------|
| Mini Breakfast: Sausage, Bacon, Scrambled Egg, Beans & Toast | 6.5  |
| Cheese on Toast  | 3.25 |
| Advocado on Toast  | 3.95 |
| Toast with Jam & Butter                                      | 2.95 |
| Croissant with Jam & Butter                                  | 2.35 |
| Greek Yogurt with Fruit                                      | 3.25 |
| Add Honey  | 0.4  |
| Add Oats   | 0.4  |

### Mains

We don't believe in adding salt and sugars into our sprogs meals that's why we don't use any in our home-made dishes. (SSF)

|  |      |
|--|------|
| Sausage, Chips & Beans                                   | 6.25 |
| Beef Chilli with Rice (Mild, SSF)                        | 6.45 |
| 5 Bean Chilli (Mild, SSF)                                | 6.45 |
| Potato & Lentil Curry (Mild, SSF)                        | 6.45 |
| Jacket potato with: Cheese 7.95 / Beans 7.95 / Tuna 7.95 |      |

### Packed Lunch

|  |      |
|--|------|
| Sandwich: Tuna, Cheese or Cream Cheese | 6.45 |
| Crisps or Nachos                       |      |
| Cucumber or Carrot Sticks              |      |

Followed by:

Strawberry, Chocolate or Vanilla Ice cream

Or Greek Yogurt & Fruit

Includes a Cup of Milk, Apple or Orange Carton



FOOD &  
DRINKS  
MENU



## White Wine

125ml / 175ml / 250ml / Btl

**1. Cramele Recas Pinot Grigio / 2** 5.25 / 5.95 / 7.00 / £21.00  
Romania

Opulent aromas of grapefruit and peach that follow through to the palate and combine with melon, green apples and citrus fruit. SWA Silver Award.

**2. Fat Barrel Sauvignon Blanc / 1** 5.25 / 5.95 / 7.00 / £21.00  
Wellington, South Africa

A light and refreshing palate teaser, packed with sunny, tropical passion fruit and pineapple, invigorated by aa citrus twang and a lively lemon and lime surge on the dry, frisky finish. SWA Commended.

## Rosé Wine

125ml / 175ml / 250ml / Btl

**3. Virtuoso Casa Girelli** 5.25 / 5.95 / 7.00 / £21.00  
**Pink Zinfandel Puglia IGT / 4**  
Italy

Lovely fresh aromas of strawberries and red berries with a palate bursting with sweet summer fruit married to an understated acidity.

## Red Wine

125ml / 175ml / 250ml / Btl

**4. Cramele Recas Pinot Noir / B** 5.25 / 5.95 / 7.00 / £21.00  
Romania

Complex aromas of black cherry, raspberry and cinnamon. Medium bodied with dried fruit notes that combine with fresh red berries and sweet spice on the palate.

**5. Equino Malbec / D** 5.25 / 5.95 / 7.00 / £21.00  
Argentina, Mendoza

A mix of plum, raspberry and blackberry, medium-bodied, yet soft and silky with seductive tannins. The purity of this wine is a natural acidity which complements the fruits in a great, lengthy finish. SWA Bronze Award.

**6. Primitivo di Manduria DOC Gran Maestro / 1** £28.00  
Italy

Fruity notes of berries and plum jam, with spicy notes like chocolate, vanilla and tobacco. The palate is full and round, with soft tannins and aromas of red berries, herbs and coffee in the lingering finale.

## Sparkling Wine

**7. Prosecco, Famiglia Botter D.O.C Extra Dry / 1** £24.00  
Italy

Delicious floral and delicate flavours, with a fine mousse.

**8. Prosecco Serenello Extra Dry 20cl Bottle / 1** £8.50  
Italy

The delicious aromas of apple and pear melt into a smooth and fresh wine on the palate.

## Champagne

**9. Champagne Castelnau Reserve Brut / 1 / France** £46

The initial aromas are intriguing as they show a complexity rarely present in a non-vintage Brut. This cuvée is best described as having the soul of a vintage wine in the body of a non-vintage.

