



MENU



ALL OF OUR FOOD ITEMS ARE SUITABLE FOR VEGETARIANS -PLEASE ASK FOR VEGAN AND GLUTEN FREE OPTIONS AND LET US KNOW IF YOU HAVE ANY ALLERGIES

Breakfast

Avocado on toasted sour dough (served with sweet chilli sauce)	VE, V, GF available	£4.25
Mushrooms on toasted sour dough	VE, V, GF available	£4.25
Baked Beans on toast	VE, V, GF available	£4.25
2 toasted crumpets with butter and lemon curd or jam	VE, V, GF available	£2.90
Granola served with Greek style (DF) yog, fresh berries, chopped mixed nuts and maple syrup	VE, V available	£3.95

All day toasted snacks

2 slices of toast with butter (& jam)	VE, V, GF available	£2.95/£3.30
Toasted teacake with butter (& jam)	V	£2.95/£3.30
Toasted plum bread with butter	V	£2.95
Toasted cheese scone with butter	V	£2.95
Toasted cheese scone with cream cheese and chilli jam	V	£3.95

Home-made soup of the day with roll and butter	VE, V, GF available	£5.50
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Open sandwiches

Cheesy, spring onion mix with salad topping	VE, V, GF available	£5.75
"Chuna" mayo on lightly toasted granary bread (chickpea, celery, fine onion & mayo topped with crunchy salad vegetables)	VE, V, GF available	£5.75
Egg Mayo topped with crunchy salad	V, GF available	£5.75

Comfort food

Pasta bowl - fusilli pasta with sun dried tomatoes, chopped nuts, olives and roasted peppers served topped with cheese	VE, V, GF available	£8.50
Jacket Potato served with mixed bean chilli	VE, V, GF available	£8.50
Jacket Potato served with 'Chuna Mayo' (chickpea, celery, fine onion & mayo topped with crunchy salad vegetables)	VE, V, GF available	£7.75
Portobello Mushroom burger -burger roll crammed with salad leaves, portobello mushroom, tomatoes peppers, cheese and mayo	VE, V, GF available	£7.75

Toasted Sandwiches

Cheese and onion	VE, V, GF available	£5.25
Cheese and tomato	VE, V, GF available	£5.25
French Brie and cranberry	V, GF available	£6.50
Gouda & Mushroom	V, GF available	£6.50
Savoury crumpets (pizza style - inspired by Anita from Cockermouth)	VE, V, GF available	£5.50



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Cakes and Desserts - types will vary – see chill cabinet

Various allergens - (please ask)

Fresh Cream Cakes/trifle	V	£3.25
Custard slices	V	£2.90
Chocolate/Carrot Cake	V, GF available	£2.90
Lemon Drizzle	V	£2.50
Tray bakes (e.g. millionaires shortbread/Peppermint crunch/Blackcurrant crumble VE)	V, VE GF available	£2.00
Fruit Scone with butter and jam	V, VE available	£3.00
Fruit Scone with jam and clotted cream /dairy free cream	V, VE available	£3.50

Cream Tea - fruit scone served with jam and clotted cream and a pot of tea per person

£5.50

Hot Drinks

Pot of Tea for One/Two	£2.00/£3.80
Speciality teas (peppermint/fruit/earl grey/English Breakfast)	£2.25
Pot of Filter Coffee per person	£2.70
Espresso	£2.50
Cappuccino	£3.00
Flat White	£3.00
Latte	£3.00
Mocha	£3.00
Hot Chocolate	£3.00
Hot Chocolate Special - with all the trimmings!	£3.50

Cold drinks

Still Mineral Water	£1.75
Sparkling Mineral Water	£1.75
Presse	£1.75
Canned drinks	£1.50
Orange Juice/Apple juice small/medium	£1.50/£2.00
Bottle Chilled Tap water	FOC

GF – Gluten Free

V – Vegetarian

VE – Vegan