

# For daily & seasonal specials, please check the board

Ask about **gluten free**, **dairy free**,  
**vegetarian (V)** , **vegan (Vg)** options

## Breakfast

Porridge	2.95	V /Vg
Buttered toast 1 or 2 slice(s)	1.60/2.50	V
Beans on toast	3.75	V /Vg
Avocado on toast 1 or 2 slice(s)	3.95/6.20	Vg

Selection of teacakes ,crumpets,  
toast & muffins

## Early Bird Special until 11am

Tea with either toast,  
a teacake or crumpets

3.50

## Toasted Sandwiches

Cheddar cheese	4.25	V
Ham and cheese	4.75	
Cheese and beans	4.55	V
Tuna cheese melt	4.75	
Brie, cranberry, pear	4.95	V
Goats' cheese, fig jam, ham	4.95	

## Selection of cakes and treats and ice creams

## Salads

**Roasted Cauliflower & Feta:** 6.95 V  
Roasted Harissa Cauliflower  
with feta, toasted seeds &  
mixed salad

**Serrano:** 7.95  
Serrano ham, mixed salad,  
avocado, olives & feta cheese

**Green Goddess:** 6.95 Vg  
Whole avocado with mixed  
salad, and toasted seeds

**Chicken and Avocado** with  
mixed salad 7.95

**Mediterranean Platter:** 8.95 V  
Houmous, olives, feta, avocado,  
mixed salad & pitta bread

**Homemade Quiche of the Day**  
with mixed salad 6.95

**Extra side salad** 2.50  
**Extra avocado:** 0.75/1.5/3  
quarter/half/whole  
**Extra pitta bread** 1.50

**Jacket Potato with salad** 5.90 +

+ **Choice of fillings, individually  
priced:**  
cheese/tuna mayonnaise/ houmous  
and sundried tomato/beans /  
smoky bean chilli

**Soup of the Day** 4.95

## Sandwiches

Cream cheese & cucumber	2.95	V
Cheese and salad	3.50	V
Egg mayonnaise	3.60	V
Houmous, sundried tomato, rocket	3.95	V
Ham, cheese, salad	3.85	
Ham and salad	3.50	
Tuna mayonnaise, cucumber	3.75	
Chicken, mayonnaise & salad	3.95	
Chicken & avocado	4.50	

## Kids Menu

Beans on toast	2.50	V /Vg
Cheese/ham/jam sandwich	2.50	
Jacket potato	3.20 +	
+ <b>Fillings, individually priced</b>		

Houmous and breadsticks	2.50	V /Vg
Fresh fruit pot	1.90	

## Kids Club Deal from 3pm

Kids sandwich or beans on toast  
with juice or smoothie 3.95

## Selection of hot & cold drinks