FULL ENGLISH BREAKFAST

**All full English breakfast comes with two**

**Toast or two slices of bread, with**

**Tea**

Please choose any 7 items from the selection

Below:

**Eggs, Beans, Sausage, Bacon, hash brown**

**Chips, grill tomatoes, mushrooms, bubble,**

**Or black pudding.**

**LIGHTER BREAKFAST MENU**

SCRAMBLED EGGS ON TOAST & GRILLED TOMATO **-£4.00**

BEANS ON TWO TOASTS **-£2.50**

SMOKED SALMON SCRAMBLE EGG & TWO

BLOOMER TOAST **-£5.00**

POACHED EGG ON TWO TOASTS **-£3.50**

KIPPERS, POACHED EGGS AND TOAST **-£5.00**

2 BUTTERED TOASTBLOOMER/BREAD **-£0.80**

2 TOAST N’ JAM/MARMALADE **-£1.00**

2 TOAST N’ P. BUTTER/ MARNITE **-£1.00**

**HOT & TASTY FILLED PANINIS**

CHEDDAR CHEESE & HAM **-£4.00**

MOZZARELLA, PEPPERONI & TOMATO **-£3.50**

CHICKEN, MOZARELLA & CHORIZO **-£4.50**

CHICKEN, MOZZARELLA & TOMATO **-£4.40**

CHICKEN, HAM & CHEDDAR CHEESE **-£4.40**

CHICKEN BACON AND ADVOCADO **-£4.50**

CHICKEN EXCALOP **-£4.99**

CHEDDAR CHEESE, HAM & TOMATO **-£3.80**

MOZERRELLA, BASIL LEAF, FRESH TOMATOES

AND PESTO PANINI **-£3.20(VEGGIE OPTION)**

TUNA & CHEDDAR CHEESE MELTED **- £3.80**

TUNA, ONION & CHEDDAR CHEESE **-£4.00**

MEAT FEAST PANINI – CHICKEN, HAM, CHORIZO -**£4.95**

PEPPERONI, SALAMI & CHEDDAR CHEESE

CHESSE, ONION, TOMATO & PEPPERS **-£3.00**

**OR MAKE UP YOUR OWN FILLING!!**

**WRAPS**

**SWEET CHILLI CHICKEN WRAP**

CRISPY CHICKEN GOUJONS, LETTUCE, TOMATOES, RED ONIONS

CUCUMBER AND SWEET CHILLI SAUCE **-£3.70**

**CHICKEN CAESAR WRAP**

CRISPY CHICKEN GOUJONS PARMESAN, CRISPY BACON,

LETTUCE AND CAESAR DRESSING **-£4.50**

**\*\*UPGRADE TO 12" WRAP FOR EXTRA -£1.00\*\***

**OMELETTES**

HAM & CHESSE **-£4.00**

HAM, CHESSE, MUSHROOM **-£4.20**

CHESSE MUSHROOM & TOMATOES **-£3.50**

VEGGIE OMELETTE **-£3.80**

SPECIAL OMELETTE – CHICKEN HAM, PEPPERONI, **-£5.50**

PEPPERS, ONIONS, MUSHROOM, CHESSE &TOMATO,

MUSHROOM, CHEESE & TOMATO

**\*\*ALL OMELETTES COMES WITH TOAST\*\***

**NEW BURGERS TO TRY**

BRIE & BACON, BEEF BURGER **-£4.20**

BEEF, EGG BURGER **-£4.00**

TOWER BEEF BURGER **-£4.50**

FLAME GRILLED BBQ PORK BURGER **-£4.00**

SPICY CHICKEN BURGER WITH EMMENTAL CHEESE **-£4.00**

CHICKEN BURGER **-£3.00**

CHICHEN WITH BRIE, BACON & CRANBERRY SAUCE **-£4.50**

VEGGIE BURGER WITH BRIE & CRANBERRY SAUCE **-£4.00**

BREAKFAST BAP (EGGS, BACON, SAUSAGE, MUSHROOM**-£4.50**

TOMATO & ONIONS AND HASHBROWN

PRAWN & SALMON BURGERS WITH SPICY MAYO SAUCE -**£4.70**

**BAPS SANDWICHES & BAGUETTES**

CORNED BEEF **-£3.00** BACON + CHEESE **-£3.50** HAM + CHEESE **-£3.00** MIXED CHEESE SANDWICH **-£2.80**

BACON **-£3.00** SAUSAGE **-£2.50** B.L.T **-£3.00** HAM EGG, MAYO & CHEESE -**£3.50**

BACON + EGG **-£3.50** SAUSAGE + BACON **- £3.50**

EGG MAYO **-£2.50** TUNA SWEETCORN **-£3.20**

TUNA MIX **-£3.50** BACON + BRIE **-£3.50**

CORONATION CHICK**-£3.50** CAJUN CHICKEN **-£3.00**

SALAMI + CHEESE **-£3.00** PRAWN COCKTAIL **-£3.00**

**\*\*ALL SANDWISHES COMES WITH SALAD FILLINGS.\*\***

**\*\*PLUS MANY MORE – PLEASE SEE PANINI LIST\*\***

**JACKET POTATOES**

CHEESE & BEANS **-£3.00** CHEESE OR BEANS **-£2.50**

CHILLI CON CARNE **-£4.50** COLESLAW **-£2.50**

