* Breakfast *

Best way to start the day

* * *

FRESH FRUIT SALAD

Per portion / £4.25 Add Yoghurt / £0.60

SELECTION OF CEREALS

Per portion / £4.25 Add Yoghurt / £0.60

PORRIDGE OATS

with cinnamon and banana £ 5.50

PORRIDGE OATS

with fresh fruit £ 5.50

HOME MADE AMERICAN STYLE HASHBROWNS

with 2 fried eggs (contains garlic) £ 7.00



VEGAN BREAKFAST

Vegan sausage, hash browns, beans, mushrooms, tomatoes, toast.

£ 11.95



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POACHED EGGS ON CHUNKY GRANARY TOAST

£ 6.25

SCRAMBLED EGGS ON CHUNKY GRANARY TOAST

£ 6.00

SCRAMBLED EGGS WITH SPINACH ON CHUNKY GRANARY TOAST

£ 6.50

CHESTNUT MUSHROOMS ON CHUNKY GRANARY TOAST

£ 5.50

BEANS ON CHUNKY GRANARY TOAST

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£ 5.50

CHEESE ON CHUNKY GRANARY

TOAST

£ 5.50

CHESTNUT MUSHROOMS ON TOAST

Topped with Poached Eggs

£ 6.95



CRUSHED AVOCADO ON TOAST

Topped with Poached Eggs

CRUSHED AVOCADO ON TOAST

Topped with Tomato and Balsamic Dressing

£ 6.95

CHUNKY GRANARY TOAST WITH JAM OR MARMALADE

£ 2.45



* Lunch *

Soups (all homemade)

* * *

CHUNKY VEGETABLE

Eat In / £5.10 Take Away / £4.65

LEEK & POTATO

Eat In / £5.10 Take Away / £4.65

SOUP OF THE DAY

See the board for current flavour...

Eat In / £5.10

Take Away / £4.65

Hot food

* * *

PIES

(various)

Eat In / £5.25 Take Away / £4.25



QUICHE

(various) hot or cold Eat In / £5.25 Take Away / £5.25

VEGETABLE CURRY

Eat In / £7.95 Take Away / £6.75

CHILLI

Eat In / £7.95 Take Away / £6.75

HALF PINT CHILLI

Eat In / £7.95 Take Away / £6.75

PANINIS

(all fillings)

£ 9.50

Jacket potatoes

* * *

PLAIN WITH BUTTER

Eat In / £4.60 Take Away / £3.95

MATURE CHEDDAR CHEESE

Eat In / £6.75 Take Away / £6.25



PLAIN COTTAGE CHEESE

Eat In / £6.75 Take Away / £6.25

COTTAGE CHEESE & PINEAPPLE

Eat In / £6.85 Take Away / £6.35

COTTAGE CHEESE WITH ONIONS & CHIVES

Eat In / £6.85 Take Away / £6.35

BAKED BEANS

Eat In / £6.75 Take Away / £6.25

TUNA MAYO

Eat In / £7.95 Take Away / £7.45

HUMMUS

Eat In / £6.75 Take Away / £6.25



* Lunch *

Jacket potatoes

* * *

THREE BEAN CHILLI

Eat In / £7.95 Take Away / £7.45

VEGETABLE CURRY

Eat In / £7.95 Take Away / £7.45



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SMALL BOWL

Eat In / £5.05 Take Away / £4.55

STANDARD BOWL

Eat In / £6.75 Take Away / £6.50

INDIVIDUAL ITEMS £ 1.95



EXTRA SALAD DRESSINGS £ 0.40

A little more filling

VEGETABLE CURRY WITH BROWN
RICE

Eat In / £7.95 Take Away / £7.45

THREE BEAN CHILLI WITH BROWN RICE

Eat In / £7.95 Take Away / £7.45 ADD CHEESE / £0.75

HALF PINT OF CHILLI TOPPED WITH CHEESE

Served with bread £ 7.95

QUICHES & PIES

Please ask for our selection of today's delicious choices.

