

# MENU



# Breakfast *Served until 12 noon*

## **Energiser** £6.75

Energy Boost. Two eggs, crispy grilled bacon, two grilled Cumberland sausages, baked beans, a grilled tomato and sautéed button mushrooms. Served with a slice of wholemeal or white toast.

## **Vegetarian breakfast** £5.25

One egg, two vegetarian sausages, baked beans, a grilled tomato and sautéed mushrooms. Served with wholemeal or white toast.

## **Eggs Benedict or eggs Florentine** £5.50

Two poached eggs on toasted English muffins with Parma ham or wilted spinach, drizzled with hollandaise sauce (optional).

## **Smoked salmon breakfast** 🌱 £5.95

Served with free-range scrambled eggs and avocado (optional) on wholemeal or white toast.

## **Three egg open omelette with two fillings of your choice** 🍳 £5.40

A light fluffy open omelette made fresh to order. Choose from: sautéed button mushrooms, tomatoes, crispy grilled bacon, cheese, smoked salmon or Cumberland/vegetarian sausage. Served with a fresh garnish.

## **Breakfast muffin** £4.60

Bacon, sausage and egg on a toasted English muffin.

## **Freshly scrambled or poached eggs** £3.65

Choose from scrambled or poached eggs, served on wholemeal or white toast.

## **Bacon or sausage baguette (served all day)** £3.50

## **Swiss muesli** £3.25

A large bowl of rolled oats, honey, and dried fruits soaked in Greek style natural yoghurt and semi-skimmed milk, served with blackcurrant compote.

## **Porridge** £2.70

Served with topping of your choice: honey or blackcurrant compote.

## **Toast and preserves** £1.99

Choose from wholemeal or white toast.

## **Assorted cereals** £2.25

## **Breakfast extras** Each £1.10

Grilled Cumberland pork sausage, vegetarian sausage, crispy grilled bacon, fried or poached egg, sautéed button mushrooms, grilled tomato, baked beans.

# Snacks & sharing

## **Soup of the Day (please see our Specials Board)** £4.95

Delicious and homemade daily, served with a crusty white baguette.

## **Cheese board** £8.45

Selection of cheeses served with olives, chutneys, biscuits and fruit.

## **Lightly spiced tortilla chips (serves 2)** £5.50

Served with guacamole, sour cream, salsa and Cheddar cheese.

## **• Add chilli** £2.00

## **• Add Cheddar cheese** £1.00

## **Houmous, grilled pitta and olive tapenade** £4.25

## **Vegetable crudities with houmous and pitta (serves 2)** £4.95

# Hearty sandwiches

Choose from wholemeal or white bread. All served with salad garnish and crisps.

## **Tuna mayonnaise and chives** 🌱 £4.20

## **Sliced brie and warm bacon** £4.85

## **Chicken bacon and sweetcorn mayonnaise** £4.85

## **Cheese and pickle** £4.20

## **Chicken, avocado and pesto** £4.70

## **Salmon and cream cheese** 🌱 £4.90

## **Houmous, roasted pepper and rocket** £4.20

## **Ham, cheese and relish** £4.65

# Oven baked potatoes

Served with a filling of your choice and garnished with a fresh salad.

## **• Plain butter** £3.10

## **• Mature Cheddar cheese** £4.25

## **• Mature Cheddar cheese and baked beans** £4.55

## **• Dolphin-friendly tuna mayonnaise and chives** 🌱 £4.75

## **• Homemade chilli and sour cream** £4.95

## Light options

### Three egg omelette with two fillings of your choice £6.95

Choose from: sautéed mushrooms, tomatoes, crispy grilled bacon, cheese, broccoli, smoked salmon or Cumberland pork/vegetarian sausage. Served with a side salad and pomegranate dressing.

### Club sandwich £6.95

Succulent grilled chicken breast cooked to order, topped with crispy grilled bacon served with fresh sliced tomato, cos lettuce and egg mayonnaise. Stacked in three slices of wholemeal or white bread.

### Spiced fajitas

Lightly stir fried with spices and served sizzling to the table. All served with tortilla wraps, crème fraiche, salsa and dressed salad.

#### • Beef and vegetables £8.95

#### • Chicken and vegetables £8.95

#### • Vegetables £7.85

### Grilled chicken and seasonal vegetables £8.35


Succulent grilled chicken breast brushed with lime and coriander served on a bed of green beans, sugar snap peas, Savoy cabbage and carrot ribbons.

### Grilled salmon and seasonal vegetables £8.35

Supreme of salmon grilled to perfection served on a bed of green beans, sugar snap peas, Savoy cabbage and carrot ribbons.

## Salads *Made fresh to order*

### Beef steak or Tuna steak salad £8.95

Leaf salad, baby tomatoes, cucumber, lemon wedges and micro herbs topped with either beef or tuna steak .

### Chicken Caesar salad £8.95

Grilled chicken breast served on fresh cos lettuce tossed in a classic Caesar dressing topped with croutons and Grand Pedano Parmesan shavings.

*Without croutons, recommended in our 'Lose & Shape Up' programme *

### Greek salad £6.95

Wedges of fresh tomatoes, cucumber, red onion, Kalamata olives, topped with Feta cheese and drizzled with olive oil and sprinkled with oregano.

### Goats cheese salad £8.55

Warm goats cheese and caramelised shallot rocket salad, served with sun blush tomatoes and finished with balsamic and olive oil dressing.

## Mains

### Cumberland pork sausages and mash £8.50

Three Cumberland pork sausages served with creamy mash and rich red wine gravy.

