

EAT WELL - LOVE LIFE

Quorn Five Spice Stir Fry £8.50

Fragrant and full of healthy nutritious vegetables and quorn pieces, stir fried with chinese five spice and soy sauce

Vegetarian Omelette £9.25

Filled with red onion, peppers, spinach, mushrooms and new potatoes.
Served with sweet potato fries and a dressed salad garnish

Chickpea and BBQ Jackfruit Burger £8.75

Chickpea, spinach and falafel burger topped with BBQ pulled jack fruit
Served on a toasted brioche roll with salad garnish and sweet potato fries

Tempura Vegetables Tasting Plank £6.95

Selection of vegetables in a light tempura batter with sweet chilli dipping sauce, garlic mayo and salad garnish

Chicken and Quinoa Salad £8.95

Tender chicken breast, super satisfying veggies and quinoa topped with toasted pumpkin and sunflower seeds and drizzled with balsamic glaze

Falafel and Quinoa Salad £8.25

Sweet potato falafel, quinoa, vegetables and toasted seeds finished with balsamic glaze

Cauliflower, Chickpea and Spinach Curry £8.25

Homemade curry made with the tastiest Indian herbs and spices, filled with cauliflower, chickpea and spinach. Served with coriander rice and a falafel bite

SIDES

Skin on fries with cajun dip	£2.85
Sweet potato fries with garlic mayo	£3.00
Tempura veg fries with garlic mayo	£3.50
Halloumi fries with cajun dip	£4.25



MENU

GARFORTH GARDEN CENTRE
Garforth Garden Centre, Selby Road, Garforth
tel: 0113 286 2183

BREAKFAST

available daily until 11.30am

The Hearty English Breakfast £7.95

Two butchers sausages, two pieces of cured bacon, grilled tomato, baked beans, fried hens egg, sautéed button mushrooms, black pudding and hot buttered toast served with filter coffee or tea

Vegetarian Breakfast £7.25

Roasted tomatoes, wilted spinach, button mushrooms, baked beans, fried hens egg, sautéed potatoes, toasted sunflower and pumpkin seeds and hot buttered toast served with filter coffee or tea

Gardener's Set Breakfast £3.95

Butchers sausage, one piece of cured bacon, fried hens egg, baked beans and a slice of hot buttered toast

Eggs Your Way £3.95

Fried, scrambled or poached on hot buttered toast

Eggy Bread £4.25

French toast topped with maple syrup and crisp streaky bacon

Herby Mushrooms and Poached Egg £4.55

Buttered toast topped with mushrooms sautéed in herb butter, poached egg and wilted spinach

Berry Pot £3.65

Natural yoghurt with blueberries sprinkled with poppy seeds

Ultimate Breakfast Sandwich £5.95

Butchers sausage, streaky bacon, sautéed mushrooms and fried hens egg on toasted ciabatta

Avocado, Eggs and Bacon £5.95

Whipped avocado set on ciabatta topped with poached eggs and crisp streaky bacon

DELI CHOICE

Steak Ciabatta £7.95

Toasted ciabatta topped with strips of minute steak, onions and mushrooms. Served with muddy mayonnaise, coleslaw and salad garnish

Jackfruit and Falafel Wrap £7.35

Crisp lettuce and red onion topped with pulled jackfruit and falafel pieces in a smoky BBQ sauce. Served in a tortilla wrap with salad garnish

Garlic Chicken and Bacon Ciabatta £7.55

Chicken breast and garlic mayonnaise topped with crisp streaky bacon and melted cheddar cheese. Served with coleslaw and salad garnish

Prawn Cocktail Open Sandwich £8.25

Fresh brown bloomer bread topped with crisp lettuce, cherry tomatoes, cucumber and prawns laced with our very own cocktail sauce. Served with a wedge of chargrilled lemon, paprika dust and salad garnish

BETWEEN THE BREADS

Tuna and Cucumber £6.30

Flaked tuna, cucumber and free range mayonnaise

Mature Cheddar and Chutney £6.30

Mature cheddar cheese with caramelised onion chutney

Ham and Tomato £6.30

Gammon ham with sliced tomato and mustard mayonnaise

Egg Mayonnaise and Rocket £6.10

Free range egg mayonnaise topped with peppery rocket
All served on brown or white bloomer or tortilla wrap with a salad garnish

FLATBREADS

Roasted Red Pepper Hummus £8.95

Oven roasted red pepper, hummus, carrot ribbons and salad greens. Topped with pomegranate and mint

Chicken and Avocado £8.95

Green pesto topped with sliced chicken breast, whipped avocado, cherry tomatoes, rocket and cheese dust

Asian £8.95

Falafel bites, yoghurt and mint sauce, salad leaves and mango chutney 

Goat's Cheese, Spinach and Mushroom £8.95

Wilted spinach, sautéed button mushrooms and creamy goat's cheese, topped with crispy greens and caramelised onion chutney