

# BREAKFAST

## HOUSE SPECIALS

Grilled & roasted, not fried. Less fat, healthy & delicious

### **FULL ENGLISH - £12.50**

Smoked chicken sausage, dry cured smoky bacon, scrambled eggs, beans, mushrooms, roasted vine tomatoes, hash brown & granary toast

### **SUPER LOW CARB (Gf) - £11.00**

Smoked chicken sausage, dry cured smoky bacon, scrambled eggs, mushrooms & roasted vine tomatoes

### **VEGGIE FULL ENGLISH (V) - £11.50**

Linda McCartney vegan sausages, scrambled eggs, beans, mushrooms, roasted vine tomatoes, hash brown & granary toast

### **VEGAN FULL ENGLISH (Vg) - £11.50**

Linda McCartney vegan sausages, scrambled tofu, beans, avocado, roasted vine tomatoes, hash brown & granary toast with vegan spread

## PANCAKES

Triple stacked, homemade & yummy.

Served with fresh berries, maple syrup & dusted with icing sugar. Served all day

(Add 2 smoky bacon rashers +£2.50)

### **AMERICAN (V) - £8.00**

### **PROTEIN (V) - £9.00**

### **VEGAN (Vg) - £8.00**

## EGGNATION

Free range eggs served on granary toast

### **SCRAMBLED EGGS (V) - £7.50**

**ADD 2 X SMOKY BACON RASHERS - £2.50**

**ADD CHEDDAR CHEESE & CHILLI - £1.00**

## BREAKFAST ROLLS & SANDWICHES

Served on freshly baked granary

### **SMOKED CHICKEN SAUSAGE & FRIED EGG**

**- £5.00** (£6.00 IN)

### **VEGGIE SAUSAGE & FRIED EGG (V)**

**- £5.00** (£6.00 IN)

### **VEGAN SAUSAGE & SCRAMBLED TOFU**

**(Vg) - £5.00** (£6.00 IN)

### **BACON SANDWICH - £5.00** (£6.00 IN)

## PORRIDGE & GRANOLA

### **CLASSIC PORRIDGE (V) - £4.80** (£5.00 IN)

Made with choice of milk, honey & topped with fresh seasonal berries & pumpkin seeds

### **POWER PORRIDGE (V) - £5.30** (£5.50 IN)

Made with choice of milk, apple juice, vanilla whey & topped with cinnamon & pumpkin seeds

### **RASPBERRY PORRIDGE (V) - £4.80** (£5.00 IN)

Made with choice of milk, honey, raspberry compote, Natural yogurt and pumpkin seeds



# LUNCH & LATER

## SOUP OF THE DAY (V) - £4.00

Freshly made & delicious. (Granary roll +£1.40)  
(Eat IN £5.50 - includes the roll.)

## CLUB SANDWICH

Triple decker toasted sandwich on granary with award  
winning mature cheddar, tomato, mixed leaves, guac,  
American style mustard & mayo

- CHICKEN & HAM - £7.50

- QUORN HAM (V) - £8.50

## TOASTIES

On granary with award winning mature cheddar cheese

**VINE RIPENED TOMATOES (V)**

- £4.00 (£5.00 IN)

**TUNA MELT - £4.50** (£5.50 IN)

Tuna flakes, mayo & smoked paprika

**NEW YORKER - £4.80** (£5.80 IN)

Pastrami, gherkin & American style mustard

**CHIPOTLE CHICKEN, BACON & TOMATO**

- £5.00 (£6.00 IN)

## JACKET POTATOES

Baked in the oven until they're nice & crispy.

Eat in price includes a side salad & dressing

**MATURE CHEDDAR & BEANS (V) (Gf)**

- £4.50 (£7.30 IN)

**TUNA MAYO (Gf) - £5.30** (£8.00 IN)

**COTTAGE CHEESE & CHIVES (V) (Gf)**

- £5.20 (£8.00 IN)

**BEEF CHILLI, CHEDDAR & S/CREAM**

-£5.70 (£8.50 IN)

**3 BEAN CHILLI (Vg) - £5.00** (£7.80 IN)

## SURFER BURGERS

Gourmet burgers made with lean protein & served on a  
granary bun with beef tomato & salad.

