



Menu

Breakfast

MONDAY - SUNDAY AVAILABLE UNTIL 11.30AM

GARDENER'S BREAKFAST PLATTER 1336 kcal **£9.50**

Free range eggs, bacon, sausage, mushrooms, tomato, baked beans and hash browns

VEGETARIAN BREAKFAST PLATTER (V) 1215 kcal **£9.50**

Free range eggs, vegan sausages, mushrooms, tomato, baked beans and hash browns

VEGAN BREAKFAST PLATTER (Ve) 1088 kcal **£9.50**

Vegan sausages, tomato, spinach, baked beans, mushrooms, hash browns and toast

SMASHED AVOCADO ON TOAST 796 kcal **£8.95**

With bacon, poached eggs, spinach and tomato

EGGS BENEDICT 451 kcal **£7.95**

Toasted English muffin topped with honey roast ham, poached eggs and Hollandaise sauce

EGGS FLORENTINE (V) 404 kcal **£7.50**

Toasted English muffin topped with baby spinach, poached eggs and Hollandaise sauce

BREAKFAST CLUB SANDWICH 1637 kcal **£8.95**

3 tiered toasted sandwich with sausages, bacon and a fried egg

VEGETARIAN BREAKFAST CLUB SANDWICH (V) 1058 kcal **£8.95**

3 tiered toasted sandwich with vegan sausages, fried egg, tomato and spinach

BREAKFAST CIABATTA **£5.95**

Choose from: 2 farm assured pork sausages (1039 kcal), 3 rashers of back bacon (787 kcal) or 2 vegan sausages (Ve) (704 kcal)

PANCAKE STACK (V) **£5.95**

Choose from: berries and yoghurt (347 kcal) or banana, honey and yoghurt (523 kcal)

BANANA BREAD WITH WINTER BERRIES (V) 348 kcal **£5.95**

Served with low fat natural yoghurt

WINTER WARMING PORRIDGE (V) 532 kcal **£4.95**

With banana, sultanas, dried cranberries and honey

Additional breakfast items available. Please ask for details.





WINTER WARMING PORRIDGE (V)

HOT SANDWICHES

SERVED WITH CHUNKY CHIPS (260 KCAL) OR DRESSED SALAD (72 KCAL)

MONDAY - SUNDAY 11.30AM - 3.30PM

COD GOUJON BRIOCHE 541 kcal **£9.95**

CROQUE MONSIEUR 793 kcal **£8.95**

Cheddar and home roasted bacon loin toastie, topped with cheese sauce

SAUSAGE AND CARAMELISED ONION CHUTNEY **£8.50**

TOASTED CIABATTA 1031 kcal

TUNA MELT TOASTED CIABATTA 671 kcal **£8.50**

CHEDDAR AND TOMATO TOASTED CIABATTA (V) 509 kcal **£7.95**

COLD SANDWICHES

SERVED WITH CHUNKY CHIPS (260 KCAL) OR DRESSED SALAD (72 KCAL)

MONDAY - SUNDAY 11.30AM - 3.30PM

EGG MAYONNAISE AND BABY SPINACH (V) 584 kcal **£6.95**

TUNA MAYONNAISE WITH CUCUMBER 556 kcal **£7.95**

HAM AND CHEDDAR SALAD 505 kcal **£7.95**

CHICKEN TIKKA BRIOCHE 418 kcal **£8.95**

Marinated chicken with a mint yoghurt dressing in a brioche roll

JACKET POTATOES

SERVED WITH A DRESSED SIDE SALAD

MONDAY - SUNDAY 11.30AM - 3.30PM

CHICKEN TIKKA MAYONNAISE (GF) 594 kcal **£7.95**

TUNA MAYONNAISE (GF) 588 kcal **£7.95**

CHEESE AND BEANS (V, GF) 765 kcal **£7.95**

MIXED BEAN CHILLI (V, GF) 742 kcal **£7.95**

APPLE AND SPRING ONION COLESLAW (V, GF) 394 kcal **£7.50**

If you have any allergen requirements, please inform a member of our team before ordering.

