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# FOOD

Available until 3pm

## THE FULL ENGLISH £11.50

1 Sausage, 1 Bacon, 2 eggs (your way), roasted tomatoes, Heinz beans, sautéed mushrooms, homemade Hash Brown & white/ granary toast

## THE VEGE £11.00

2 Vege' sausages, 2 eggs (your way), roasted tomatoes, Heinz beans, sautéed mushrooms, Homemade Hash Brown & white/ granary toast

## THE SKINNY £9.95

Avocado, 2 poached eggs, raw spinach, roasted tomatoes, Heinz beans, sautéed mushrooms & sourdough toast

## THE VEGAN £9.95

2 Vege' sausages, raw spinach, Heinz beans, roasted tomatoes, Avocado, Homemade Hash Brown & white/ granary toast

## FRENCH TOAST £8.75

Eggy sourdough, flavoured with cinnamon, vanilla & sugar, served with berry compote, crème fraiche & maple syrup

## PANCAKES £7.90

Three American-style pancakes, served with berry compote, crème fraiche & maple syrup. (Gluten free & dairy free available on request)

## AVOCADO ON SOURDOUGH £8.60

Topped with rocket & sweet chilli sauce

## EGGS ON SOURDOUGH £7.00

Eggs cooked your way, topped with rocket

## HOMEMADE SMOKED BEANS ON

### SOURDOUGH £7.40

Posh beans on toast. Cooked in a tomato sauce, flavoured with smoked paprika and garlic, topped with rocket

## HOMEMADE GRANOLA £ 6.95

Made with oats, coconut, dried fruit and mixed nuts. Baked in honey and cinnamon. Served with yoghurt and mixed berry compote

● Contains nuts ● Gluten free ● Dairy free ● Vegan ● Vegetarian ● Gluten free alternative ● Dairy free alternative ● Vegan alternative

## FRITTERS £8.60

Homemade, cumin-spiced vegetable fritters, served on a bed of salad with balsamic dressing & sweet chilli sauce

## LOCALLY MADE FISH PATE £8.95

See the board for today's fish pate. Served with sourdough toast and mixed leaves.

## FALAFEL SALAD BOWL £9.95

Sweet potato falafels, hummus, Avocado, mixed salad, balsamic dressing & sweet chilli sauce

## MUSHROOMS & STILTON £9.20

Sauteed mushrooms in melted stilton cheese on toasted sourdough with rocket & red onion marmalade

## SANDWICHES

Granary/ white and gluten free bread available Served with a small side salad with balsamic glaze

Cheddar cheese & red onion marmalade £6.50

Egg mayo' & cress £6.50

Butchers ham & piccalilli £6.50

Falafel, hummus & spinach £6.95

Sausage sandwich £6.95

Bacon sandwich £6.70

## HOMEMADE SOUP OF THE DAY £6.75

Served with a chunk of granary bread

See the board for today's soup

## EXTRAS

Heinz beans/ Roasted tomatoes/ Egg + £1.50

Sautéed mushrooms/ raw spinach/ Hummus/ Toast + £1.65

Sausage/Vege Sausage £2.00, Bacon £1.25

Avocado half/ Halloumi/ smoked beans/ Falafels + £2.90

Smoked salmon +£3.00

Jam or Marmalade +75p

All our food is prepared in a kitchen that handles allergens. Whilst every care is taken to prevent cross contamination, we cannot guarantee that anything is allergen-free. Should you have any dietary requirements, please make your server aware. Where alternative is available the dish may be changed slightly to meet the allergen requirement.