



RISE AND SHINE, IT'S BREAKFAST TIME

SERVED
ALL DAY

F&T Breakfast - £10

Poached egg, 2 back bacon, 2 sausage, Bury black pudding, tomato, mushrooms, beans, hash brown.

F&T Meat Free Breakfast - £10

Poached egg, vegetarian sausages, tomato, mushrooms, beans, spinach, hash brown. (V)

Truffle Mushroom Bruschetta - £12

Organic wild mushrooms, herb garlic & black truffle drizzle, grated vintage cheddar, poached egg. (V)

Bacon or Sausage Bloomer - £7

The All American - £13.5

3 pancakes, crispy smoked bacon, fried eggs, tomato, hash browns, maple syrup.

Breakfast Bagel - £8.5

2 sausages, crispy smoked bacon, poached egg.

Chia Power Bowl - £10.5

Granola, Greek yoghurt, seasonal fruits, peanut butter, local honey, chia seeds. (V)

Steak & Eggs - £16.5

Prime sirloin cooked to your liking, egg, mushrooms, tomato.

HOW DO YOU LIKE YOUR EGGS IN THE MORNING?

Eggs Benny -

Poached eggs, Hollandaise sauce, toasted sourdough

Ham Hock
£12

Smoked Salmon
£13

Wilted Spinach
£11

Eggs Your Way - £7

2 free range eggs cooked to your liking with toasted sourdough. (V)

Shakshuka - £12

A Middle Eastern dish of 2 poached eggs in a tomato, red pepper sauce, infused with a hint of chilli & smoked paprika, feta cheese, toasted sourdough and yoghurt dip. (V)

3 Egg Omelette - £8

Create your own choice, 3 ingredients: Ham, Cheese, Onion, Tomato, Mushroom, Spinach. (V)

Smashed Avo & Eggs - £10

Smashed Avocado, hint of chilli, 2 poached eggs, toasted sourdough. (V)

FRENCH TOAST

Classic - £12.5

Seasonal fruits, raspberry coulis, maple syrup, crème Chantilly. (V)

Cookies & Cream - £12

Dark and white chocolate drizzle, crushed oreo crumb, crème Chantilly. (V)

Biscoff & Caramel - £12

Biscoff and caramel drizzle, Biscoff crumb, crème Chantilly. (V)

GLUTEN FREE BREAD AVAILABLE

PANCAKE STACKS

All American - £13

Crispy maple cured smoked bacon, maple syrup, blueberries, sugar dusted.

Eton Mess - £12

Strawberries, raspberries, crushed meringue, fruit compote, crème Chantilly. (V)

Classic - £10

Maple syrup, sugar dusted, crème Chantilly. (V)

Pistachio - £12

White choc sauce, crushed pistachio nuts, pistachio ganache, crème Chantilly. (V)

WAFFLES

Plain Jane - £10

Classic waffles, maple syrup, crème Chantilly. (V)

All American - £13

Smoked maple bacon, maple syrup, fried eggs.

Triple Chocolate - £12

White, dark & milk chocolate drizzle, milk chocolate shavings, fresh strawberries, crème Chantilly. (V)

LIGHT BITES

Toasted Currant Teacake - £3

Farmhouse Toasted Bloomer - £3

Toasted Sourdough - £3

Warm Croissant, Jam & Butter £3.75

Preserve pot - £0.75

SIDES

Bacon - £3.5

Streaky Smoked Bacon - £4

Smoked Salmon - £4.5

Beans - £2

Mushrooms - £3

1 Egg - £1.5

Scrambled Egg - £3

Smashed Avocado - £4

Hash Browns - £3

Grilled Halloumi - £4

ALLERGIES: Please inform your server of any allergies or intolerances, we are happy to help.



HOT AND COLD SANDWICHES

Deli Sandwich - £6.75

Choose from:
Tuna Mayo, Egg Mayo, Chicken,
Ham or Cheese
Light salad & hand cut crisps.

Brie Meets Bacon - £8.5

Melted brie, crispy bacon,
heirloom tomato, mayo, light
salad garnish.

