



Allergen Menu

Gluten Eggs Fish Celery Milk Mustard Nuts Peanuts
Sesame seeds Soya Sulphur dioxide
 Nothing on this menu contains: Lupin, Crustaceans, Molluscs

ALWAYS LET US KNOW YOUR DIETARY REQUIREMENTS WHEN ORDERING TO AVOID CROSS CONTAMINATION

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 £8
 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 £8
 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 £8
 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**

Diddy English £5
 Pork sausage, bacon, fried egg, beans, buttered toast **ng**

Diddy Veggie £5.50
 Linda McCartney sausage, halloumi, fried egg, beans, buttered toast **v**

Scrambled egg or Turmeric Tofu on freshly baked granary toast **vg ng** £4

Toasted buttered Bagel with peanut butter or strawberry jam £3.50

Homemade American style Pancake Stack

Ask for 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 maple syrup

Oreo Pancakes £9.50

Homemade Oreo filling, crumbled Oreos, choc sauce & whipped cream

'Biscoff' Pancakes £9.50

fresh banana, whipped cream & Lotus biscoff biscuit we have dairy free cream

Strawberry shortcake Pancakes £11

Fresh Strawberries, vanilla ice cream, crumbled shortbread biscuit

Brunch

Matcha oat 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

Potato Hash £7

With Roast red peppers & onion, wilted spinach, turmeric scrambled tofu & guacamole

Add to your Breakfast, Sandwich or Pancakes

£1.50 each	£1.25 each	75p each
2 slices of buttered granary bread/toast , Bagel	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, Fresh Strawberries, Fresh Banana	Peanut butter, Vanilla ice cream , 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

Breakfast sandwiches on 'battered' **granary** or toasted 'battered' **Bagel** +75p

Pork **sausages**, **Linda McCartney sausages** or Thick cut bacon rashers £4.50

→ Add your own choice of toppings £var

Halloumi wrap with fried mushrooms £4.25

Breakfast burrito fried mushroom, tomatoes, scrambled tofu & spinach £6

Fish fingers with **mayo** on a sesame topped bag £5

Quorn fish-like fingers and vegan mayo £5

Grilled cheese **Mozzarella, Cheddar & Halloumi** w/ spinach & **mustard** on **granary** £6.50

Chip Shop

Buffalo cauliflower bites with sriracha mayo £6

Classic Loaded chips bacon, melted **cheese**, sriracha mayo £6.50

Mexican Loaded chips sweetcorn salsa, guacamole, jalapenos £5.90

Seitan Kebab

Home-spiced **seitan** loaded on proper chips with salad and vegan tzatziki £9

Vegan fish & chips £11

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

Proper chips £2.90 Homemade creamy slaw £2 Beer battered onion **rings** £3

Salads

Buffalo Cauliflower Salad £9.50

Crispy buffalo Cauliflower, roasted chickpeas, mixed **seeds**, creamy carrot & cabbage slaw, cucumber, tomato, lettuce

Cajun Salmon Salad £12.50

Spiced **Salmon** fillet, sweetcorn salsa, guacamole on cucumber & cherry tomato salad **ng**

Halloumi Salad £8.50

Grilled **Halloumi**, roast red peppers & onion, cucumber, cherry tomatoes, lettuce, **sweet chilli** dressing

Burgers with proper chips & homemade slaw

ng Instead of a bun have salad, or sliced seeded no gluten bread for an extra 75p
THE GLUTEN FREE BREAD WE GET VARIES PLEASE CHECK IF YOU NEED SOYA OR EGG FREE

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

Falafel Burgers Our homemade Falafel patty in **flatbread**
Simple with tzatziki £10.50

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

Toppings or Extras

£1.50 each

Halloumi,

Guacamole, Roast red
pepper & onions

£1.25 each

Thick cut Bacon,
Cheddar, Sweetcorn salsa
Fried **Egg**, Roasted chickpeas

75p each

Jalapenos, vegan tzatziki
Gherkin, Vegan Mayo,
Sweet chilli, BBQ sauce

Meals recommended for Kids under 11

Diddy English or **Veggie** £5/5.50

Short stack pancakes with maple syrup £4

Quorn nuggets, **Pork sausages** or **Linda McCartney sausages** £6

With proper chips & baked beans

Fish fingers or **Quorn fish-like fingers** £6

with proper chips & mushy peas

Homemade cakes see the cabinet on the downstairs bar

Salted **caramel brownie** £3.50

Anzac flapjack cookie chewy cookie with coconut & **sultanas** £2.90

White chocolate Biscoff Millionaire £3.50

Other assorted homemade cakes including vegan options from £3.50

Add whipped **cream** 75p Add a scoop of vanilla **ice cream** £1.25