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WELCOME!

Please choose from the
following options:

DRINKS

FOOD

ALLERGENS



HOT DRINKS

COLD DRINKS

ALCOHOL

BACK TO MAIN MENU

SNACKS & PASTRIES

STUFFED CROISSANTS

FRUIT, OATS, NUTS & SEEDS

PRETZEL BUNS & FRY UPS

PANCAKES

ALL DAY BRUNCH

LITTLE BRUNCH

SMALL BITES & SOUP

SALADS

JACKET POTATOES & SANDWICHES

PANINIS & WRAPS

SOMETHING NAUGHTY

SWEET TREATS

BACK TO MAIN MENU

Hot drinks



12 oz



16 oz

Americano	3.00	3.50
Latte	3.60	4.00
Matcha latte	3.90	4.25
Chai latte	4.00	4.40
Cappuccino	3.60	4.00
Flat white	3.45	3.75
Mocha	4.10	4.60
Macchiato	2.60	
Cortado	2.60	
Single espresso	1.65	
Double espresso	2.50	
Extra shot	0.75	
Hot chocolate:	3.75	4.10
Milk, White, Dark, Salted caramel		
Tea:	2.80	
English breakfast tea		
Decaf English breakfast tea		
Green tea		
Berry fruit tea		
Matcha tea	3.10	
Milk alternatives:		0.50
Soya, Oat, Coconut, Almond		
Syrups:		0.50
Caramel, Vanilla, Sugar free caramel, Sugar free vanilla, Hazelnut		

BACK TO DRINK MENU

Cold drinks

Iced americano	3.00
Iced latte	3.60
Smoothies:	4.95
Blueberry thrill	
Strawberry split	
Coco loco	
Avo go go	
Big 5	
Still water ^{500ml}	1.80
Sparkling water ^{500ml}	1.80
San Pellegrino orange ^{330ml}	2.40
Frobishers orange juice ^{250ml}	2.60
Frobishers apple juice ^{250ml}	2.60
Diet Coke ^{500ml}	2.75
Coke ^{500ml}	2.85
Sprite ^{500ml}	2.85

Alcohol

Peroni 0% ^{330ml}	0%	4.00
Peroni ^{330ml}	5%	5.00
Gin & tonic ^{200ml}	6.5%	7.50
Via Vai Prosecco ^{200ml}	10.5%	8.50

BACK TO DRINK MENU

Snacks

Burt's crisps:	1.50
Sea salt	
Cheese & onion	
Salt & vinegar	
Sweet chilli	
Tregroes toffee waffles	1.60
Tony's Chocolonely milk chocolate bar	2.55
Tony's Chocolonely milk caramel sea salt bar	2.55
Caramel almond & sea salt KIND bar	2.75
Dark chocolate nuts & sea salt KIND bar	2.75
Crunchy peanut butter KIND bar	3.00

Pastries

All butter croissant	2.60
Cinnamon swirl	3.00
Almond croissant ^(N)	3.30
Chocolate croissant	3.30

(N) Contains nuts

BACK TO FOOD MENU

Stuffed croissants

Avocado, tomato & basil stuffed spelt & quinoa croissant ^(VG)	4.50
Ham & Emmental cheese	5.00
Smoked salmon & cream cheese	5.50

Fruit, oats, nuts & seeds

Mango Greek yoghurt pot ^(GF)	3.95
Berry granola yoghurt pot ^(N)	3.95
Fruit salad pot ^{(GF) (VG)} Pineapple, honeydew melon, grapes & pomegranate seeds in apple juice	3.95
Toasted wholegrain oat flake granola pot with dried fruit, nuts, seeds, Greek yoghurt & maple syrup ^(N)	3.95
Sweet sesame overnight oats with dried apricots, tahini, pistachios & pomegranate seeds ^{(VG) (N) (S)}	3.95
Chocolate & coconut chia seed pudding ^{(VG) (GF)} Topped with toasted pistachio	3.95

(VG) Vegan, (GF) Gluten free,
(N) Contains nuts, (S) Contains sesame

BACK TO FOOD MENU

Pretzel buns

Served until 11:30am

Smoked streaky bacon pretzel 6.75

bun with a hash brown omelette,
cheese & chunky sweet tomato chutney

Cumberland sausage patty 6.75

pretzel bun with a hash brown omelette,
cheese & chunky sweet tomato chutney

Plant powered patty pretzel bun 6.75

with 'sheese' & chunky sweet
tomato chutney ^(VG)

Gluten free brioche style buns available upon request (+ 1.00)

