

# 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 ceams**

## Salads

|                                                                                                                    |            |    |
|--------------------------------------------------------------------------------------------------------------------|------------|----|
| <b>Roasted Cauliflower &amp; Feta:</b><br>Roasted Harissa Cauliflower<br>with feta, toasted seeds &<br>mixed salad | 6.95       | V  |
| <b>Serrano:</b><br>Serrano ham, mixed salad,<br>avocado, olives & feta cheese                                      | 7.95       |    |
| <b>Green Goddess:</b><br>Whole avocado with mixed<br>salad, and toasted seeds                                      | 6.95       | Vg |
| <b>Chicken and Avocado</b> with<br>mixed salad                                                                     | 7.95       |    |
| <b>Mediterranean Platter:</b><br>Houmous, olives, feta, avocado,<br>mixed salad & pitta bread                      | 8.95       | V  |
| <b>Homemade Quiche of the Day</b><br>with mixed salad                                                              | 6.95       |    |
| <b>Extra side salad</b>                                                                                            | 2.50       |    |
| <b>Extra avocado:</b><br>quarter/half/whole                                                                        | 0.75/1.5/3 |    |
| <b>Extra pitta bread</b>                                                                                           | 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<br>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 + |       |
| + Fillings, individually priced |        |       |

|                         |      |       |
|-------------------------|------|-------|
| 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**