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# FOOD

Available until 3pm

## THE FULL ENGLISH £8.25



Sausage, bacon, 2 eggs (your way), roasted tomatoes, Heinz beans, sautéed mushrooms & white/ granary toast

## THE VEGE £7.25



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

## THE SKINNY £7.75



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

## THE VEGAN £7.65



Vege' sausage, raw spinach, Heinz beans, roasted tomatoes & white/ granary toast

## FRENCH TOAST £7.00



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

## PANCAKES £6.30



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

## AVOCADO ON SOURDOUGH £7.00



Topped with rocket & sweet chilli sauce

## EGGS ON SOURDOUGH £5.00



Eggs cooked your way, topped with rocket

Why not add on some extras?

## HOMEMADE SMOKED BEANS ON SOURDOUGH £5.95



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

## FRITTERS £7.00



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

## LOCALLY MADE FISH PATE £7.50

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

## MUSHROOMS & STILTON £7.75



Sautéed mushrooms in melted stilton cheese, on toasted sourdough topped with rocket & red onion marmalade

## FALAFEL SALAD BOWL £8.05



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

## SANDWICHES

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

Cheddar cheese & red onion marmalade £5.20



Egg mayo' & cress £5.05



Butchers ham & piccalilli £5.20



Falafel, hummus & spinach £5.85



Sausage sandwich £5.60



Bacon sandwich £5.10



## HOMEMADE SOUP OF THE DAY £5.60



Served with a chunk of granary bread  
See the board for today's soup

## EXTRAS

Heinz beans/ Roasted tomatoes/ Egg + £1.25  
Sautéed mushrooms/ raw spinach/ Smoked beans/  
Hummus/ Toast + £1.50  
Sausage/ Bacon (2)/ Vege Sausage + £1.95  
Avocado half/ Halloumi/ Smoked salmon/ Falafels + £2.50  
Jam or Marmalade +70p

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

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.