TUNA & S. CORN **-£3.50** PRAWN COCKTAIL **-£4.00**

TUNA MIX (ONIONS & PEPPER)**-£4.20**

CORONATION CHICK**-£3.80**

**PASTA BOWLS**

CHICKEN, BACON & CHEESE **-£4.50**

TUNA, SWEETCORN & CHEESE **-£4.50**

SPICY MEAT & CHEESE **-£4.50**

**HEALTHY OPTIONS**

VARIOUS CEREALS & PORRIDGE

TOMATOES + MUSHROOM ON TOAST **-£2.80**

**BEVERAGES**

**COFFEE BEANS USED 12'OZ CUP.**

TEA **-£0.80** MOCHA **-£2.40**

HERBAL TEA-£1.00 **-£1.00** CAPPUCINO **-£2.00**

HOT CHOCOLATE – **-£2.30** LATTE **-£2.20**

BOVRIL **-£1.00** AMERICANA **-£1.80**

DOUBLE EXPRESSO **-£1.90** FILTER COFFEE ALSO AVAILABLE

**HEALTHY BREAKFAST**

VARIETY FRESH FRUITS & JUICE

SELECTION OF CEREALS & PORRIDGE incl. **-£1.50**

**VEGETARIAN OPTIONS**

SELECTION OF SALADS

BUTTERNUT SQUASH, LENTIL & SPINACH CURRY

VEGETABLE LASAGNE VEGETABLE & MOZZARELLA BAKE

JACKET POTATOES VEGGIE SUPER BURGER

QUORN SAUSAGES FALAFEL

OMELETTES VEGGIE NUGGETS

**FISH MEALS**

SMOKED SALMON SCRAMBLED EGGS **-£5.00**

KIPPERS & POACHED EGGS **-£5.00**

SMOKED MACKEREL SALAD **-£.500**

TUNA OR PRAWN **-£5.00**

SCAMPI CHIPS AND SALAD **-£5.00**

MIXED FISH PLATTER, SIDE SALAD & BAGUETTE -**£5.50**

BATTERED COD WITH CHIPS, MUSHY PEAS **-£5.50**

AND HOME MADE TARTER SAUCE. SALMON WITH VEG SPAGHETTI WITH VELOUTE **-£5.50**

SAUCE

SEA BASS WITH ROASTED POTATOES **-£5.50**

WITH PEAS AND RED WINE SAUCE

**DESSERT**

CRISPS **-£1.00**

SWEETS **-£0.95**

FLAPJACKS/B’WELLS/MUFFIN **-£1.50**

CROISSANTS – ALL **-£1.20**

DANISH PASTRIES **-£1.20**

SPLIT CREAM DOUGHNUT **-£1.20**

GRANOLA & YOGHURT **-£1.50**

HOT PUDDINGS N’ CUSTARD **-£2.50**

FRESHLY MADE CAKE’S AVAILABLE

**SOUPS**

SPICED CARROT & LENTIL SOUP

BUTTERNUT SQUASH

LEAK AND POTATOES

KALE AND POTATO

CARROTT AND COURGETTE

CREAM &MUSHROOM SOUP

WATERCREST

**HOT FOOD**

LAMB TANGINE WITH RICE OR CHIP AND SALAD

CURRY MADRAS - LAMB, BEEF OR CHICKEN

STEAK - BEEF OR LAMB WITH CHIPS AND SALAD SERVED WITH HOLLANDIASE SAUCE OR PEPPER SAUCE

CUMBERLAND SAUSAGE WITH MASH AND GRAVY

CHILLI CON CARNE WITH RICE OR CHIPS

ROASTED PORK WITH CARROT AND POTATO

LASAGNE CHIPS AND SALAD

SALMON FILLET W’ ROAST POTATO OR RICE

JERK CHICKEN SERVED WITH RICE AND PEAS.

LAMB SHANKS WITH MASH, OR CHIPS, OR RICE AND VEG.

TANDOORI CHICKEN WITH CHIPS AND SALAD

CHICKEN IN HONEY MUSTARD SAUCE WITH MASH, RICE OR CHIPS AND SALAD.

ROAST PORK WITH FENNEL WITH VEEL SAUCE

CHICKEN EXCALOP WITH CHIPS AND SALAD

BEEF STROGNOFF WITH RICE.

BEEF GOULASH WITH PEAS RICE.

BEEF CASEROLE WITH MASH & MIXED VEG.

PORK CHOPS WITH CHIPS OR MASH VEG WITH APPLE CHUTNEY OR GRAVY.

HOT POT WITH DICED POTATOES (MADE WITH LAMB) AND VEG

ROASTED CHICKEN WITH SPINICH MUSHROOMS AND CHICKEN SAUCE

CUSTOMERS ARE ALLOWED TO MIX/ MATCH THIER ORDERS.

CHEESY CHIPS OR BOWL OF CHIPS

**\*\* PRICES RANGE BETWEEN £6.00 TO £7.00 DEPENDING ON MENU OPTION \*\***

**SALAD BOWL**

MIXED MEAT SALAD

PRAWN SALAD

CHICKEN PASTA SALAD

TUNA AND POTATOE SALAD

SUMAC ROAST CAWLIFLOWER & CHICKEN SALAD WITH MINT YOGHURT

**SOFT DRINKS**

PEPSI REDBULL

COKE FANTA

DR PEPPER SPRITE

LUCOZADE WATER

RIBENNA LILT

OASIS 7’UP

RIO VIMTO

IRNBRU TANGO

MILK SHAKE COCUNUT WATER

SAN PELLEGRINO ORANGE JUICE