

Smashed Avo

Smashed Avo Served on Sourdough Toast with POACHED or SCRAMBLED Egg and the choice of the following toppings:

- Smoked Harissa and Toasted Seeds...£8.50
- Homemade Beetroot Humous & Shawarma Roasted Veg...£8.50
- Feta, Sun-Dried Tomatoes & Pesto...£8.50
- Homemade Baked Beans and Grilled Halloumi...£8.50
- Smoked Salmon...£8.95
- Miso Buttered Chestnut Mushrooms...£8.50

Sandwiches

Our Gourmet Sandwiches are Available on White, Wholemeal, Granary, Sourdough, Ciabatta or Panini (GF bread available)

All served with our Flamingo Signature Spiral Salad and Vegetable Crisps

- Parma Ham, Mozzarella, Sundried Tomatoes & Rocket...£7.50
- Coronation Chicken with Coriander...£7.50
- Chorizo, Manchego Cheese & Roasted Mixed Peppers...£7.95
- Smoked Salmon, Cream Cheese & Baby Spinach...£7.95
- Open Pesto Chicken Salad...£7.95
- Open Prawn Cocktail...£7.95
- Goats Cheese, Rocket, Fresh Pomegranate & Pomegranate Molasses...£7.50
- Rainbow Delight - Houmous, Cheddar Cheese, Pesto, Peppers, Beetroot, Rocket, Spiralised Carrot & Radish...£7.95 (VE option available)
- Brie & Caramelised Red Onion Chutney...£7.50
- Falafel Wrap - Tahini, Hummus, Tomato, Red Onion, Pickles & Mixed Leaves...£7.95 (VE)
- Avocado and Bruschetta Open Sandwich with Feta (VE option available) £7.95

VE=VEGAN

Sides

- All £3.00
- Homemade Coleslaw
- Grilled Halloumi
- Homemade Baked Beans
- Poached egg...£1.50



Others

- Ploughmans Platter (Honey Roast Ham, Mature Cheddar, Pickles, Coleslaw, Mini Sausage Roll, Bread)... (vegetarian option available) £9.95
- Soup of the Day Served with your choice of buttered bread (Please see board for today's soup)...£5.95
- Homemade Sausage Roll Served Warm with Spiral Salad and Homemade Coleslaw...£6.50
- Homemade Spinach and Feta Tart - Served Warm with Spiral Salad and Homemade Coleslaw...£6.50
- Homemade Quiche - Please see board for today's flavour...£6.95



All Served With Our Flamingo Signature Spiral Salad

- Homemade Baked Beans and Halloumi...£7.50
- Homemade Coronation Chicken...£7.95
- Mature Cheddar Cheese...£6.50
- Smashed Avocado and Harissa...£7.50
- Beetroot Houmous & Shawarma Roasted Cauli ...£7.50
- Stilton and Miso Buttered Mushrooms...£7.95

Salads

- Niçoise - Tuna, Egg, Green beans, New Potatoes, Red onion, Mixed leaves, Tomato and Black Olives...£9.95
- Greek Salad - Feta Cheese, Tomato, Cucumber, Red Onion, Black Olives, Olive oil & Oregano Dressing...£8.95
- Goat's cheese Salad - 2 Pieces of English Goat's Cheese Served on a bed of Mixed Leaves with Fresh Pomegranate, Olives and Tomatoes, Drizzled with Pomegranate Molasses...£9.95
- Smoked Salmon and Walnut Salad - Mixed Leaves, Tahini and Lemon Dressing...£9.95

- Chicken, Crispy Bacon & Avocado - Mixed leaves, Cucumber and Tomato, Drizzled with Pesto...£10.25
- Falafel Bowl - Warm Falafels served with, Beetroot Humous, Shawarma Cauliflower and Mixed Peppers, Cucumber, Olives and Mixed Leaves, Drizzled with Tahini and Pomegranate Molasses. (V) ...£9.50

If you have any allergies, intolerances or special requests please do let us know!