Eat in price includes a regular side

**6oz STEAK & CHEESE**

With burger sauce & cheddar cheese

**WHOLE CHICKEN BREAST & BACON**

With homemade sticky BBQ sauce & cheddar cheese

Single -£7.40 (£10.20 IN) Double -£10.40 (£13.20 IN)

## PLANT BASED BURGERS

Moving mountains vegan burger served on a granary  
bun with beef tomato, salad leaves, red onion, habanero  
relish & mayo/vegan mayo. Eat in includes reg. side

**VEGGIE + CHED CHEESE (V) -£8.20** (£11.00 IN)

**VEGAN + VG CHEESE (Vg) - £8.20** (£11.00 IN)



Please ask for help with the following: -

- . Allergen information
- . Nutrition & macros
- . Gluten free & dairy free options



## HEALTHY SALADS

All served on a bed of mixed leaves, baby plum tomatoes & much more

### **NUTTY SUPERFOOD (V) -**

Cous cous, quinoa, edamame beans, feta, pomegranate seeds, blueberries, olives, walnuts & pumpkin seeds

### **CHICKEN CAESAR SALAD**

Chicken breast, flaked parmesan, croutons & Caesar dressing

### **CAJUN CHICKEN & TUNA**

Over 50g of protein. Cajun spiced chicken breast, tuna, boiled egg, edamame beans & cucumber

**£5.50** (£8.50 IN)

Choose your dressing: - French, Honey & mustard or Olive oil & balsamic vinegar



### **REGULAR SIDES £3.00** (£3.20 IN)

#### **GARDEN SALAD (Vg)(Gf)**

Mixed leaves, baby plum tomatoes, cucumber & carrot

#### **STEAMED BROCCOLI (Gf)**

With flaked parmesan & chilli flakes

#### **GOLDEN VEG LONG GRAIN RICE (Vg)(Gf)**

Seasoned rice with garden peas & sweetcorn

### **PREMIUM SIDES £3.80** (£4.00 IN)

#### **SWEET POTATO & CHIVES MASH (V)(Gf)**

Smashed with butter & crème fresh

#### **CAJUN SPICED JULIENNE FRIES (Vg)(Gf)**

Oven baked + chipotle dip

#### **PROTEIN SALAD (V)(Gf)**

Mixed leaves, baby plum toms, egg, cucumber & edamame beans

## **HOT CHICKEN SPECIALS**

Grilled chicken breast (4oz avg. weight each).

Regular side included. +80p for premium

### **LEMON CHICKEN (Gf)**

Marinated in lemon and seasoned with black cracked pepper

- £6.50 1 breast      - £9.00 2 breasts  
(£7.00 IN)                      (£9.50 IN)

### **CAJUN CHICKEN (Gf)**

Lightly coated with a blackened cajun seasoning,, served with a guacamole dip

- £7.30 1 breast      - £10.00 2 breasts  
(£7.80 IN)                      (£10.5 IN)

### **MEXICAN CHICKEN**

With our homemade lean beef chilli, grated mature cheddar & sour cream

- £9.10 1 breast      - £12.00 2 breasts  
(£9.60 IN)                      (£12.50 IN)

## **SANDWICHES & ROLLS ON GRANARY**

**£3.50** (£4.20 IN)

### **TUNA CRUNCH, MAYO, ONION & LEAVES**

### **EGG MAYO & CHIVES (V)**

### **CHEDDAR CHEESE & PICKLE SALAD (V)**

### **VEGAN CHEESE SALAD & PICKLE (Vg)**

**£3.80** (£4.60 IN)

### **CHICKEN, MAYO & AVOCADO**

### **HAM, EGG & MUSTARD SALAD**

### **PASTRAMI, CHEESE & MUSTARD SALAD**