Lunch

SOUP

MONDAY - SUNDAY 11.30AM - 3.30PM

HOMEMADE SOUP OF THE DAY Calories vary ask server for details **£5.95**

Served with fresh bread and butter

MAIN COURSES

MONDAY - SATURDAY 12 MIDDAY - 3PM

See Daily Specials for Sunday main courses

COD AND CHIPS (GF) 1020 kcal **£13.95**

Our hand battered light and crispy cod fillet served with mushy peas, chunky chips and homemade tartare sauce

PIE OF THE DAY Calories vary ask server for details **£12.95**

Homemade pot pie served with seasonal vegetables and mashed potatoes

SAUSAGES AND MASH 1142 kcal **(V option available)** **£10.95**

Chunky pork and leek sausages with Cheddar crumb baked mashed potato, rich gravy and peas topped with crispy leeks and carrots

CREAMY CHORIZO CHICKEN 903 kcal **£12.95**

Chicken in a creamy chorizo sauce with seasonal green vegetables and baby potatoes

GARDENER'S PLOUGHMANS 1132 kcal **£10.95**

With extra mature Cheddar, tomato and Cheddar quiche, homemade sausage roll, salad, chutney, crusty bread and apple and spring onion coleslaw

TOMATO AND VEGETABLE RIGATONI (Ve) 555 kcal **£9.95**

Pasta with roasted vegetables in a rich tomato and herb sauce

Adults need around 2000 kcal a day

(V) = Vegetarian **(Ve)** = Vegan **(GF)** = Gluten free

Gluten free options are available on many of our dishes. Please speak to a member of our team for more details.





PIE OF THE DAY

SALADS

MONDAY - SUNDAY 12 MIDDAY - 3PM

CHICKEN TIKKA SALAD (GF) 427 kcal **£10.95**

Our delicious tikka marinated chicken served on a mixed salad with a low fat mint yoghurt dressing

TUNA NICOISE (GF) 445 kcal **£10.95**

A dressed mixed salad with tuna, new potatoes, boiled egg, green beans and olives

SUPERFOOD SALAD (Ve, GF) 329 kcal **£10.95**

Mixed salad leaves with avocado, baby spinach, beetroot, tenderstem broccoli, cherry tomatoes, cucumber and toasted seeds and grains topped with a basil and herb dressing

Add Halloumi for £2.95 320 kcal

SIDE DISHES

CHUNKY CHIPS (GF) 260 kcal **£2.95**

CHEESY CHIPS (GF) 446 kcal **£3.95**

CRISPY HOMEMADE POTATO WEDGES (GF) 281 kcal **£2.95**

DRESSED SALAD OR VEGETABLE PORTION (Ve, GF) 72/46 kcal **£1.95**

APPLE AND SPRING ONION COLESLAW (V, GF) 41 kcal **£1.95**

NEW POTATOES (Ve, GF) 142 kcal **£1.95**

INDIAN SPICED SAUTÉED POTATOES (GF) 90 kcal **£1.95**

BREAD AND BUTTER - 2 SLICES (V) 361 kcal **£1.95**

BREAD AND FLORA SPREAD - 2 SLICES (Ve) 415 kcal **£1.95**

GARLIC BREAD (Ve) 528 kcal **£1.95**

HOMEMADE ONION RINGS (GF) 233 kcal **£1.95**

If you have any allergen requirements, please inform a member of our team before ordering.

Children's

Breakfast

Breakfast box - Sausage muffin, hash brown and any kids drink in our activity box	639 kcal	£5.95
Cheese on toast soldiers (V)	278 kcal	£2.50
Baked beans on toast (V)	324 kcal	£2.50
Scrambled eggs on toast (V)	482 kcal	£2.50

Hot meal deal - £5.95 includes a drink served from 12 midday

4oz Cheese burger with chips	799 kcal
Cheese and tomato pizza soldiers (V)	574 kcal
Chicken strips with chips and beans (GF)	420 kcal
Cod goujons with chips and peas	414 kcal
Jacket potato with cheese	556 kcal or beans (V, GF) 455 kcal
Mini lemon chicken salad (GF)	287 kcal

Sandwiches

Cheese sandwich (V)	473 kcal	£2.95
Ham sandwich	359 kcal	£2.95
Tuna mayonnaise sandwich	409 kcal	£2.95

Snacks

Pom Bears	95 kcal	£1.00
Mini Cheddars	179 kcal	£1.00
Choice of fruit	calories vary	£1.00
Jelly pot	39 kcal	£1.00
Kids cake	92 kcal	£1.00
Judes lolly	24 kcal	£1.25

Children's meals available for customers aged up to 14 years only.
Not to be used in conjunction with any other offer.

