



## FOOD MENU – AUTUMN 2021

### **BREAKFAST** *(available until 11am)*

- **Sourdough crumpets with bacon and Canadian maple syrup** - £6.95
- **Thick cut bacon sandwich on fresh sourdough bread**- £4.25
- **Local eggs scrambled on fresh sourdough bread** *(with side salad)* - £5.95
- **Smashed avocado on sourdough toast with Feta and Chilli** - £6.95 *(this option can be made vegan)*
- **Fresh figs, strawberries, honey and yoghurt** *(when figs in season)* - £4.50
- **Smoked salmon on sourdough toast with cream cheese and lemon** - £7.95 *(this option can be made vegan)*
- **Hot buttered Earl Grey Teacake, sourdough toast or crumpets** - £2.25 *(Including either jam, honey, marmite or marmalade)*

### **LUNCHTIME**

*(available from 11am until 4pm every day)*

- **Choice of sandwiches/bagels** – *(with side salad & crisps)* - £4.95  
*(Ask staff for the specials board for details)*
- **Fig compote, goats cheese and honey on sourdough toast** *(served with a side salad)* - £6.95
- **Smashed avocado on sourdough toast with Feta and Chilli** - £6.95 *(this option can be made vegan)*
- **Smoked salmon on sourdough toast with cream cheese and lemon** - £7.95 *(this option can be made vegan)*
- **Hot buttered Earl Grey Teacake, sourdough toast or crumpets** - £2.25  
*(Including either jam, honey or marmalade)*

### **HOT SOUP**

**Tasty warming soup with a delicious chunk of freshly baked sourdough bread**

**£4.50**

*(Ask our staff to let you know what soup option we have today 😊 )*

### **HOMEMADE CAKES**

We have a selection of fresh homemade cakes - including vegan and gluten free options! They are on display on the front counter so please have a look or ask staff for details of what we have today.



## DRINKS MENU

**Espresso/Long Black** - £2.30

**Flat white** - £2.80

**Cappuccino** - £3.20

**Latte** - £3

*All of our coffees come as double shot as standard ☺*

**Americano** - £2.80

**70% Cocoa Ecuadorian Chocolate Mocha** - £3.50

**Luxury Hot Chocolate (Ivorian white/70% Cocoa Ecuadorian dark choc)** - £3.20

**Vanilla Chai Latte / Matcha Latte** - £3.40

**Iced Coffee / Iced Tea (Passionfruit & Lemon/Raspberry/Jasmine Lime)** – £3.20

### AUTUMN SEASONAL SPECIALS - £3.75

**Black Forest Hot chocolate** – *Dark Black Forest Gateaux flavoured hot chocolate with cream & marshmallows, dusted in cocoa*

**Pumpkin Spiced Latte** – *with cream and marshmallows dusted with cinnamon*

**Organic Teas** - £2.50: *Sri Lankan Lemongrass & Ginger, Hibiscus with Rosehip Apple & Strawberry, caffeine free Rooibos Indian Chai, whole Camomile Blossoms, North African Peppermint, Estate Breakfast tea, Harrington Estate Earl Grey, Greenfields Estate Green team.*

**Yorkshire Gold/Yorkshire Decaf Tea** - £2.20

**The Flamingo** - £4.50 *(Fabulous pink hot chocolate with cream, marshmallows, fresh strawberries and a dusting of glitter)*

**San Pelegrino, J20, Appletiser/cold cans** *(please view the drinks cabinet by the till for choices as these often change/are subject to seasonal availability):* £2

**Shot of syrup/cream/marshmallows** - £0.50 *(including caramel, mint, vanilla, praline & hazelnut – please ask staff for all options)*

*Vegan milk alternatives available (usually coconut or oat milk: please ask staff for options) – additional £0.40*

**Please speak to staff if you have allergens or specific dietary requirements that we should be aware of. Note, we prepare food fresh in our very small kitchen here at Flamingos and cannot guarantee they are free from traces of any particular allergen.**