Fancy fry up

Served Friday's until 11:30am

The fancy fry up 10.50

Cumberland sausage patty, smoked
streaky bacon rashers, baked beans,
chestnut mushrooms, poached
egg, tater tots & a slice of toast

The veggie fancy fry up 10.50

Grilled halloumi slice, roasted
cherry tomatoes on the vine,
chestnut mushrooms, baked beans,
tater tots & a slice of toast

The vegan fancy fry up ^(VG) 9.50

Roasted avocado, roasted cherry tomatoes
on the vine, chestnut mushrooms, baked
beans, tater tots & a slice of toast

(VG) Vegan

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Pancakes

Berry buttermilk pancakes 6.95

Topped with berry compote
& whipped cream

Chocolate buttermilk pancakes 7.50

Topped with chocolate chips,
chocolate sauce & whipped cream

Savoury buttermilk pancakes 7.95

Topped with bacon & maple syrup

+ Maple syrup 0.85



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All day brunch

Poached eggs & avocado on sourdough 7.95

Topped with chilli flakes

Eggs Florentine 8.95

Poached eggs & spinach on toasted sourdough, topped with silky hollandaise

Eggs benedict 8.95

Poached eggs & ham on toasted sourdough, topped with silky hollandaise

Eggs royale 9.95

Poached eggs & smoked salmon on toasted sourdough, topped with silky hollandaise

The eggless wonder 8.95

Smashed avocado, spinach, roasted cherry tomatoes & mushrooms on toasted sourdough topped with omega mixed seeds ^(VG) (S)

Scrambled egg on toasted 10.25

sourdough with jalapeños, avocado, baby spinach, sautéed red onion, crumbled feta & slow roasted cherry tomatoes

Extra toppings:

Poached egg 1.50

Sauteed chestnut mushrooms 1.90

Smoked streaky bacon 3.25

Smashed avocado & feta 3.50

Grilled halloumi 4.00

Smoked salmon 5.00

(VG) Vegan, (S) Contains sesame

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Little brunch

Beans on toast	3.00
Scrambled egg on toast	4.00

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Small bites

Homemade sausage roll 4.25

Packed with sweet chilli jam & sage & onion stuffing served with a bois boudran dipping sauce

Homemade 'no sausage' roll 4.25

A meat free hero made with earthy mushroom, leeks, beetroot, cashews & umami flavours served with a bois boudran dipping sauce (VG) (N) (S)

Classic Scotch egg 4.50

Locally sourced Cumberland sausage meat with traditional herbs & spices, wrapped around a whole free-range egg & coated in Panko breadcrumbs served with a bois boudran dipping sauce

Guest Scotch egg 4.50

Special guest appearance Scotch eggs with bold & brilliant flavour combinations. Visit us to see our latest creation.

Soup 4.95

Ask a member of the team for today's freshly made soup, served with a freshly baked bread roll & butter

(VG) Vegan

(N) Contains nuts

(S) Contains sesame



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Salads our way

Roasted vegetable giant couscous salad	4.95
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Roasted butternut squash, mixed peppers, red onion & giant couscous tossed with a rose harissa & lemon dressing ^(VG)

Mixed up chicken Caesar salad	6.50
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The classic... just a bit mixed up!
Roast chicken, crisp romaine lettuce, cherry tomatoes, pickled red onion, shaved parmesan, rustic croutons & Caesar dressing

Salads your way

Pick a base, then add a topping (or keep it naked)

Choose your base:

Roasted vegetable couscous salad ^(VG)	4.95
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Mixed up Caesar salad	4.95
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+ Add your topping:

Avocado	3.00
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Roast chicken	3.50
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Grilled halloumi	4.00
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Smoked salmon	5.00
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(VG) Vegan, (S) Contains sesame

BACK TO FOOD MENU

Jacket potatoes

Naked jacket with butter ^(GF)	3.60
+ Coleslaw ^(GF)	1.00
+ Cheese ^(GF)	1.50
+ Baked beans ^(GF)	1.50
+ Tuna crunch ^(GF)	2.50
+ Chilli con carne with sour cream ^(GF)	3.70

(GF) Gluten free

Sandwiches

Egg mayonnaise sandwich	4.50
Freerange egg & chives mixed with creamy mayonnaise, generously filled into fresh white bread	
Roast chicken, pesto, mozzarella & tomato sandwich	6.00
Hand-picked roast chicken, nut free basil pesto, fresh Italian mozzarella, baby leaf spinach & ripe tomatoes in a malted loaf sandwich	
Prawn cocktail sandwich	6.00
Atlantic prawns in a classic Marie Rose cocktail sauce with cucumber & crisp iceberg lettuce in wholemeal bread	
Smoked salmon, cream cheese & cucumber sandwich	6.50
Oak smoked salmon, cream cheese & cucumber finished with black pepper & a squeeze of lemon in wholemeal bread	

