



# 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  
Vegan 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  
Vegan 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** Pork sausage, bacon, fried egg, beans, buttered toast *ng* £5

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

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  
Vegan 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 <span style="background-color: red;">bread/toast</span> , <span style="background-color: red;">Bagel</span>	No gluten seeded sliced bread, <span style="background-color: red;">Tortilla wrap</span>	Buttered granary <span style="background-color: red;">bread/toast</span>
<span style="background-color: purple;">Pork</span> or <span style="background-color: magenta;">Vegan</span> <span style="background-color: magenta;">sausage</span> , <span style="background-color: blue;">Scrambled</span> <span style="background-color: yellow;">Egg</span> , <span style="background-color: blue;">Halloumi</span>	Thick cut Bacon, Black <span style="background-color: red;">pudding</span> , Scrambled <span style="background-color: magenta;">Tofu</span>	Fried <span style="background-color: yellow;">Egg</span> , Spinach Baked Beans, Mushrooms, Cherry Toms, Hash brown
Strawberry Jam jar, Fresh Strawberries, Fresh Banana	<span style="background-color: purple;">Peanut</span> butter, Vanilla <span style="background-color: yellow;">ice</span> <span style="background-color: blue;">cream</span> , Chocolate sauce	Mixed <span style="background-color: green;">seeds</span> , Whipped Cream ( <span style="background-color: blue;">dairy</span> 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, Vegan 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 **Vegan 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