



BREAKFAST

Served until 11.45am Monday - Friday. Served until 1pm on Saturday-Sunday

BREAKFAST BAPS

3.50/ from 250 calories

Choose from:

Bacon, Egg or Sausage served in a Brioche bun.

Have all three with hash browns for 1.50 extra

SMASHED AVOCADO

4.99/ 420 calories

Avocado, Caramelised Onions, crumbled Feta Cheese, on toasted bread.

Add poached eggs for £1.00

Add smoked bacon for £2.00

BAE

5.99/450 calories

Smoked Bacon, Smashed Avocado and Poached Eggs on Toast.

EGGS ANY STYLE

4.99/ from 180 calories

Choose your style of Two Free Range Eggs: poached, scrambled, fried or omelette served with toast.

Add up to two fillings: Smoked salmon, Bacon, Ham, Mushrooms, Spinach, Cherry Tomatoes, Feta, Cheddar, Caramelised onions.

THE GCK FULL BREAKFAST

8.00 From 699 Calories

Fried Egg, Chipolata sausages, smoked bacon, mushrooms, slow roasted tomatoes, hash browns, baked beans and a slice of toast.

BUBBLE & SQUEAK

5.99/650 calories (Gf)

Two Poached eggs on a bed of Bubble and Squeak with smoked bacon served on toasted bread.

GRANDLA BOWL

4.99/ 420 calories

Sugar Free Granola, served with a fat free yoghurt and Mixed Berries.

PORRIDGE

4.50 / From 300 calories (GF)

Choose up to two toppings :

Berries, Banana, Honey, Nutella, Peanut Butter. Made with your choice of milk.

Add protein powder for £1.00

TOASTIES

3.50/ 320 calories

Cheese Toastie, Ham and cheese toastie. Or Choose up to three fillings of your choice!

VEGAN FULL BREAKFAST

7.50 / 650 Calories

Linda McCartneys Sausages, Mushrooms, Slow Roasted tomato, Hashbrowns, Baked Beans, Avocado and a Slice of Toast.

Add Tofu Scrambled for £2.00

EGGS BENEDICT

5.99/ 420 calories

Toasted Muffins, with ham, poached eggs and a hollandaise sauce.

Swap ham for Smoked Salmon or Spinach.

PANCAKES

5.99/ from 330 calories

American style pancakes.

Choose from:

- **Kinderella** - Kinder Bueno filling covered pancakes, topped with Kinder Chocolate.
- **Banoffee** - Banana, Caramel & whipped cream, Chocolate sprinkles
- **Funfetti** - Pink Chocolate spread with Sprinkles
- **Biscoff Lotus** (Vegan) - Crushed Biscoff Biscuit and melted Biscoff Lotus Spread.

DRINKS MENU

SMOOTHIES - 3.50

CHEEKY MONKEY

Peanut Butter, Banana, Almond Milk

THE HULK

Spinach, Banana & Apple Juice

BERRY BERRY GOOD

Berries, Apple Juice

TROPICAL HEAVEN

Mango, Pineapple & Pineapple Juice

WAKE ME UP

Espresso, Vanilla, Milk

MILKSHAKES

Strawberry, Vanilla, Chocolate, Banana 2.50

ADD CREAM 0.50

HOT DRINKS

Latte	2.50	2.80
Americano	2.30	2.60
Flat white	2.40	
Cappuccino	2.50	2.80
Mocha	2.60	2.90
Hot Chocolate	2.40	2.80
Cortado	2.20	
Espresso	1.40	
Double Espresso	1.70	
Macchiato	1.50	
English Tea	1.80	
Earl Grey	1.80	
Peppermint Tea	1.80	
Green Tea		

PROTEIN SHAKES

Strawberry, Vanilla, Chocolate, Banana 2.50

ADD MILK 0.50

EXTRA SCOOP OF PROTEIN 1.00



Lunch Menu
Served until 4.00pm Monday - Friday

**PANINIS, SANDWICHES
OR TOASTIES**

3.50 / From 370 calories

Choose from:

- Basil, Tomato & Mozzarella
- Ham, Cheddar & Red Onion
- Tuna, Cheddar & Red Onion

Build your own, up to three fillings.

