



Allergen Menu

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

Nothing on this menu contains: Lupin, Crustaceans, Molluscs

Homemade American style Pancake Stack

Dairy free contain wheat flour and soya

- 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
- Oreo Pancakes** £9
Homemade Oreo filling, crumbled Oreos, choc sauce & whipped cream
- 'Biscoff' Pancakes** £8
fresh banana, whipped cream & Lotus biscoff biscuit we have dairy free cream

Lighter breakfast

- Matcha coconut milk porridge** £5
w/ fresh blueberries, banana, poppy, sunflower chia & pumpkin seeds
- Grilled Salmon fillet** £9
on spinach topped with a fried egg and cherry tomatoes
- Chipotle Sweet potato, winter root vegetable & spinach Hash** £7
Topped with turmeric scrambled tofu & guacamole

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

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|---|---|--|
| £1.50 each 2 slices of buttered granary bread/toast | £1.25 each No gluten seeded sliced bread, Tortilla wrap | 75p each 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** £5

vg with Quorn fish-like **fingers** and vegan mayo

Thick cut bacon, guacamole, cherry tomatoes & lettuce on **granary** £7

Grilled cheese **Mozzarella, Cheddar & Halloumi** w/ spinach & **mustard** on **granary** £5

Seitan kebab in a **flatbread** with tomato, cucumber & tzatziki £7

Starters, Snacks or Sharers

Buffalo cauliflower bites with sriracha mayo £5

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

Houmous and Mixed Garlic & Herb Olives with **flatbread** £5

Proper chips £2.90 Skin on Sweet potato chunks £3.50

Homemade creamy slaw £2 Beer battered onion **rings** £3

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

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

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

Kebab Loaded chips with spiced **seitan**, vegan tzatziki £7

Mexican loaded sweet potato chunks £6.50

With jalapenos, guacamole & sweetcorn salsa

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

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

Double patty for max flavour & texture with lettuce in a seeded **bun**

Simple with **relish** £10.50

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

Blue cheese bacon, red onion chutney & a gherkin £10

Chicken fillet Burgers

Panko coated fried free range chicken in a freshly baked **bun** with lettuce

Simple with sriracha mayo £8.50

Satay with cucumber, spring onion, **peanut** & **sesame** £9.50

Mexican with jalapenos, guacamole and sweetcorn salsa £10

Falafel Burgers Our homemade Falafel patty in **flatbread**

Simple with tzatsiki £10.50

Vegan Junkie **houmous**, mushrooms & beer battered onion **rings** £10.50

Avo Halloumi grilled **Halloumi** & guacamole £11

Limited Edition Mains freshly prepared, limited availability

Beef Brisket in Birmingham brewing co stout gravy £12.50

with fried sweet potato, roast root vegetables & wilted spinach

Vegan fish & chips £11

Freshly **battered** seaweed wrapped banana blossom with proper chips, mushy peas & sriracha mayo

A Chicken-y Hug £12

Hearty free range chicken, baby onion & mushroom stew with herby **dumplings**

Cajun Salmon Salad £12.50

Spiced **Salmon fillet**, sweet potato & sweetcorn salsa on cucumber & cherry tomato salad with guacamole