



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

we use dairy free buttery spread

SWAP TO NO GLUTEN CONTAINING TOAST AND FLORA PORTION FOR £1

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

Hearty Veggie £8.50

Vegan **sausage**, grilled **halloumi**, fried **egg**, mushrooms, beans, 2 buttered granary **toast**, cherry tomatoes & hash brown

Hearty Vegan £8

Vegan **sausage**, Bacon, 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** on freshly baked granary **toast** £3.50

Breakfast sandwiches on 'buttered' granary sliced **bread** or seeded **bag**

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**

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 £12

Battered chicken breast, **Korean BBQ** sauce, **kimchi**, lemongrass mayo, **sesame**, spring onion

The Loaded Pancake Breakfast £13

Two Pork **sausages**, two bacon rashers, **scrambled eggs**, hash brown

Blueberry cheesecake £9

Fresh blueberries, blueberry compote, vegan oat cheesecake, **dairy** or non creamy whip

Banana hot chocolate fudge (we have dairy free ice cream) £9.50

Fresh banana, chocolate sauce, vegan Fudge pieces, vegan honeycomb crumb, vanilla **ice-cream**

Mulled poached pear & blackberries £10.50

Pears poached in mulled wine syrup, blackberries, **dairy** or non creamy whip

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**, facon pieces, spinach £5

The Breakfast Sundae Fresh berries, banana, **soya** yoghurt, coconut, vegan **granola** £6

£1.75 each

Pork or **Vegan** sausage

Guacamole · **Halloumi**

Scrambled egg

Scrambled **Tofu**

Soya yoghurt · Blueberries

Blueberry Compote

£1.25 each

2 slices 'buttered' **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 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
Spicy Chicken wrap Sriracha mayo, lettuce	£5
Brisket Rueben Beef brisket, thousand island , American mustard , cheese , pickles	£6.50
Creamy garlic and herb mushrooms Rocket, on granary toast (dairy free)	£4.50
Goat cheese B'ham brew co stout onion chutney, 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
Bit of Blue chips Blue cheese , Stout onion marmalade, mushroom gravy	£6.50
Spanish loaded chips	£7.50

Bravas sauce, plant based chicken **pieces**, facon pieces, garlic mayo

ASK US TO USE THE NO GLUTEN FRYER FOR CHIPS

Proper chips £3.20 Beer battered onion **rings** £3 Pot of Slaw £2

£1.75 each

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

£1.25 each

Thick cut Bacon · Fried **Egg**
 Black **pudding** · Facon pieces
 Stout marmalade
 Melty **Mozzarella**
 Smokey Bravas tomato sauce

£1 each

Sweet chilli peppers
 Gherkin
 BBQ sauce
 Vegan Mayo
 1000 **Island**

Hearty Mains & Salads

Seitan Korean BBQ Korean BBQ spiced seitan , kimchi , sesame , lemongrass mayo, proper chips	£10
Chicken strip-zel Battered chicken strips, homemade creamy mushroom sauce, crispy potatoes, green beans	£11
Brisket Hash Home slow cooked Beef brisket on Spanish style bravas sauce, potato chunks, roasted red peppers & onions, spinach topped with a fried egg	£10.50
Goats cheese winter mulled salad Goats cheese , Pear poached in mulled wine, balsamic glaze , Quinoa, cherry toms, leaves, green beans, sunflower seeds	£9.50
Plant based Chorizo & Mozzarisella Hash Vegan chorizo , Vegan chicken pieces , Vegan Mozzarella, Potato chunks, roasted red peppers & onions, wilted spinach, green beans, tomato based bravas sauce	£10.50

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

OUR GLUTEN FREE BREAD 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
Triple cheese Halloumi , Goats cheese , mozzarella , thousand island pickle sauce	£10.50
BBQ Facon pieces, smoked applewood cheese, onion rings , 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