



Breakfast (Served Daily Until 11.30am)

Eggs on Toast (v)	4.95	
Two eggs scrambled, poached or fried, roasted on the vine cherry tomatoes, Flourish Craft Bakery wholemeal sourdough slice (e, g)		
Eggs Avocado (v)	7.90	
Two poached eggs, crushed avocado, roasted on the vine cherry tomatoes, Flourish Craft Bakery wholemeal sourdough slice (e, g)		
Smoked Salmon and Scrambled Eggs	8.45	
Scrambled eggs, smoked salmon, roasted on the vine cherry tomatoes, Flourish Craft Bakery whole meal sourdough slice (e, f, g)		
The Full Tasty English	10.50	
Egg, Cumberland sausage, smoked back bacon rashers, roasted beef tomato, Portobello mushroom, hash browns, baked beans, Flourish Craft Bakery toasted, classic white tin slice (e, g, su)		
Vegetarian (v)	9.75	
Egg, plant-based Cumberland sausages, roasted beef tomato, Portobello mushroom, hash browns, Flourish Craft Bakery toasted, classic white tin slice (e, so, su, g)		
Vegan (ve)	10.25	
Portobello mushroom, vegan Cumberland sausages, roasted on the vine cherry tomatoes, Flourish Craft Bakery wholemeal sourdough slice (so, su, g)		
Breakfast Buns		
Pork Cumberland sausages & egg in a brioche style bun (g, su, e)	4.95	
Smoked back bacon rashers & egg in a brioche style bun (e, g)	4.95	
Pork Cumberland sausages in a brioche style bun (g, su)	4.65	
Smoked back bacon rashers in a brioche style bun (g)	4.65	
Poached egg, avocado in a brioche style bun (v, e, g)	4.50	
Vegan Cumberland sausages in a brioche style bun (ve, so, su, g)	4.50	
Fried egg in a brioche style bun (v, e, g)	3.50	
Filled Croissants		
Freshly baked croissant filled with cheese (v, g, e, m)	2.50	
Freshly baked croissant filled with cheese and ham or cheese and bacon (g, e, m)	2.75	
Extras		
Egg (v, e), baked beans (v, ve), hash browns (v), roasted beef tomato (v, ve), roasted cherry tomatoes (v, ve), two slices of sourdough (v, ve, g) or classic white toast (v, ve, g)	0.95 each	
Smoked bacon rasher, Cumberland sausage (g, su), vegan sausage (v, ve, so, su)	1.45 each	
Portobello mushroom (v, ve), avocado (v, ve)	1.75 each	
Smoked salmon (f)	2.45	
From the Counter		
	Eat In	Take Out
Muffins – Blueberry (v, g, e, m), Triple Chocolate (v, g, e, m, so)	2.60	2.15
Pastries – Croissant (v, g, e, m), Pain Au Choc (v, g, e, m, so), Pain Au Raisin (v, g, e, m), Apple Danish (v, n, g, e,)	2.35	1.95
Traybakes – Flapjack (v, g, m), Millionaires Shortbread (v, g, e, m, so), Vegan Brownie (v, ve, g, so)	1.95	1.65
Cookies – (v, g, e, m, so)	1.50	1.25
Fruit (v, ve)	1.15	0.95

Food allergies and intolerances – Please speak to a member of our team about the ingredients in your meal, when placing your order.

Dietary Information (v) – suitable for vegetarians. (ve) – suitable for vegans

Allergens Information (g) gluten. (c) crustaceans. (m) milk. (mo) molluscs. (s) sesame. (f) fish. (n) nuts. (su) sulphites. (l) lupin. (mu) mustard. (ce) celery. (e) eggs. (p) peanuts. (so) soya.



Lunch (Served Daily from 12.00pm)

Burgers

Buttermilk chicken burger, sticky Korean BBQ sauce, gem lettuce, beef tomato, brioche style bun and fries (g, m, so)	8.25
British, Red Tractor Farm Assured beef burger, gem lettuce, beef tomato slice, pickled gherkin, caramelised onion chutney, brioche style bun and fries (g, su)	12.15
Moving Mountain Vegan burger, beef tomato, gem lettuce, pickled gherkin, vegan brioche style bun and fries (ve, g, so)	12.45
Burger Toppings – Smoked back bacon, mature cheddar (m)	1.45

Sandwiches & Wraps

Salmon, cream cheese and cucumber on Flourish Craft Bakery classic white tin sandwich loaf (f, m, g)	6.50
Falafel, hummus, harissa wrap (ve, g, s, n)	5.35
Beef tomato, mozzarella and green pesto on a ciabatta loaf (v, m, n, g)	5.10
Roasted chicken in a spicy harissa mayonnaise and baby gem lettuce on Flourish Craft Bakery classic white tin sandwich loaf (n, e, mu, g)	3.95

Toasted Sandwiches – All served on Flourish Craft Bakery Classic White Tin Sandwich Loaf

Cheese toastie (v, g, m)	2.95
Cheese and tomato toastie (v, g, m)	3.85
Cheese and onion toastie (v, g, m)	3.85
Cheese and ham toastie (g, m)	3.95
Cheese and smoked back bacon toastie (g)	4.50

Homemade Soup of the Day

Homemade soup of the day, served with crispy garlic croutons and a crusty chunk of warm bread	3.95
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Kids Meal Options, Sides and Lighter Bites

Mozzarella cheese and tomato ciabatta pizza slice (v, m, g)	4.20
Hot Dog - Beechwood Smoked Pork Hot Dog topped with fried onions (g)	3.20
Gourmet British pork sausage roll (g, mu so, su)	3.20
Harissa hummus dip and toasted strips of pitta bread (v, n, s, g)	4.95
Hummus dip and toasted strips of pitta and cucumber (v, s, g)	4.95
Beans on toast (v, ve, g)	3.35
Buttermilk chicken wings served with a sticky Korean BBQ sauce (m, g, so)	5.95
Buttermilk chicken strips, chips and cucumber (m, g)	5.65
Smoked haddock and spring onion fishcakes, tartare sauce and green salad (g, f, e, mu)	5.95
Fries (v, ve)	1.75

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(p) peanuts. (so) soya.