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Paninis & wraps

Tuna melt panini 5.50

Tuna mixed with red pepper, sweetcorn, red onion & celery, bound with creamy mayonnaise & paired with melting cheddar cheese

Caprese panini 5.50

Ripe tomatoes, Italian fresh mozzarella, nut free basil pesto, avocado & a drizzle of balsamic glaze

Bacon, brie & cranberry panini 5.50

Smoked streaky bacon, creamy French brie & tangy cranberry sauce

Chicken, bacon & sweetcorn wrap 6.00

Roast chicken, smoked streaky bacon & sweetcorn with crisp iceberg lettuce & mayonnaise

Southern fried chicken wrap 6.00

Southern fried chicken tenders with sliced cheese, red onion & sweet chilli sauce

Falafel, sheese & chunky 6.00

tomato chutney wrap ^(VG)

Middle Eastern chickpea & onion falafel, sheese, red pepper & chunky sweet tomato chutney

(VG) Vegan, (S) Contains sesame

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Something naughty

Shh, we won't tell anyone!

Loaded battered haddock bap with wedges

£8.95

Responsibly sourced battered haddock fillet, crisp iceberg lettuce, pickled red onion & homemade tartare sauce packed into a brioche bun, served with potato wedges

Falafel, halloumi & hot honey burger with wedges

£12.00

Falafel & spinach quarter pounder, grilled halloumi, crisp iceberg lettuce, tomato & hot honey in a brioche bun, served with potato wedges

BBQ bacon cheeseburger with wedges

£12.95

Locally sourced beef patty, streaky bacon, American cheese, crisp iceberg lettuce, tomato & BBQ sauce in a brioche bun, served with potato wedges



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Sweet treats

Blueberry muffin 3.00

Soft, moist & bursting with juicy blueberries

Honeycomb slice 3.50

A delicious combination of crunchy honeycomb & smooth chocolate

Chocolate brownie ^(GF) 3.50

A classic with the bonus of being gluten free

Millionaire slice 3.75

The ultimate sweet treat - crumbly shortbread, indulgent caramel & topped with chocolate

