



Allergen Menu

Gluten Eggs Fish Celery Milk Mustard Sesame seeds
Soya Sulphur dioxide

Nothing on this menu contains: Peanuts, Nuts, Lupin, Crustaceans, Molluscs

If you suffer from a severe allergy to any items listed we cannot advise any of our dishes. We can avoid cross contamination, but trace amounts may remain

NB we use Flora dairy free buttery spread which does not contain dairy
We have no gluten containing bread to swap for 75p extra

English style Breakfasts served all day

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

Hearty English	£8.50
Pork sausage , 2 bacon rashers, fried egg , two buttered granary toast , beans, mushrooms, cherry toms & hash brown (ng option swap to no gluten bread +75p)	
Hearty Veggie	£8.50
Vegan sausage , grilled halloumi , fried egg , mushrooms, beans, 2 buttered granary toast , cherry tomatoes & hash brown (ng option Scrambled Tofu instead of sausage & no gluten bread +75p)	
Hearty Vegan	£8
Vegan sausage , Scrambled Tofu , beans, mushrooms, spinach, 2 buttered granary toast , cherry toms & hash brown	
The Big Red Breakfast	£11.50
Two pork sausages , two bacon rashers, two fried eggs , 2 buttered granary toast , beans, mushrooms, cherry toms, hash brown (ng option swap to no gluten bread +75p)	
Diddy English	£5.50
Pork sausage , bacon, fried egg , beans, buttered toast	
Diddy Veggie	£5.50
Vegan sausage , halloumi , fried egg , beans, buttered toast	
Scrambled egg or Turmeric Tofu	£3.50
on freshly baked granary toast	
Breakfast sandwiches on 'battered' granary sliced bread or seeded bap	
Pork sausages , Vegan sausages , Thick cut bacon rashers	£4.50
Extra Toppings overleaf	

Homemade American style Pancake Stack

Ask for Dairy free - contain **wheat flour** and **soya**

We have dairy free cream which will be used on vegan alternatives or on request

All with a jug of Real Maple syrup

Simple Triple stack (add your own toppings)	£6
U.S.A scrambled egg , bacon	£9
Hero Vegan Sausages , scrambled turmeric tofu , spinach, hash brown	£11
Fried Chicken Battered chicken breast pieces, guacamole, sweet chilli peppers	£12
The Loaded Pancake Breakfast	£13
Two Pork sausages , two bacon rashers, scrambled eggs , hash brown	
Banoffee Fresh banana, caramel sauce, 'honeycomb' crumble, whipped cream	£9
Rocky Road crumbled Oreos , fudge pieces, pretzel pieces, vegan marshmallows whipped cream , caramel sauce, chocolate sauce	£9.50
Black forest gâteau	£10.50
Warm cherry compote, dark chocolate sauce, whipped cream , dark chocolate shards	

Brunch

Breakfast Hash	£9
Potato chunks, roasted red peppers & onions, spinach, turmeric scrambled tofu , guacamole	
Breakfast burrito	£7
Scrambled tofu , vegan smoked applewood cheese, hash brown, cherry toms and spinach	
Breakfast Muffin Bacon, scrambled eggs , spinach	£5
Vegan breakfast Muffin Scrambled tofu , bacon pieces, spinach	£5
Cream 'cheese' & smoked 'salmon' Muffin Cucumber relish	£6
The Breakfast Sundae Fresh strawberries, banana, soya yoghurt, vegan granola	£6

£1.75 each

Pork or Vegan sausage	/
Guacamole · Halloumi	/
Scrambled egg	/
Scrambled Tofu	/
Soya yoghurt · Strawberries	/
Cherry Compote	/

£1.25 each

2 slices 'battered' toast	/
Muffin · Thick cut Bacon	/
Facon pieces · Fried egg	/
Black pudding · Banana	/
Strawberry Jam jar	/
Ice cream (dairy or non)	/

£1 each

Wrap · Hash brown · Spinach	/
Trade up to Scrambled egg	/
Baked Beans · Mushrooms	/
Cherry Tomatoes	/
Whipped cream (dairy or non)	/
Chocolate or Caramel sauce	/

Sandwiches

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

Fish fingers Mayo, lettuce, on large seeded bap	£5
Fish-like fingers Vegan mayo, lettuce, on large seeded bap	£5
'Chicken' Caesar wrap Baby gem, Facon pieces, on white tortilla	£6.50
Creamy garlic and herb mushrooms Rocket, on granary toast (dairy free)	£4.50
Mozzarella cheese Pesto , beef toms, rocket, on granary	£5.50
Thick cut ham American style sweet mustard , lettuce, on granary	£5.50

Sharers & Sides 2 sharers for £10 Fridays 4-9pm

Cauliflower Wings in a basket Buffalo spiced 'butter', vegan mayo	£7
Chicken strips BBQ dip	£5.50
Classic loaded chips Bacon, melted cheese , sriracha mayo	£7
Mexican loaded chips Sweetcorn salsa, guacamole, sweet chilli peppers	£6.50
Bit of Blue chips Blue cheese , Stout onion marmalade, mushroom gravy	£6.50

ASK US TO USE THE NO GLUTEN FRYER FOR CHIPS

Proper chips	£3.20	Beer battered onion rings	£3
Pot of Slaw	£2	Baby Caesar salad	£3

£1.75 each

Halloumi · Guacamole
Vegan smoked applewood
cheese
Blue **cheese**
Vegan Creamy garlic
mushrooms

£1.25 each

Thick cut Bacon · Fried **Egg**
Black **pudding** · **Facon** pieces
Stout marmalade
Melty **Mozzarella**
Sweetcorn salsa

£1 each

Sweet chilli peppers
Gherkin · **Pesto**
BBQ sauce
Vegan Mayo

Hearty Mains & Salads

Seitan Kebab Home-spiced seitan , kebab salad, sweet chilli peppers, yoghurt dressing, proper chips	£10
Chicken strip-zel Battered chicken strips, homemade creamy mushroom sauce, crispy potatoes, green beans	£11
Plant based Caesar salad 'Chicken' pieces, baby gem leaves, homemade vegan Caesar dressing , Facon pieces, cherry tomatoes, vegan parmesan, garlic croutons	£10.50
Mozzarella, Pesto & Quinoa salad Mozzarella cheese, beef tomato, seasonal leaves, green beans, quinoa grains, pesto dressing	£10.50
Mexican Smoked 'Salmon' salad Plant based smoked style salmon, fresh sweetcorn salsa, quinoa grains, sweet chilli peppers, guacamole, seasonal leaves	£12

Burgers All served with homemade slaw (dairy free)

No gluten option 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 patties for maximum flavour in a freshly baked bun with lettuce	
Simple Tomato relish	£8.50
Stout & Blue Homemade B'ham Brewing co stout onion marmalade, Danish blue cheese	£10
Stacker Thick cut bacon, mozzarella , gherkin, beer battered onion rings	£11

Plant based Burgers

Soya & wheat protein patty in a freshly baked bun with lettuce	
Simple Tomato relish	£8
Fiesta Fresh mozzarella cheese, sweet chilli peppers, guacamole	£10
BBQ Facon pieces, smoked applewood cheese, onion fings , gherkins, BBQ sauce	£11

Meals recommended for Kids under 11

Two Chicken strips / Four Quorn nuggets	
Pork sausage / Vegan sausage	all with skinny fries & baked beans
Two Fish fingers / Two Fish-like fingers	£5