* Breakfast *

Best way to start the day

Best Way To Start The Day

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FRESH FRUIT SALAD

Per portion / £4.25 Add Yoghurt / £0.60

SELECTION OF CEREALS

Per portion / £4.25 Add Yoghurt / £0.60

PORRIDGE OATS with cinnamon and banana

£ 5.50

PORRIDGE OATS

with fresh fruit

£ 5.50

HOME MADE AMERICAN STYLE HASHBROWNS

with 2 fried eggs (contains garlic) £ 7.00

> Makes - EVERYTHING-Getter

VEGAN BREAKFAST

Vegan sausage, hash browns, beans, mushrooms, tomatoes, toast.

£ 9.50



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POACHED EGGS ON CHUNKY GRANARY TOAST £ 6.25

£ 6.25

SCRAMBLED EGGS ON CHUNKY GRANARY TOAST

£ 6.00

SCRAMBLED EGGS WITH SPINACH ON CHUNKY GRANARY TOAST

£ 6.50

CHESTNUT MUSHROOMS ON CHUNKY GRANARY TOAST

£ 5.50

BEANS ON CHUNKY GRANARY TOAST £ 5.50

CHEESE ON CHUNKY GRANARY TOAST £ 5.50

CHESTNUT MUSHROOMS ON TOAST Topped with Poached Eggs





CRUSHED AVOCADO ON TOAST

Topped with Poached Eggs £ 7.25

CRUSHED AVOCADO ON TOAST

Topped with Tomato and Balsamic Dressing

£ 6.95

CHUNKY GRANARY TOAST WITH JAM OR MARMALADE

£ 2.45



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* Lunch *



CHUNKY VEGETABLE Eat In / £5.10 Take Away / £4.65

LEEK & POTATO Eat In / £5.10 Take Away / £4.65

SOUP OF THE DAY See the board for current flavour... Eat In / £5.10 Take Away / £4.65

Hot food

PIES

(various) Eat In / £5.25 Take Away / £4.25



QUICHE

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(various) hot or cold Eat In / £5.25 Take Away / £5.25

VEGETABLE CURRY Eat In / £7.95 Take Away / £6.75

CHILLI Eat In / £7.95 Take Away / £6.75

HALF PINT CHILLI Eat In / £7.95 Take Away / £6.75

> PANINIS (all fillings) £ 9.50



PLAIN WITH BUTTER Eat In / £4.60 Take Away / £3.95

MATURE CHEDDAR CHEESE

Eat In / £6.75 Take Away / £6.25



PLAIN COTTAGE CHEESE

Eat In / £6.75 Take Away / £6.25

COTTAGE CHEESE & PINEAPPLE

Eat In / £6.85 Take Away / £6.35

COTTAGE CHEESE WITH ONIONS & CHIVES

Eat In / £6.85 Take Away / £6.35

BAKED BEANS

Eat In / £6.75 Take Away / £6.25

TUNA MAYO

Eat In / £7.95 Take Away / £7.45

HUMMUS

Eat In / £6.75 Take Away / £6.25



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* Lunch *

Jacket potatoes

THREE BEAN CHILLI

Eat In / £7.95 Take Away / £7.45

VEGETABLE CURRY

Eat In / £7.95 Take Away / £7.45

Salad

SMALL BOWL

Eat In / £5.05 Take Away / £4.55

STANDARD BOWL

Eat In / £6.75 Take Away / £6.50

INDIVIDUAL ITEMS

£ 1.95



EXTRA SALAD DRESSINGS £ 0.40



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VEGETABLE CURRY WITH BROWN RICE

> Eat In / £7.95 Take Away / £7.45

THREE BEAN CHILLI WITH BROWN RICE

Eat In / £7.95 Take Away / £7.45 ADD CHEESE / £0.75

HALF PINT OF CHILLI TOPPED WITH CHEESE

Served with bread

£ 7.95

QUICHES & PIES

Please ask for our selection of today's delicious choices.

Eat In / £5.25 Take Away / £4.75

MEDITERRANEAN TARTLETS

£ 4.95



Desserts

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SELECTION OF VEGAN CAKES

£ 3.25

BROWNIE £ 3.25

TOASTED TEACAKE £ 3.25

> FLAPJACK £ 3.25

FRESH FRUIT SALAD £ 3.75



COTTAGE CHEESE (PLAIN) £ 1.25



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* Drinks*

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Hot drinks

Delicious selection of herbal teas and coffee.

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FILTER COFFEE Regular / £2.50

Large / £2.85

DECAF COFFEE Regular / £2.95 Large / £3.30

CAPPUCCINO

Regular / £2.95 Large / £3.30 with Soya extra / £0.45

LATTE

Regular / £2.95 Large / £3.30 with Soya extra / £0.45

AMERICANO

£ 2.95



ESPRESSO

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Single / £1.95 Double / £2.45

> MOCHA £ 3.95

FLAT WHITE £ 3.95

HOT CHOCOLATE Regular / £3.50 Large / £4.00

HOT CHOCOLATE WITH CREAM

Regular / £3.65 Large / £4.50

> CHAI LATTE £ 3.95

MUG OF TEA £ 2.15

POT OF TEA For 1 **£ 2.95**

POT OF TEA For 2 **£ 4.25**

DECAF TEA £ 2.45



EARL GREY £ 2.45

HERBAL TEA (VARIOUS) £ 2.45

Chilled drinks

Put some caption about fresh juice etc

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CARROT & APPLE JUICE £ 3.75

> FENTIMANS £ 3.25

STILL WATER £ 1.50

SPARKLING WATER £ 1.50

CANNED DRINKS £ 2.10



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* Drinks*

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Chilled drinks

Put some caption about fresh juice etc

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APPLE JUICE

Small / £1.50 Large / £2.25

CRANBERRY JUICE

Small / £1.50 Large / £2.25

FRESH ORANGE JUICE

Freshly squeezed on request

£ 3.75

комвисна

Kombucha is a fermented, lightly effervescent, sweetened black tea drink.

£ 3.25



KEFIR

Kefir is a fermented milk drink similar to a thin yogurt or ayran that is made from kefir grains, a specific type of mesophilic symbiotic culture.

£ 3.25

APPLETISER £ 3.95