### Fish and chips £8.50

Fresh Haddock fillet hand coated in our own beer batter. Served with chips, minted mushy peas, lemon wedges and homemade tartar sauce.

### Sirloin steak and chips £12.25

Tender, grilled 21 day aged sirloin steak (8oz) topped with a rich mushroom and red wine sauce, served with fries.

### Homemade chicken, leek and thyme pie £8.50

Succulent pieces of chicken breast with leek and thyme in a white wine sauce, topped with a light fluffy pastry. Served with fresh steamed vegetables and creamy mash.

### Butterflied chicken burger £9.40

With mature Cheddar and bacon, served with mixed leaves and sliced tomatoes and fries.

### Loaded prime British beef burger (8oz\*) £9.40

Topped with melted Cheddar cheese, served with mixed leaves, sliced tomato and served with fries.

### Chicken pesto and Grand Pedano linguine £8.50

Linguine chicken pasta dressed in homemade green pesto with micro herbs and Grand Pedano Parmesan shavings.

### Classic homemade spaghetti bolognese £8.70

Topped with Grand Pedano Parmesan shavings.

### Noodles


Wok-seared noodles tossed in a dark teriyaki sauce with carrots, red peppers, ginger, Chinese leaves and mange tout, topped with toasted sesame seeds.

#### • Simply noodles £6.95

#### • Chilli beef £8.95

#### • Chicken breast £8.95

#### KEY:

 **May contain bones**  **Lose & Shape Up** – A healthy balance: 40% carbs, 30% fat, 30% protein

All of our eggs are free-range, our baked beans are reduced salt and sugar and our sliced breads are reduced salt.

## Sides *Treat yourself to something extra!*

<b>Garlic Artisan Fusette bread</b>	<b>£2.55</b>
<b>Garlic Artisan Fusette bread with melted Cheddar cheese</b>	<b>£3.20</b>
<b>Fusette bread and butter</b>	<b>£2.00</b>
<b>Seasonal vegetables</b>	<b>£2.30</b>
<b>Crisp salad</b>	<b>£3.00</b>
<b>Fries</b>	<b>£2.30</b>

## Desserts

<b>Sticky toffee pudding</b> Sweet sticky toffee pudding served warm with vanilla flavoured ice-cream or crème fraîche.	<b>£3.20</b>
<b>Chocolate fudge cake</b> Indulgent chocolate fudge cake served warm with vanilla ice-cream.	<b>£3.20</b>
<b>Carrot cake</b> Carrot cake served warm with white icing and blueberries.	<b>£3.45</b>

## Sunday roast

**£8.50**

Roasted by our team of chefs every Sunday from 12pm.  
Please ask a team member about our roast of the day.

All nutritional information is based upon a typical serving. Customers concerned about the presence of nuts, seeds and other allergens in our food are welcome to ask a team member for assistance when choosing food from our menu. When preparing our food we never knowingly use genetically modified foods. Menu descriptions do not list every ingredient. For vegetarian options please ask your server.

\*Approximate uncooked weight.

If one of our wines is not available, we reserve the right to offer a suitable alternative.

## Wine

75cl Bottle    250ml Glass    175ml Glass

### White Wine

<b>NV Jacques Veritier, Vin de Table Blanc</b> Country of origin: South West France	<b>£12.60</b>	<b>£4.90</b>	<b>£3.85</b>
<b>2007 Sauvignon Blanc, Montgras</b> Country of origin: Chile	<b>£14.40</b>	<b>£5.10</b>	<b>£4.00</b>
<b>2007 Garganega /Pinot Grigio del Veneto, Via Nova</b> Country of origin: Italy	<b>£16.40</b>	<b>£5.60</b>	<b>£4.40</b>
<b>2007 Chenin Blanc, Stormy Cape</b> Country of origin: South Africa	<b>£15.40</b>	<b>£5.40</b>	<b>£4.00</b>
<b>2006 Chardonnay Reserve, Ashbury Grove</b> Country of origin: South Eastern Australia	<b>£16.95</b>	<b>£5.92</b>	<b>£4.90</b>

### Red Wine

<b>NV Jacques Veritier, Vin de Table Rouge</b> Country of origin: South West France	<b>£12.60</b>	<b>£4.90</b>	<b>£3.85</b>
<b>2006 Merlot, MontGras</b> Country of origin: Chile	<b>£14.40</b>	<b>£5.10</b>	<b>£4.10</b>
<b>2006 Tempranillo, Campo Nuevo</b> Country of origin: Spain	<b>£15.40</b>	<b>£5.40</b>	<b>£4.10</b>
<b>2006 Rioja Tinto, Vina Cerrada</b> Country of origin: Spain	<b>£16.40</b>	<b>£5.60</b>	<b>£4.40</b>
<b>2007 Pinotage, Man Vintner</b> Country of origin: South Africa	<b>£16.95</b>	<b>£5.90</b>	<b>£4.90</b>

### Rosé Wine

<b>2007 Pinot Grigio Blush, Via Nova</b> Country of origin: Italy	<b>£18.80</b>	<b>£6.40</b>	<b>£5.10</b>
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### Champagne/Sparkling

<b>Pinot Grigio Sparkling</b> Country of origin: Italy	<b>£26.70</b>
<b>Comte de Robart Brut, Cuvée de Reserve NV Champagne</b> Country of origin: France	<b>£41.00</b>

*Our wines are now available in a 125ml serving. Please visit our bar for our full range of beers, spirits and soft drinks.*