Drinks

Pip cloudy apple	78 kcal	£1.50
Pip strawberry and blackcurrant	74 kcal	£1.50
Pip blackcurrant, raspberry and apple	67 kcal	£1.50
Milk	94 kcal	£1.00
Strawberry milkshake	92 kcal	£1.00
Chocolate milkshake	94 kcal	£1.00
Banana milkshake	94 kcal	£1.00

Cold meal deal - £5.95

Choose one of each option

- 1 - Sandwich or salad
(Cheese 473 kcal, Ham 359 kcal, Tuna 409 kcal, Salad 72 kcal)
- 2 - Savoury snack
(Mini Cheddars 179 kcal or Pom Bears 95 kcal)
- 3 - Fruit
- 4 - Dessert (Jelly pot 39 kcal or kids cake 92 kcal)
- 5 - Drink



HOT DRINKS

	small	regular
FLAT WHITE 74 kcal	£2.95	
LATTE 106/152 kcal	£2.95	£3.20
CAPPUCCINO 112/154 kcal	£2.95	£3.20
AMERICANO 28/28 kcal	£2.60	£2.85
MOCHA 161/207 kcal	£2.95	£3.20
ESPRESSO 0 kcal	single £2.10	double £2.30
SYRUP SHOT 32 kcal		60p
Choose from caramel, gingerbread, hazelnut, salted caramel or vanilla		
HOT CHOCOLATE 239 kcal		£2.95
LUXURY HOT CHOCOLATE 308 kcal		£3.45
TEA 28 kcal		£2.25
SPECIALITY TEAS 0 kcal		£2.50

SEASONAL DRINKS

CHAI LATTE 228 kcal	£3.50
LUXURY WHITE HOT CHOCOLATE 287 kcal	£3.50
HAZELNUT HOT CHOCOLATE 272 kcal	£3.50
WILD PEPPERMINT HOT CHOCOLATE 268 kcal	£3.50
VERY BERRY WINTER COOLER 89 kcal	£2.95
MILKSHAKES from 185 kcal	£3.95
Choose from our classics - strawberry, banana and chocolate or seasonal favourites - mint chocolate, hazelnut and salted caramel	
BERRY SMOOTHIE 211 kcal	£3.95
ICED COFFEE 78 kcal	£2.95

COLD DRINKS

BRECKLAND ORCHARD POSH POPS	£2.95
Calorie information varies - see packaging for detail	
FENTIMANS GINGER BEER 107 kcal	£2.95
FENTIMANS LEMON SHANDY 102 kcal	£2.95
COCA COLA 139 kcal	£2.95
DIET COKE 1 kcal	£2.95
THIRSTY PLANET SPARKLING/ STILL MINERAL WATER 0 kcal	£1.95
FROBISHERS ORANGE JUICE 90 kcal	£2.75
FROBISHERS APPLE JUICE 105 kcal	£2.75
BECKS BLUE ALCOHOL FREE 38 kcal	£3.75

ALCOHOLIC DRINKS

CHALK FARM SAUVIGNON BLANC	£3.95
PIER 42 PINOT GRIGIO	£3.95
CHALK FARM SHIRAZ	£3.95
SANTIANO ROSE	£3.95
FRIZZANTE EXTRA DRY PROSECCO	£4.95/£12.95
BREWDOG PUNK IPA	£3.75
BREWDOG LOST LAGER	£3.75
DOOM BAR ALE	£3.75
OLD MOUT CHERRIES AND BERRIES CIDER	£3.75

Seasonal drinks

LUXURY WHITE
HOT CHOCOLATE

CHAI LATTE

WILD PEPPERMINT
HOT CHOCOLATE

HAZELNUT HOT
CHOCOLATE



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