



Allergen Menu

Gluten Eggs Fish Celery Milk Mustard Sesame seeds
Soya Sulphur dioxide

Nothing on this menu contains: **Peanuts, Nuts, Lupin, Crustaceans or Molluscs** as an ingredient, but they could be listed under 'may contain' on an ingredient we use

If you suffer from a severe allergy we cannot advise any of our dishes. We can make your food without certain ingredients, but we cannot guarantee a product is free from cross contamination due to shared equipment

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

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 bag	£5
Fish-like fingers Vegan mayo, lettuce, on large seeded bag	£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	£1.25 each	£1 each
Halloumi · Guacamole	Thick cut Bacon · Fried Egg	Sweet chilli peppers
Vegan smoked applewood cheese · Goats cheese	Black pudding · Facon pieces	Gherkin
Blue cheese	Stout marmalade	BBQ sauce
Vegan Creamy garlic mushrooms	Melty Mozzarella	Vegan Mayo
	Smokey Bravas tomato sauce	1000 Island

Hearty Mains & Salads

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

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 £5
Two Fish fingers / Two Fish-like fingers	