



Allergen Menu

Gluten Eggs Celery Milk Mustard Sesame seeds Fish Soya
Sulphur dioxide Peanuts Nuts Lupin Crustaceans or Molluscs

◇ = Cooked in a fryer also used to cook products containing **milk, fish and gluten**
 (can be cooked in non gluten containing equipment on request)

Ω = Our sliced bread and baps are baked in an environment where other bakery products are produced **egg, milk, nuts, sulphites, mustard, celery, sesame and molluscs**

If you suffer from a severe allergy we cannot advise any of our dishes. We can make your food without certain ingredients, and we can use equipment designated not to be used for **gluten** containing ingredients, but we cannot 100% guarantee a product is completely free from cross contamination.

ENGLISH STYLE BREAKFASTS available all day

Hearty English £11.00
 Pork **sausage** ◇, two thick cut bacon rashers, fried **egg**, mushrooms, beans, buttered granary **toast** Ω, hash brown, cherry tomatoes

Ask for no gluten alternative

*as above, but with **non-gluten containing** **toast** and flora portion*

The Big Red Breakfast £16
 Two **sausages** ◇, 2 thick cut bacon rashers, 2 fried **eggs**, mushrooms, baked beans, buttered granary **toast** Ω, hash brown, cherry toms

Diddy English Pork **sausage** ◇, bacon, fried **egg**, beans, buttered **toast** Ω £7.50

Hearty Veggie £11.00
 Vegan **sausage**, grilled **halloumi***, fried **egg**, mushrooms, beans, buttered granary **toast** Ω, hash brown, cherry tomatoes

** Halloumi may contain **sesame***

Ask for no gluten alternative

*as above, with falafel instead of sausage, **non-gluten** **toast** & flora portion*

Diddy Veggie Vegan **sausage**, **halloumi***, fried **egg**, beans, **toast** Ω £7.50

Hearty Vegan £11.00
 Vegan **sausage**, **Tofu Scramble***, beans, mushrooms, 'buttered' granary **toast** Ω, cherry toms, wilted spinach, hash brown

** Ingredient in tofu scramble May Contain: **S02 Celery, Mustard, Soybean, Eggs, Milk***

AMERICAN STYLE PANCAKES available all day

Buttermilk or **no dairy** Pancakes served with a jug of Real maple syrup

Simple Triple stack (add your own toppings below) £6.50

Hero Vegan **sausages**, **tofu Scramble***, hash brown £13.90

** Ingredient in tofu scramble May Contain: **S02 Celery, Mustard, Soybean, Eggs, Milk***

The Loaded Pancake Breakfast £16.00

Two **sausage** ◇, bacon rashers, **scrambled eggs**, hash brown

Fried Chicken £14.50

Fried chicken, buffalo sauce

Triple Chocolate £12.50

Crushed **M&Ms**, **chocolate** **whip cream** **white chocolate sauce***

** White choc sauce may contain nuts*

Banoffee pie £13.50

Fresh banana, caramel **sauce**, crumbly **biscuit**, **whipped cream** (ask for **non dairy**)

Warm Berry compote £14.50

Berry compote, **custard**, blueberries, granola

£2.20 each
Pork ◇ or **Vegan** **sausage**
 Guacamole ~ **Halloumi***
 Scrambled **egg** or **Tofu**
 Scramble*
 Blueberries/Banana

£1.80 each
 2 slices 'buttered' **toast**
 Black **pudding** ◇ ~ Thick
 Bacon ~ Strawberry Jam
Ice cream (vga may contain milk & soya)

£1.40 each
Wrap ~ Baked Beans
 Hash brown ~ Mushrooms
 Trade up to Scrambled **egg**
 Cherry Toms ~ Spinach
 Fried **egg** ~ **Whip cream**
Non dairy whip

Breakfast sarnies... **Bap** Ω ~ Sliced **Granary** Ω ~ **Wrap** ~ **Toasted Bagel***

No gluten containing bread

** Bagels may contain **sesame***

Bacon ~ **Pork** ◇ or **Vegan** **Sausages** (add your own extra fillings) £5.50

Cowboy breakfast *add a fried **egg** on top for veggie!* £11.00

Our Cannelloni & Pinto BBQ beans, **sausage** ◇, peppers, onion, spinach & granary **toast**
 (or Vegan **sausage**)

