

## BREAKFAST/ BRUNCH

available from 09:00 – 16:00

|                                       |                           |      |
|---------------------------------------|---------------------------|------|
| TOAST WITH BUTTER & JAM               | 355 Kcal (G, D, Sd)       | 3    |
| TOASTED TEACAKE WITH BUTTER & JAM     | 275 Kcal (G, D, E, Sd, S) | 3    |
| BREAKFAST ROLL                        | 334 Kcal (G)              | 4    |
| bacon                                 |                           |      |
| pork sausage                          | 429 Kcal (G, Sd)          | 4    |
| Quorn vegan sausage                   | 229 Kcal (G)              | 4    |
| MUFFIN                                | 510 Kcal (G, E, D, S)     | 3.95 |
| blueberry, chocolate, salted caramel  |                           |      |
| COOKIES                               | 350 Kcal (G, E, D, S)     | 2.5  |
| white chocolate & raspberry           |                           |      |
| double chocolate chip                 |                           | 2.5  |
| oat, raisin & Sicilian lemon          | 314 Kcal (G, E, D)        | 2.5  |
| FRUIT SCONE                           | 571 Kcal (G, D)           | 3.5  |
| strawberry jam, butter, clotted cream |                           |      |
| CAKE OF THE DAY                       |                           | 3.95 |
| Please ask your server                |                           |      |

## SANDWICHES

available from 12:00 – 16:00

Choose from white or brown farmhouse bread, served with crisps and slaw.

|                                                                                                                |                                  |     |
|----------------------------------------------------------------------------------------------------------------|----------------------------------|-----|
| ROAST CHICKEN, ASPARAGUS & LEMON MAYO (halal)                                                                  | 480 Kcal-500 Kcal<br>(G, E, Mu)  | 8.5 |
| Free-range roast chicken breast, British asparagus, baby spinach, and lemon-herb mayonnaise. Can be dairy free |                                  |     |
| HONEY GLAZED HAM, CHEDDAR & SPRING CHUTNEY                                                                     | 550 Kcal-570 Kcal<br>(G*, D, Sd) | 8.5 |
| Honey-roasted ham, mature Cheddar, lettuce and apple & spring onion chutney. *Gluten-free option available     |                                  |     |
| GRILLED COURGETTE, PEA & MINT SMASH                                                                            | 420 Kcal-440 Kcal<br>(G, Ve, V)  | 8.5 |
| Chargrilled courgette, crushed peas with mint, rocket and olive oil. Dairy free                                |                                  |     |
| CHICKEN CAESAR SALAD (halal)                                                                                   | 950 Kcal<br>(F, G, E, D, C)      | 15  |
| herb croutons, parmesan, gem lettuce, anchovies                                                                |                                  |     |

Please let us know about any food allergies. While we take great care, our kitchens are not allergen-free, and we cannot guarantee the practices of our ingredient suppliers.

(V) Vegetarian, (Ve) Vegan, (G) Contains gluten,

(D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (Sd) Contains sulphur dioxide, (L) Contains lupin.



## BUILD YOUR OWN TOAST available from 9.30 – 16.00

Artisan sourdough, toasted & buttered

### BASE

|                                 |                 |     |
|---------------------------------|-----------------|-----|
| Toasted Sourdough + Butter      | 210 kcal (G, D) | 2   |
| Carbs 28g   Protein 5g   Fat 9g |                 |     |
| Gluten-Free Bread toasted       |                 | 1.5 |

### TOPPINGS

#### PLANT-BASED

|                                 |                   |     |
|---------------------------------|-------------------|-----|
| Avocado (100g)                  | 160 kcal (Ve, GF) | 3   |
| Carbs 9g   Protein 2g   Fat 15g |                   |     |
| Wilted Spinach                  | 30 kcal (Ve, GF)  | 1.7 |
| Carbs 4g   Protein 3g   Fat 0g  |                   |     |

#### EGGS

|                                  |                  |   |
|----------------------------------|------------------|---|
| 2 Poached Eggs                   | 140 kcal (V, GF) | 3 |
| Carbs 1g   Protein 12g   Fat 10g |                  |   |
| Scrambled Eggs (3 eggs)          | 260 kcal (V, GF) | 3 |
| Carbs 2g   Protein 18g   Fat 20g |                  |   |

#### MEAT & FISH

|                                  |               |     |
|----------------------------------|---------------|-----|
| Smoked Salmon (100g)             | 200 kcal (GF) | 6   |
| Carbs 0g   Protein 22g   Fat 12g |               |     |
| Grilled Chicken                  | 165 kcal (GF) | 4   |
| Carbs 0g   Protein 31g   Fat 3g  |               |     |
| Rump Cap Steak (100g)            | 250 kcal (GF) | 6   |
| Carbs 0g   Protein 26g   Fat 15g |               |     |
| Grilled Bacon (2 rashers)        | 150 kcal (GF) | 2.7 |
| Carbs 0g   Protein 10g   Fat 12g |               |     |
| Gammon Ham (sliced)              | 130 kcal (GF) | 3   |
| Carbs 1g   Protein 14g   Fat 8g  |               |     |

#### SAUCES & EXTRAS

|                                 |                |     |
|---------------------------------|----------------|-----|
| Hollandaise Sauce               | 180kcal (E,D)  | 2.3 |
| Carbs 1g   Protein 2g   Fat 18g |                |     |
| Hot Sauce                       | 5kcal (Ve, GF) | 0.5 |
| Carbs 1g   Protein 0g   Fat 0g  |                |     |