

# Breakfast

Served until midday

Croissant .....	£1.50
<i>Served with butter and jam</i>	
Pain au Chocolat .....	£1.20
Toast .....	£1.60
<i>2 slices Served with butter and jam</i>	
Boiled egg and soldiers .....	99p
Muesli .....	£3.20
<i>Served with fresh fruit, natural yogurt and honey</i>	
Bacon Sandwich .....	£3.25
<i>Bacon served on crusty white bread</i>	
Sausage Sandwich .....	£3.20
<i>Cumberland Sausages in crusty white bread</i>	
Scrambled Eggs on Toast .....	£3.20
<i>Organic eggs scrambled and served on white or brown toast</i>	
English Breakfast .....	£4.80
<i>Bacon, Cumberland sausage, egg, beans, mushrooms and toast</i>	
Eggs Royale .....	£4.80
<i>Lightly toasted muffin with smoked salmon and poached egg and hollandaise sauce</i>	
Mushrooms on Toast .....	£3.90
<i>Portobella mushrooms on toasted ciabatta with garlic &amp; creme fraiche</i>	

# Children's Menu

	Small Kids	Big Kids
Penne Pesto (V) .....	£3.50	£4.50
<i>Penne pasta with a homemade basil, pine kernels, garlic, Parmesan cheese and olive oil</i>		
Neapolitan Linguini (V) .....	£3.50	£4.50
<i>Linguini pasta in chefs fresh basil, fresh oregano, garlic, tomatoes, Parmesan and olive oil.</i>		
Pasta & Meatballs .....	£3.95	£4.95
<i>Fresh 100% minced beef meatballs, cooked in a herb infused tomato sauce, served on Spaghetti with shaved Parmesan cheese.</i>		
Bangers & Mash .....	£3.95	£4.95
<i>Cumberland Sausages served with creamy mash and gravy.</i>		
Breaded Chicken Goujons .....	£4.25	£5.25
<i>Tasty strips of crumb coated chicken breast served with broccoli and rice</i>		
Breaded Plaice Goujons .....	£4.25	£5.25
<i>Tasty strips of crumb coated Plaice with a sweet chilli dip served with fries and garden peas.</i>		
Home made Smoked Mackerel fishcakes .....	£4.25	£5.25
<i>Smoked Mackerel fishcake served with green beans and sweetcorn</i>		
Home Made Burger .....	£4.50	£5.50
<i>Home made 4oz, 100% mince beef burger served in ciabatta bread with lettuce, tomato and fries.</i>		
Cottage Pie .....	£3.95	£4.95
<i>Home made cottage pie served with peas and tomatoes</i>		
Baby Blend Of The Day .....	£1.80	
<i>A smooth or chunky blend of organic vegetables prepared daily Please see the blackboard for today's choice</i>		

## Pizza...you make it, we bake it

*Have fun creating your own pizza, we bring your pizza base & selected toppings to your table.  
Please allow plenty of time as this can take up to 20 minutes to bake.*

*Toppings: • homemade tomato sauce • cheese • sweetcorn • ham • chicken • olives • mushrooms  
£3.00 + 50p for each topping*

# Sandwiches

A selection of sandwiches served on the bread of your choice,  
Panini or Ciabatta served with a side salad: £4.85

- Pesto, mozzarella, roasted peppers and aubergine (V)
- Smoked salmon, cream cheese, and baby spinach
- Parma ham, roasted peppers, and goats cheese
- Roast chicken and watercress with a tarragon mayonaise
- Garlic sauted portobella mushrooms, bacon and Swiss cheese (V)
- Tuna chunks, red onion, cheddar, mozzarella and black olives
- Bacon, lettuce and tomato
- Cumberland Sausages with mushrooms and a sweet red onion chutney

# Pasta

Penne Pasta (V) .....	£5.95
<i>Penne pasta tossed with black olives, sun dried tomatoes, spinach, Parmesan cheese and fresh basil in a light tomato sauce.</i>	
Fusilli Arrabiata (V) .....	£5.95
<i>Fusilli pasta tossed with garlic, red chilli, fresh basil, olive oil and a light tomato sauce.</i>	
Pasta & Meatballs .....	£6.95
<i>100% minced beef meatballs, cooked in herbs infused tomato sauce, served on Spaghetti with shaved Parmesan cheese.</i>	
Spaghetti Carbonara .....	£6.95
<i>Spaghetti with panchetta in a cream sauce with Parmesan cheese</i>	

## Main Courses

Salad Nicoise .....	£8.25
<i>Seared tuna steak (dolphin friendly) on a salad of garlic sauted new potatoes, French beans, black olives, soft boiled eggs, tomatoes, red onions and anchovy fillets drizzled with French vinaigrette.</i>	
Goat Cheese Salad (V) .....	£7.50
<i>Pan-fried goat cheese medallions coated in breadcrumbs with sun blushed tomatoes and walnuts on mixed salad leaves and raspberry vinaigrette</i>	
Roasted Vegetable & Humous Salad (V) .....	£7.50
<i>Roasted peppers, aubergine, red onions pine nuts and courgettes on a bed of mixed salad with humous and warm pita bread</i>	
Home Made Smoked Mackerel Fishcakes .....	£8.25
<i>2 Smoked Mackerel fishcakes served with a homemade tartar sauce, crisp mixed salad leaves, watercress &amp; French dressing</i>	
Caesar Salad (V) .....	£6.25
<i>Roman lettuce, home made traditional Caesar dressing with aged Parmesan dressing and garlic croutons.</i>	
With grilled chicken breast .....	£7.75
Breaded Plaice Goujons .....	£7.50
<i>Strips of crumb coated Plaice with a sweet chilli dip, salad garnish and fries</i>	
Bangers & Mash .....	£6.75
<i>Grilled Cumberland sausages with a creamy mash potato and onion gravy.</i>	
Steak Sandwich .....	£8.95
<i>Char- grilled steak sandwich with a sweet onion relish served with fries and salad garnish.</i>	

## Side Dishes £1.95

Fries
Potato wedges
Veg selection
Mash
Endamame
Olives & Bread
Green salad
Tomato & onion salad
Bruscheta
Garlic Bread
Mixed Salad

## Hot Drinks

	Small	Large
Cappuccino .....	£1.60	£1.80
Latte .....	£1.60	£1.80
Americano .....	£1.60	£1.80
Espresso .....	£1.10	£1.50
Hot Chocolate .....	£1.50	£1.80
Tea .....	£1.00	
Fruit and herbal teas .....	£1.20	

## Cold Drinks

	Mini	Large
Apple Juice .....	£.50	£1.60
Orange Juice .....	£.50	£1.60
Cranberry Juice .....	£.50	£1.60
Pomegranate .....	£1.60	
Coca Cola .....	£1.30	
Diet Coca Cola .....	£1.30	
Sparkling Water .....	£1.30	
Mineral water .....	£1.30	

A selection of Innocent Smoothies are available in the chiller cabinet from £1.20