Cake slice 4.50

A rotation of every day favourite cakes, visit us to see today's offering

(GF) Gluten free

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ALLERGENS

Allergen List	Celery	Crustacean	Eggs	Fish	Gluten	Lupins	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame	Soya	Sulphites
Pastries														
All butter croissant			Yes		Yes		Yes			May contain			May contain	
Almond crossaint (N)			Yes		Yes		Yes			Contains almond				
Chocolate croissant			Yes		Yes		Yes			May contain			Yes	
Cinnamon swirl			Yes		Yes		Yes			May contain		May contain		
Stuffed croissants														
Ham & Emmental cheese stuffed croissant			Yes		Yes		Yes			May contain			May contain	
Avocado, tomato & basil stuffed spelt & quinoa croissant (VG)			May contain		Yes		May contain			May contain			May contain	
Smoked salmon & cream cheese stuffed croissant			Yes	Yes	Yes		Yes			May contain			May contain	
Fruit, oats, nuts & seeds														
Mango Greek yoghurt pot (GF)							Yes							
Berry granola yoghurt pot (N)					Yes		Yes			Contains almond and hazelnut. May contain other nuts.	May contain			
Fruit salad pot (VG) (GF)														
Toasted wholegrain oat flake granola pot (N)					Yes		Yes			Contains almond and hazelnut. May contain other nuts.	May contain			
Sweet sesame overnight oats (VG) (N) (S)					Yes					Contains pistachio. May contain other nuts.	May contain	Yes		Yes
Chocolate & coconut chia seed pudding (VG) (GF) (N)	May contain				May contain		May contain		May contain	May contain other nuts.	May contain	May contain	Yes	
Pretzel buns														
Smoked streaky bacon pretzel bun			Yes		Yes		Yes							
Cumberland sausage patty pretzel bun			Yes		Yes		Yes							
Plant powered patty pretzel bun (VG)					Yes		May contain						Yes	
Gluten free brioche style buns														
All day brunch														
Berry buttermilk pancakes			Yes		Yes		Yes							
Chocolate buttermilk pancakes			Yes		Yes		Yes						Yes	
Savoury buttermilk pancakes			Yes		Yes		Yes							
Poached eggs & avocado on sourdough			Yes		Yes									
Eggs Florentine			Yes		Yes		Yes							
Eggs benedict			Yes		Yes		Yes							
Eggs royale			Yes	Yes	Yes		Yes							
The eggless wonder (VG) (S)	May contain				Yes		May contain		May contain	May contain	May contain	Yes	May contain	
Scrambled egg on toasted sourdough			Yes		Yes		Yes							
Extra toppings														
Sauteed chestnut mushrooms														
Poached egg			Yes											
Smoked streaky bacon														
Smashed avocado & feta							Yes							
Grilled halloumi							Yes							
Smoked salmon				Yes										
Fancy fry up														
The fancy fry up			Yes		Yes		Yes							
The veggie fancy fry up			Yes		Yes		Yes							
The vegan fancy fry up (VG)					Yes									
Little brunch														
Beans on toast				Yes	Yes		Yes							
Scrambled eggs on toast			Yes		Yes		Yes							
Small Bites														
Homemade sausage roll			Yes		Yes				Yes					
Homemade no sausage roll (VG) (N) (S)	May contain				Yes		May contain		Yes	Contains cashew. May contain other nuts.	May contain	Yes	Yes	
Classic Scotch egg			Yes		Yes									
Full English Scotch egg			Yes		Yes		Yes							
Festive Scotch egg			Yes		Yes									
Devilleed Scotch egg			Yes		Yes				Yes					
Smokey Joe Scotch egg			Yes		Yes				Yes					
Black pudding Scotch egg			Yes		Yes									
Ploughman's Scotch egg			Yes		Yes		Yes							Yes
Love it or hate it Scotch egg			Yes		Yes	Yes	Yes							
Scrumpty Scotch egg			Yes		Yes									
Dragons breath Scotch egg			Yes		Yes									
Gun powder Scotch egg			Yes		Yes									
Matador Scotch egg			Yes		Yes		Yes							
Soups & salads														
Soup - please ask for details														
Bread rolls					Yes							May contain		
Butter portion							Yes							
Roasted vegetable cous cous salad (VG)					Yes									
Avocado														
Naked Mixed up Caesar salad			Yes	Yes	Yes		Yes						Yes	
Roasted chicken														
Smoked salmon				Yes										
Grilled halloumi							Yes							
Jacket potatoes														
Jacket potato naked (GF)														
Butter (GF)							Yes							
Coleslaw (GF)			Yes											
Cheese (GF)							Yes							
Baked beans (GF)														
Tuna crunch (GF)	Yes		Yes	Yes										
Chilli con carne (GF)	Yes													
Sour cream (GF)							Yes							
Sandwiches, paninis & wraps														
Prawn cocktail sandwich		Yes	Yes	May Contain	Yes		Yes	May contain	Yes				Yes	
Egg mayonnaise sandwich			Yes		Yes		Yes						Yes	
Roast chicken, pesto, mozzarella & tomato sandwich					Yes		Yes						Yes	
Smoked salmon sandwich				Yes	Yes		Yes						Yes	
Chicken, bacon & sweetcorn wrap			Yes		Yes									
Southern fried chicken wrap	Yes				Yes		Yes		Yes				May contain	
Falafel, sheese & chunky tomato chutney wrap (VG)					Yes									
Tuna melt panini	Yes		Yes	Yes	Yes		Yes							
Caprese panini					Yes		Yes							
Bacon, brie & cranberry panini							Yes							
Something naughty														
BBQ bacon cheeseburger with wedges			Yes		Yes		Yes		Yes			May contain	May contain	
Loaded battered haddock bap			Yes	Yes	Yes		Yes					May contain	May contain	
Falafel, halloumi & hot honey burger with wedges			Yes		Yes		Yes		May contain			May contain	May contain	
Sweet treats														
Millionaire slice					Yes		Yes			May contain	May contain		Yes	
Chocolate brownie (GF)			Yes				Yes			May contain	May contain		Yes	
Blueberry muffin			Yes		Yes		May contain							
Honeycomb slice					Yes		Yes			May contain	May contain		Yes	
Carrot cake (N)			Yes		Yes		Yes			Contains walnuts. May contain other nuts				
Coffee & walnut cake (N)			Yes		Yes		Yes			Contains walnuts. May contain other nuts				
Chocolate fudge cake			Yes		Yes		Yes			May contain			Yes	
Victoria sponge cake			Yes		Yes		Yes			May contain				
Chocolate marble loaf cake			Yes		Yes		Yes			May contain			Yes	
Chocolate fudge cake (GF)			Yes				Yes						Yes	
Jewelled fruit cake (N)			Yes		Yes		Yes			Contains almonds, hazelnuts, walnuts, pecans, pistachio. May contain other nuts.				
Panettone cheesecake			Yes		Yes		Yes			May contain	May contain		Yes	

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