

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
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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,
treats, ICE CREAMS
& Lollies**

Salads

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

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

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

Chicken and Avocado with mixed salad	7.95
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Mediterranean Platter:	8.95	V
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Houmous, olives, feta, avocado,
mixed salad & pitta bread

Homemade Quiche of the Day

with mixed salad	6.95
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Extra side salad	2.50
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Extra avocado:	0.75/1.5/3
quarter/half/whole	

Extra pitta bread	1.50
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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 +	
+ 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
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**Selection of hot & cold drinks
& ICED COFFEES**