Eat In / £5.25 Take Away / £4.75

MEDITERRANEAN TARTLETS £ 4.95



Desserts

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SELECTION OF VEGAN CAKES

£ 3.25

BROWNIE £ 3.25

TOASTED TEACAKE

£ 3.25

FLAPJACK £ 3.25

FRESH FRUIT SALAD £ 3.75

Extras

COTTAGE CHEESE (PLAIN) £ 1.25



* Lunch *

Extras

* * *

COTTAGE CHEESE WITH ONION & CHIVES

£ 1.25

COTTAGE CHEESE WITH PINEAPPLE

£ 1.25

EGG WITH MAYO

£ 1.25

BOILED EGG

£ 0.85

BEETROOT & ONION

£ 0.85

NUTS

£ 0.45

RAISONS & SULTANAS

£ 0.45

GOLDEN LINSEED

£ 0.45

Makes -EVERYTHING-Letter PUMPKIN SEEDS

£ 0.45

SUNFLOWER SEEDS

£ 0.45

HUMMUS

£ 0.95

SALAD

(per portion)

£ 1.95

BREAD

Hand Cut Granary

Eat In / £1.35

Take Away / £1.15



Hot drinks

Delicious selection of herbal teas and coffee.

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FILTER COFFEE

Regular / £2.85 Large / £3.25

DECAF COFFEE

Regular / £3.15 Large / £3.35

CAPPUCCINO

Regular / £3.60 Large / £4.00 with Soya extra / £0.45

LATTE

Regular / £3.60 Large / £4.00 with Soya extra / £0.45

AMERICANO

£ 3.85



ESPRESSO

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Single / £2.05 Double / £2.55

MOCHA

Regular / £4.05 Large / £4.50

> FLAT WHITE £ 3.95

HOT CHOCOLATE

Regular / £3.90 Large / £4.30

HOT CHOCOLATE WITH CREAM

Regular / £4.30 Large / £4.95

CHAI LATTE

£ 4.25

MUG OF TEA

£ 2.35

POT OF TEA

For 1

£ 3.05

POT OF TEA

For 2

£ 4.35

DECAF TEA

£ 2.95



EARL GREY £ 2.95

HERBAL TEA (VARIOUS) £ 2.95

Chilled drinks

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FRESHLY SQUEEZED JUICES

Orange Juice / £5.00 Apple Juice / £5.00 Carrot & Apple Juice / £5.00

FRUIT JUICES

Tomato Juice / £2.50 Apple Juice / £2.50 Cranberry Juice / £2.50

KOMBUCHA

Kombucha is a fermented, lightly effervescent, sweetened black tea drink.

£ 3.85



* Drinks *

Chilled drinks

* * *

SANPELLEGRINO

Various

£ 3.25

ICED CHAI LATTE

£ 4.35

ICED AMERICANO

£ 4.35

ICED LATTE

£ 4.35

BOTTLED WATER

Still or Sparkling

£ 2.50

SELECTION OF FENTIMANS

£ 3.65

BOTTLE GREEN

Elderflower or Pomegranate & Elderflower

£ 3.65



CANNED DRINKS

Various

£ 3.00



Vegan

ROSE & PISTACHIO

Eat In / £3.75 Take Away / £3.25

CHOCOLATE FUDGE

Eat In / £3.75 Take Away / £3.25

CARROT

Eat In / £3.75 Take Away / £3.25

WHITE CHOCOLATE & RASPBERRY

Eat In / £3.75 Take Away / £3.25

HAZELNUT & CHOC CHIP

Eat In / £3.75 Take Away / £3.25

CHERRY & VANILLA

Eat In / £3.75 Take Away / £3.25



MANGO & COCONUT

Eat In / £3.75 Take Away / £3.25

LEMON & BLUEBERRY

Eat In / £3.75 Take Away / £3.25

COFFEE & WALNUT

Eat In / £3.75 Take Away / £3.25



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CHOCOLATE BROWNIE

Eat In / £3.75 Take Away / £3.25

APPLE & CINNAMON FLAPJACK

Eat In / £3.75 Take Away / £3.25