

LIVE WELL – EAT WELL – CHOOSE WELL

Vegetarian and Vegan Flat Breads £6.95
Giant oven baked flatbread topped with red pepper hummus, sliced avocado, sliced peppers and red onion. Served with a pot of sweet potato fries and a garden salad

Quinoa Superfood Salad Bowls
Full of nutritious, delicious and super satisfying veggies and drizzled with a French dressing.

Vegetarian Quinoa	£7.25
Flaked Tuna Quinoa	£8.25
Beef Quinoa	£8.75
Chicken Quinoa	£8.75

Low calorie Chicken Noodle Stir Fry £8.50
Fragrant and full of healthy and nutritious vegetables and chicken

Vegetarian, Vegan and Gluten Free Tasting Planks £8.95
Carrot, cucumber batons, red pepper hummus, gherkins, pickled cauliflower, olives, sun-dried tomato roasted garlic chips and gluten free bread

Vegetarian Omelette £9.25
Filled with red onion, peppers, spinach, mushroom and new potato. Served with a pot of sweet potato fries and a garden salad



MENU

BREAKFAST

available daily until 11.30am

Full English Breakfast £6.95

Pork sausage, cured bacon, field mushrooms, confit tomato, baked beans, black pudding, free range hens egg and hot buttered toast. Served with tea or filter coffee.

Vegetarian Breakfast £6.75

Two vegetarian sausages, hash brown, field mushrooms, confit tomato, baked beans, free range hens egg and hot buttered toast. Served with tea or filter coffee.

Early Bird Breakfast £2.25

Pork sausage, cured bacon, free range hens egg and baked beans

Three Little Pigs £4.75

Pork sausage, cured bacon and black pudding in a warm baguette

Belgian Waffle Tower £4.95

Toasted Belgian waffles drizzled with low fat Greek yoghurt and fresh berries

Layered Berry Pot £3.55

Low fat Greek yoghurt layered with fresh berries and granola

Brunch Omelette £6.75

Pork sausage, cured bacon, flat mushroom and tomato omelette served with black pudding and hash brown stack

Breakfast Muffin Stack £4.95

Toasted muffin, cured bacon, pork sausage, fried egg, black pudding and flat mushroom served with hash brown stack and confit tomato

Egg and Avocado on Muffin £3.95

Toasted muffin topped with poached hens eggs and sliced avocado

TRADITIONAL SANDWICHES

Free range egg mayonnaise with cress £5.99

Mature cheddar cheese with farmhouse chutney £6.25

Hand carved roasted ham with mixed leaf salad £6.25

Tuna crunch with low calorie mayonnaise, peppers and red onion £6.25

All available on gluten free bread.

SPECIALITY SANDWICHES

Hummus Red Pepper Wrap £6.75

a warm tortilla filled with red pepper, hummus, carrot and pepper ribbons

Italian Bruschetta £6.75

freshly baked baguette topped with a home made tomato and onion salsa drizzled with pesto oil and served with a pot of mixed olives

Brunch Baguette £6.75

pork sausage, crispy bacon and field mushrooms in a warm baguette with tomato chutney

Warm Garlic Chicken and Bacon Baguette £7.10

garlic chicken topped with crispy cured bacon ribbons served on an oven baked baguette with grated parmesan

DELI PLATES

Salad of the Day £8.75

a fresh garden salad topped with the filling and accompaniments of the day

Quiche Salad £8.25

Chefs own individual quiche of the day served with dressed salad and homemade slaw

Farmers Wife Omelette £7.95

a giant omelette filled with local produce served with salad and sweet potato fries

Chilli and Jalapeno Potato Toppers £7.25

oven baked potato skin filled with buttery potato, homemade chilli and jalapenos served with salad and a pot of low calorie mayonnaise

Cheese and Spring Onion Potato Toppers £7.25

oven baked potato skin filled with buttery potato, grated cheddar and sliced spring onion served with salad and a pot of low calorie mayonnaise

Hand cut chips with aioli £2.55

Sweet potato fries with aioli £2.80