Scrambled **Egg or **Tofu Scramble** open granary **toast** Ω** £5.50

** Ingredient in tofu scramble May Contain: **S02 Celery, Mustard, Soybean, Eggs, Milk***

Granola bowl Maple Granola, banana, blueberries and natural yoghurt £6.50

LUNCH from midday

REQUEST NO GLUTEN CONTAINING BREAD

Our ,butter‘ spread is allergen free

Tuna sweetcorn Tuna mayo, sweetcorn, spring onion, cucumber on Granary Ω £5.50

Fish or Fish-like Fingers Mayo & lettuce on a bap Ω £5.50

Sliced pork Bap Ω House roasted pork, gravy, sage & onion stuffing, apple sauce £8.50

Falafel wrap Falafel, plant based Feta, cherry tomato Salsa, spinach £8.50

Ultimate Grilled cheese

Halloumi, cheddar, red leicester & mozzarella w/ tomato chutney* on Granary Ω £9.50

*chutney may contain peanuts

Proper chips £3.20 ~ Beer battered onion rings £3.50 ~ Pot of slaw £2.50

*NB Chips can be fried using our no gluten fryer, please request

Corn on the cob £2.50 ~ Side salad £3.50 ~ Houmous & veg sticks £4.50

Mozzarella sticks w/tomato relish £5 ~ New potatoes £3.50

HEARTY MAINS available from midday

Beef Brisket Hash £17.00

Home slow cooked beef, new potatoes*, peppers, onions, spinach, yoghurt dressing, topped with a fried egg *ask for no gluten fryer

Feta & Mushroom Hash £14.50

Plant based feta cheese, mushroom, fried new potatoes, spinach, peppers, guacamole

*ask for no gluten fryer

Chicken in a Basket £13.50

Six pieces of fried chicken, our proper chips, corn on the cob, gravy

Pork & Beans £15.00

Roast Pork, our homemade Cannellini & pinto bean stew, peppers, onion, spinach

Halloumi skewers on warm salad £14.50

Grilled sweet chilli halloumi cheese, Quinoa, chopped dates, roasted butternut squash, radicchio, parsley, yoghurt dressing

Specials available, see blackboards

Soup of the Day!
£6 with a buttered bap

KIDS MEALS recommended for 10 or unders

Two Pork OR Vegan Sausages w/ chips & beans or new pots & veg sticks £6.00

Two Fish Fingers OR Fish-like Fingers w/ chips & beans or new pots & veg sticks £6.00

Pancake* with maple syrup and a sausage or scrambled egg or strawberries £6.00

*Choose buttermilk or no dairy Pancake

PLATTERS & SHARERS available from midday

Home fry Nachos

Cheese sauce, fresh cherry tomato salsa, jalapenos, guacamole, sour cream £9.50

Plant based platter

Crispy cauliflower, ‘chicken’ strips, falafel, proper chips, houmous, veg sticks £18.50

BBQ Sharers platter

Chicken strips, Mozzarella sticks, onion rings, proper chips, grill corn, slaw £18.50

Classic loaded chips Bacon, melted cheese, sour cream, chives £9.50

Buffalo loaded chips Buffalo sauce, slaw, gherkins, chives, crispy onions £8.50

*NB Chips can be fried using our no gluten fryer, please request

BURGERS available from midday

With House slaw & proper chips* in a freshly baked bun Ω with lettuce

Homemade Hereford lean minced chuck patty

Plant based pea protein alternative to beef may contain soya

No gluten bun contains Lupin, May contain soya, sesame, mustard

Buttermilk ‘Chicken’ style patty* in a freshly baked bun Ω with lettuce & Mayo £13.50

*chicken style patties may contain gluten

Classic Smashed handmade Hereford lean beef, tomato relish £13.50

Brisket Beef patty, Slow cooked brisket, pink pickles, French’s mustard £16.50

Philly Patty, cheese sauce, peppers & onions, gherkins £15.00

Mexican Bean patty, nachos, guac, cherry tomato salsa, jalapenos £15.50