OMELETTE

5.99 / From 250 calories (GF) (V)

Two egg omelette. Choose up to two fillings, with a side salad or slice of toast.

Tomato, Cheddar Cheese
Mushrooms, Spinach, Red Onion,
Peppers, Ham, Smoked Salmon,
Bacon.

GRILLED CHICKEN

6.99 - 450 calories (GF)

Rice, served with side rainbow
slaw, salad and grilled
chicken with flavouring of
your choice:

Peri Peri, Jerk, Cajun, Plain, Italian
Herbs

CLUB SANDWICH

5.99 / 650 calories

Toasted layers of bread with grilled
chicken, Smoked Bacon,
fried egg, lettuce, tomato and low
fat mayo.

JACKET POTATO

From 250 calories (GF)
Served with butter and mixed leaf salad.

One topping: 4.50
Two Toppings: 5.50

Tuna light mayo, coleslaw, no
added sugar beans, low fat cheddar
cheese.

WRAPS

6.99 / from 390 calories

Served in pink tortilla wrap with
shredded lettuce and Rainbow Slaw

1. Choose Sauce:

**Mayo, Siracha Mayo, Garlic Aioli, BBQ
Mayo, Red Pepper Salsa**

2. Choose:

Chicken or Jackfruit (Ve)

3. Choose Flavour:

Peri Peri, Cajun, Jerk, Plain.

CHICKEN BLT SANDWICH

5.99 / 455 calories

Open Sandwich. Shredded lettuce
smothered in garlic aioli, topped
with tomatoes, smoked bacon and
grilled chicken served on
sourdough bread.

BEEF BURGER

6.99 / from 580 calories

Beef Burger, Cheddar,
Caramelised Onion, Garlic Aioli,
Lettuce and tomato. Served in a
pink bun.

CHICKEN BURGER

6.99 / from 490 calories

Cajun Chicken, Halloumi, Red
Pepper salsa, Rainbow Slaw.

VEGAN BURGER

6.99 / from 520 calories

Veggie Burger, Vegan Cheese,
Red Pepper Salsa, Rainbow
Slaw.

ADD AIRFRIED CHIPS TO ANY DISH FOR £2.00

SMOOTHIES - 3.50

CHEEKY MONKEY

Peanut Butter, Banana, Almond Milk

THE HULK

Spinach, Banana & Apple Juice

BERRY BERRY GOOD

Berries, Apple Juice

TROPICAL HEAVEN

Mango, Pineapple & Pineapple Juice

WAKE ME UP

Espresso, Vanilla, Milk

MILKSHAKES

Strawberry, Vanilla, Chocolate,
Banana 2.50

0.50

ADD CREAM

HOT DRINKS

Latte	2.50	2.80
Americano	2.30	2.60
Flat white	2.40	
Cappuccino	2.50	2.80
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PROTEIN SHAKES

Strawberry, Vanilla, Chocolate,
Banana 2.50

0.50

ADD MILK

1.00

EXTRA SCOOP OF PROTEIN



KIDS MENU

SUITABLE FOR UNDER 5 YEAR OLDS

BREAKFAST

Served from 9am until 11.45am

TOAST

2.00

Toast with beans or scrambled egg.

PANCAKES

2.50

Nutella or Funfetti Pancakes.

CEREAL

1.50

Bowl of no added sugar cereal.

MAINS

HAM & CHEESE TOASTIE

3.00

Served with Airfried Chips

FISH FINGER CHIPS AND PEAS

3.00

Served with Airfried Fish Fingers and Airfried Chips and Peas.

SAUSAGE CHIPS AND BEANS

3.00

Two chipolata sausages served with airfried chips and beans.

DRINKS

APPLE OR ORANGE JUICE

1.00

CHOCOLATE MILKSHAKE

2.00

Made fresh to order.

BABYCCINO

Free* with a paid order



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