



Allergen Menu

Gluten Eggs Fish Celery Milk Mustard
Nuts Peanuts Sesame seeds Soya Sulphur dioxide

Nothing on this menu contains: Lupin, Crustaceans, Molluscs

Food served all day 'til 9pm

Tables Downstairs & Outside please order at the bar
Upstairs is table service, but if you are short on time it will speed things up to order at the bar downstairs

Homemade American style Pancake Stack

All contain wheat flour and soya and are drizzled w Real Maple syrup

- Simple** triple stack (you can add toppings overleaf) £5
- U.S.A** scrambled egg & bacon £9
- Hero Pancakes** £10
Linda's veg Sausages, Turmeric scrambled tofu & hash brown
- The Big Red Pancake Breakfast** £12
two Pork sausages, two bacon rashers, scrambled eggs & a hash brown with an extra jug of maple syrup
- Strawberry shortcake Pancakes** £8
fresh Strawberries, Ice cream and shortbread biscuit
- 'Biscoff' Pancakes** £8
fresh banana, coconut whipped cream & Lotus biscoff biscuit
- Lighter breakfast**
- Maple grilled Peaches & Anzac oat crumble** £8
w/ thyme, strawberries, yoghurt, poppy, sunflower, chia & pumpkin seeds
- Grilled Salmon fillet** £9
on spinach topped with a fried egg and asparagus

Cooked Breakfasts served all day

Please note these are discounted set bundles, we can't allow swaps

Trade up from a fried egg to scrambled eggs for 75p

NB we use Flora dairy free buttery spread which does not contain dairy

- Hearty English** £7.95
pork sausage, 2 bacon rashers, fried egg, two buttered granary toast, beans, mushrooms, cherry toms & hash brown
No gluten option» (our usual sausages are GF but please check)_ngci bread £8.70
- Hearty Veggie** £7.95
Linda McCartney sausage, grilled halloumi, fried egg, mushrooms, beans, 2 buttered granary toast, cherry tomatoes & hash brown
No gluten option» Scrambled Tofu instead of sausage & ngci bread £8.70
- Hearty Vegan** £7.95
Linda McCartney sausage, Scrambled Tofu, beans, mushrooms, spinach, 2 buttered granary toast, cherry toms & hash brown

The Big Red Breakfast

£11

two pork sausages, two bacon rashers, two fried eggs, 2 buttered granary toast, beans, mushrooms, cherry toms, hash brown **ng+75p**

Build your own Breakfast or Sandwich

- | £1.50 each | £1.25 each | 75p each |
|---|--|--|
| 2 slices of buttered granary bread/toast | No gluten seeded sliced bread, Tortilla wrap | Buttered granary bread/toast |
| Pork or Linda McCartney sausage, Scrambled Egg, halloumi | Thick cut Bacon, Black pudding, Scrambled Tofu | Fried Egg, Spinach Baked Beans, Mushrooms, Cherry Toms, Hash brown |
| Strawberry Jam jar, Maple grilled peaches, Fresh Strawberries | Peanut butter Vanilla Ice cream Fresh Banana Chocolate sauce | Mixed seeds, Whipped Cream (dairy or coconut) |

Sandwiches with homemade slaw

If fillings do not contain gluten you can swap to ngci bread for a gluten free option

Fish fingers with **mayo** on **granary** **vg** with Quorn fish-like **fingers** £5

Goats cheese & red onion chutney with rocket on **granary** £5

Chimichurri quesadilla £6

fresh sweetcorn salsa folded in a flour **tortilla** with **mozzarella** & **cheddar**
served with guacamole **vg** **vegan cheese instead**

Steak strips & sautéed onions with rocket on **granary** £7

The mini Club on **granary** £6

chicken breast, thick cut bacon, tomato, baby gem lettuce with **mayo**

Starters, Snacks or Sharers

Mezze plate £6

flatbread w/ **houmous**, garlic & herb olives, sunblushed tomato, **tabbouleh**

Buffalo cauliflower bites with cajun **mayo** £5

Breaded free range Chicken tenders £5

with **peanut**, sriracha and **sesame** drizzle

Snack Hash baby potatoes, Courgette, fennel, red pepper £5

Halloumi & red pepper skewers with **sweet chilli** sauce £5

Loaded nachos £7

homemade cheeze **sauce**, fresh sweetcorn salsa, guacamole & jalapenos

Proper chips £2.90

Homemade creamy slaw £2

Homefry nacho **crisps** £1.50

Beer battered onion **rings** £3

Loaded Chips A basket of proper chips with your topping..

Satay spring onion & cucumber w/ sriracha, **peanut** & **sesame** £6

Not dog **cheeze**, **relish**, American **mustard** & fried onions £7

Salt & Pepper with **katsu** **sauce** £7

Classic thick cut bacon & melted **cheddar** £7.50

Burgers with proper chips & homemade slaw

ng Instead of a bun have salad, or sliced seeded no gluten bread for an extra 75p

Beef Burgers One slim, one chunky patty for max flavour & texture in a seeded **bun**

Simple with lettuce, tomato, fried onion and gherkin £10.50

Bacon cheese thick bacon, **cheddar**, beer battered onion **rings** £14

Chicken fillet Burgers free range grilled chicken breast in a seeded **bun**

Simple with lettuce & tomato £10.50

Big South cajun spiced with salsa, guacamole & jalapenos £13

Harissa Burgers Our homemade Black bean, **cashew** & date patty in **flatbread**

Simple with lettuce & tomato £10.50

Vegan Junkie beer battered onion **rings**, gherkins & 'cheese' £14

Mains

Salmon Summer hash £12

baby potatoes, Courgette, fennel, red pepper & spinach, topped with a grilled

Salmon fillet

Panko Breaded Chicken & chips £11

in a basket with **katsu** curry **sauce** and a cucumber & spring onion salad

Halloumi & red pepper skewers £9

on a salad of olives, cucumber, sun blushed tomatoes & **Tabbouleh**

Cauliflower & Tabbouleh salad £9

cajun spiced cauliflower bites & **houmous** on a salad of olives, red onion, cucumber, sun blushed tomatoes, **Tabbouleh** & rocket

House Mixed Grill £14

4oz Steak, pork **sausage** & free range chicken fillet with our proper chips, onion **rings** and homemade slaw **ng no rings**

Meals recommended for Kids under 11

Build a small breakfast above

Short stack **pancakes** with maple syrup £4

Quorn **nuggets** **vg**, **fish fingers** or **sausages** with chips & beans £6

Houmous with carrot & cucumber sticks £4.50