**10. Veuve Clicquot Brut / 1 / France** £75

A world famous Champagne, rich and creamy in style, with an explosion of citrus fruit and a delightful yeasty toastiness.

## Cold Drinks

Iced Coffee add 80p for Syrup 3.8

Freshly Squeezed Orange 4.05

Freshly Squeezed Apple, Apple & Carrot 3.95

Diet Coke, Coke or Lemonade (V) 2.95

Bottled Water, Still or Sparkling (V) 2.25

Miola Coke Float (V) 4.25

Fentimans Soft Drinks 275ml 3.75

Dandelion & Burdock Elderflower / Ginger Beer

Milkshake made with Ice Cream (V) 3.95

Choose from: Chocolate, Strawberry, Vanilla

## Alcohol

Birra Moretti 330ml 4.25

Peroni Red 330ml 4.25

Gin & Tonic (add 2.00 for extra shot) 7.00

## Hot Drinks

Breakfast Tea 2.8

Decafe Tea 2.8

Green Tea 3

Earl Grey Tea 3

Peppermint Tea 3

Mocha 3.8

Hot Chocolate 3.6

Cream and Marshmallows 1

## Coffee

Sm/Lg

Cappuccino 3.25/3.65

Americano 2.95/3.25

Flat White 3.60/3.90

Espresso 2.80/3.10

Latte 3.45

Chai Latte 3.25

Make it a Dirty or Filthy Chai

Latte 3.65/4.20

Hippie Chai Latte (Oat Milk) 3.85

Make it a Dirty or Filthy Hippie

Chai Latte 4.25/ 4.65

Macchiato 2.95

For Oat Milk Drinks add 50p

Syrups add 80p

## Breakfast served until 12pm only

Toasted Teacake with Butter (V) 3.4

Sausage or Bacon on Seeded Bread 5.25

Scrambled or Poached Eggs on Seeded Toast (V) 6.25

with Smoked Salmon 8.25

Greek Yoghurt with Fresh Fruit and Honey (V) 5.95

Croissants with Jam and Butter (V) 4.25

Croissants with Cream Cheese and Smoked Salmon 8.25

Jam and Butter on Seeded Toast (V) 3.95

Baked Beans on Seeded Toast (V) 4.95

Cheese on Seeded Toast (V) 5.25

Avocado on Seeded Toast 6.2

Add Scrambled or Two Poached Eggs for 2

Add Smoked Salmon 2.2

Cooked Breakfast 10.25

Sausage, 2 Rashers of Bacon, Mushroom, Scrambled Eggs, Black Pudding, Grilled Tomato, Baked Beans and Seeded Toast

Breakfast Extras:

Sausage, Bacon or Egg 1.45

Tomato, Mushroom, Beans or Black Pudding 0.95

Smoked Salmon 2.2

Jam 0.4

## Desserts

Home made Scone and Jam, with butter or cream 3.25

Home made Scone and Jam and clotted cream 4.25

Eton Mess 5.85

Sticky Toffee Pudding (GF) (H) 6.45

Chocolate Brownie (GF) (H) 6.45

Ice Cream 1 Scoop 2.50 / 2 Scoops 3.00 / Scoops 3.75

All desserts are served with Cream or Ice-Cream

Ask server for todays selection

## Afternoon Tea per person, min 2 people

22. Savouries Include

2 Sandwiches, Mini Tuna Wrap, Pate on Toast, Mini Prawn

Cocktail, Slice of Quiche and Goats Cheese Tart

Desserts Include

Mini Scone with Jam and Cream and a Selection of 4 Sweet Treats

Add Processco 20cl 8.50, 70cl 24.00



Champagne, White and Rosé wines are designated numbers from 1 to 9, with 1 being the driest and 9 being the sweetest. Red wines are designated letters from A to E, with A being the lightest and softest and E being the deepest and fullest.

V = Vegetarian / VE = Vegan / GF = Gluten Free / SSF = Salt & Sugar Free / H = homemade