

DRINKS MENU

HOT DRINKS		COLD DRINKS	
Double Espresso 24kcal	£2.55	Flavoured Milk 200ml	£1.25
Americano 12kcal	£2.90	Bottled Water 500ml	£1.55
Cappuccino 182kcal	£3.30	Flavoured Water 500ml	£1.75
Latte 216kcal	£3.30	Fruit Shoot 275ml	£1.95
Iced Latte 216kcal	£3.30	Fairtrade Juice Apple/ Orange 500ml	£2.55
Flat White 127kcal	£3.30	Coke 500ml	£2.65
Hot Chocolate 267kcal	£3.30	Coke Zero / Diet Coke 500ml	£2.45
Mocha 222kcal	£3.50	Fanta / Sprite 500ml	£2.45
Tea	£2.55	Lucozade 500ml	£2.45
Speciality Tea	£2.65	Slush 27kcal	£2.25

<u>MILKSHAKES</u>	£4.65
Strawberry 288kcal	
Banana 205kcal	
Chocolate 362kcal	
SMOOTHIES & JUICES	£4.65
Classic Banana, strawberries & oat milk 210kcal	
Tropical Mango, banana & orange juice 279kcal	
Kale Kick Kale, spinach, mango & apple juice 150kcal	
Kids Smoothie	£3.40



BREAKFAST MENU

Breakfast served until 11:30am

HOT BAGUETTE OR BLOOMER		
kcal based on baguette		
Served with a hash brown & a salad garnish		
Bacon 668kcal		
Sausage 662kcal		
Veggie Sausage VG 628kcal		
Full English Sausage & Bacon 984kcal	£7.40	
Served with scrambled egg & a hash brown		
AVOCADO & SCRAMBLED EGG ON TOAST V 420kca	£5.00	
Served on brown toast		
BEANS ON TOAST V 525cal	£3.70	
Served on brown toast & topped with cheese		
SIDES	£2.10	
Teacake 296kcal		
Toast & Jam 236kcal		
Pain au Chocolat 288kcal		
Butter Croissant 288kcal		
FULL ENGLISH BREAKFAST 872kcal	£9.80	
	_5.00	
Bacon, sausage, fried or scrambled egg, hash brown,		

tomato, beans & a slice of bloomer toast



LUNCH MENU

Please see the board for today's specials

TOASTIES / PANINIS £5.8	12" STONE BAKED PIZZA	
kcal based on panini Toasties served on white or brown bloomer paninis +20p. Both served with a salad garni Cheese & Tomato V 719kcal Ham & Cheese 588kcal Tuna Mayo & Cheese 654kcal BBQ Chicken & Cheese 688kcal Avocado & Vegan Cheese VG 588kcal	Veggie V Pepper £10.90 & red onion 1226kcal BBQ Chicken BBQ sauce 1360kcal £11.25 Spicy Pepperoni 1409kcal £11.25	
	SALADS £6.80	
FLATBREADS £5.	S5 Crispy Chicken 311kcal	
Served with a salad garnish	Mixed leaf, cucumber, pepper, red	
Chicken & Mango Chutney 436kcal	onion & cherry tomatoes in a lemon	
Beetroot Falafel & Mango Chutney VG 422kca	vinaigrette dressing Beetroot & Falafel Tabbouleh V 315kcal	
HOT BAGUETTES £7.6	5 Bulgur wheat, courgette, pepper,	
Served with potato wedges & a salad garnis	n cucumber & chickpeas in a lemon	
Jerk Crispy Chicken 766kcal	vinaigrette dressing	
Pulled Pork 720kcal	SOUP OF THE DAY £5.00	
SANDWICHES £6.	O5 Served with a roll	
Served on white or brown bloomer with a salad garnish Jumbo Fish Finger with tartar sauce 464kcal Chicken, Bacon, Lettuce & Tomato Club 508	Chips 495kcal £2.95 Sweet Potato Fries 445kcal £3.40 Cheesy Chips 695kcal £3.80	

JACKET POTATOES

Served with a salad garnish

Cheese & Beans V 608kcal	£6.15	
Coleslaw V 485kcal	£6.15	
Tuna Mayo 475kcal	£6.90	
Pulled Pork 47lkcal	£6.90	



CHILDREN'S MENU

MAIN MEALS £5.55

Served with a choice of mash or chips & peas or beans

Chicken Dippers 545kcal

Sausages 663kcal

Fish Goujons 304kcal

Veggie Nuggets 388kcal

Tomato & Mascarpone Pasta V 347kcal

Served with a slice of garlic bread

Margherita Flatbread Pizza V 436cal

Served with cherry tomatoes & cucumber sticks

PUZZLE BAG £6.05

Served with crisps, biscuit, apple & carton drink

Ham 491kcal

Cheese V 491kcal