Spicy Falafel Wrap - £11.5

Falafel, roasted root vegetables,
tomatoes, rocket, sriracha
sauce. (V)

Cheese on Toast - £7.5

2 thick cut toasted bloomer,
mature cheddar, caramelised
onion chutney. (V)

Steak Baguette - £13

Steak, mushrooms and onion in
a warm crusty baguette with a
side salad.

The Highlands - £9.5

Toasted bagel, smoked salmon,
lemon, pepper, cream cheese.

Gourmet Fish Finger Butty - £9.5

Homemade tartare sauce, salad
garnish.

Chicken & Bacon Club - £12.5

Triple stack toasted bloomer,
chicken breast, crispy bacon,
tomato, lettuce, mayo.

Croque Monsieur - £10

The ultimate ham and cheese
toastie, Gruyere cheese,
ham hock, mustard, bechamel sauce.

Make it a Croque Madame (Add an egg) **£1.50**

New Yorker - £11

Peppered beef pastrami,
gherkins, mustard mayo, lettuce
and tomato on a toasted bloomer.

SALADS

Greek Salad - £10.5

Mixed leaves, feta cheese, red
onion and olives. (V)

Caesar Salad - £12

Chicken, parmesan shavings,
garlic herb croutons, caesar
dressing.

Golden Falafel & Quinoa Salad - £11.5

Quinoa, falafel, tenderstem
broccoli, lime, chilli and flaked
almonds. (V)

Chicken & Chorizo Salad - £12

Chicken breast, chorizo, new
potatoes, pan fried served warm
over mixed salad, honey and
mustard dressing.

Chilli, Lime & Prawn Salad - £13.5

Mixed leaves, red and white
cabbage, carrots, pomegranate,
lime, chimichurri sauce, king
prawns.

LUNCHES

Homemade Soup - £6.5

Made fresh daily from the finest
ingredients. With a bread roll.

Beef Chilli Con Carne - £10.5

Rice, nachos, salsa, sour cream,
guacamole.

Homemade Deep Filled Cheese & Onion Pie - £11.5

Chunky chips, mushy peas. (V)

Lancashire Hot Pot - £13

Lamb steak, veg in a rich gravy
sauce, potato topped with red
cabbage and served with crusty
bread.

Soup & Sandwich - £10.5

Choose your filling:
Ham, Cheese, Chicken,
Tuna Mayo, Egg Mayo.

Homemade Pie of The Day - £12.5

Mashed potato or chunky chips,
mushy peas or tenderstem broccoli.

Lamb Shank - £14.5

In a rosemary and red wine jus,
mashed potatoes, tenderstem
broccoli.

LUNCHES

Steak Loaded Fries - £16.5

Sirloin steak sliced. Choose
peppercorn sauce or chimichurri
sauce.

Mushroom Stroganoff - £9.5

Creamy mushrooms in a garlic,
paprika infused sauce with wild
rice. (V)
Add Chicken £4 Add Steak £4.5

Butternut Squash & Beet Wellington - £10.5

Chunky chips and tenderstem
broccoli. (V)

Chicken Thai Meatballs - £13.5

Served with fragrant rice.

Jacket Potato - £9

With salad & slaw

Tuna Mayo, Chicken & Bacon Mayo, Cheese, Beans, Chilli or Veg Chilli.

EXTRAS

Chunky Chips - £3.5

Salt & Pepper Fries - £4.5

Garlic Flat Bread - £4.5

Spanish Chicken Casserole - £13.5

Chicken breast, chorizo, new
potatoes, tomato, chilli & paprika
sauce, toasted sourdough.

Lasagne - £12.5

A classic beef ragu, layered pasta
sheets, bechamel cheese sauce,
salad and garlic bread.

Sausage & Onion Casserole - £11

Butchers sausages, rich onion
gravy, mashed potatoes,
tenderstem broccoli.

Broccoli & Cauliflower Cheese Bake - £12

With crispy fried onion crumb
topping and served with crusty
French stick. (V)

Parmesan Truffle Fries - £4.5

Rainbow Slaw - £3.5

DESSERTS

Please ask your server for today's cold and hot dessert options.

AFTERNOON TEA AVAILABLE DAILY

£18.00 per person
24 hours notice needed.

GLUTEN FREE BREAD AVAILABLE

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