

Breakfast Monday - SUNDAY AVAILABLE UNTIL 11.30AM

GARDENER'S BREAKFAST PLATTER 1336 kcal Free range eggs, bacon, sausage, mushrooms, tomato, baked beans and hash browns	£9.50
VEGETARIAN BREAKFAST PLATTER (V) 1215 kcal Free range eggs, vegan sausages, mushrooms, tomato, baked beans and hash browns	£9.50
VEGAN BREAKFAST PLATTER (Ve) 1088 kcal Vegan sausages, tomato, spinach, baked beans, mushrooms, hash browns and toast	£9.50
SMASHED AVOCADO ON TOAST 796 kcal With bacon, poached eggs, spinach and tomato	£8.95
EGGS BENEDICT 451 kcal Toasted English muffin topped with honey roast ham, poached eggs and Hollandaise sauce	£7.95
EGGS FLORENTINE (V) 404 kcal Toasted English muffin topped with baby spinach, poached eggs and Hollandaise sauce	£7.50
BREAKFAST CLUB SANDWICH 1637 kcal 3 tiered toasted sandwich with sausages, bacon and a fried egg	£8.95
VEGETARIAN BREAKFAST CLUB SANDWICH (V) 1058 kcal 3 tiered toasted sandwich with vegan sausages, fried egg, tomato and spinach	£8.95
BREAKFAST CIABATTA Choose from: 2 farm assured pork sausages (1039 kcal), 3 rashers of back bacon (787 kcal) or 2 vegan sausages (Ve) (704 kcal)	£5.95
PANCAKE STACK (V) Choose from: berries and yoghurt (347 kcal) or banana, honey and yoghurt (523 kcal)	£5.95
BANANA BREAD WITH SUMMER BERRIES (V) 348 kcal Served with low fat natural yoghurt	£5.95
FRUIT, YOGHURT AND GRANOLA (V) 363 kcal Fresh strawberries and banana with low fat natural yoghurt, granola	£4.95



Additional breakfast items available. Please ask for details.

and honey

Lunch



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 Cheddar and home roasted bacon loin toastie, topped with cheese sauce	£9.95
SMOKEY CHICKEN BLT CIABATTA 686 kcal	£9.95
SAUSAGE AND CARAMELISED ONION CHUTNEY TOASTED CIABATTA 1031 kcal	£8.50
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

JACKET POTATOES SERVED WITH A DRESSED SIDE SALAD MONDAY - SUNDAY 11,30AM - 3,30PM

CHICKEN TIKKA MAYONNAISE 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 kc	al £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

CHICKEN, LEEK AND ASPARAGUS PIE 823 kcal

£12.95

Home made puff pastry pie in a creamy sauce with baby potatoes and green vegetables

CHEESE AND BACON BURGER 1200 kcal

£12.95

Fresh topped ground short rib burger in a brioche style bun with lettuce, tomato, burger sauce and chunky chips

HALLOUMI BURGER 956 kcal

£11.95

Pan fried halloumi with roasted peppers and salsa, in a broiche style bun served with chunky chips

HADDOCK FLORENTINE MORNAY 707 kcal

£12.95

Flaked natural smoked haddock in a Cheddar crumb topped creamy sauce with spinach, baby potatoes and green vegetables

CHAR-SUI PORK AND NOODLES 773 kcal

£11.95

Marinated roasted pork served with noodles and vegetables in an oriental sauce, topped with coriander and spring onions

ROASTED VEGETABLE TART (VE) 758 kcal

£11.50

Basil pastry case with grilled courgettes, peppers, red onions and cherry tomatoes finished with a basil and pumpkin seed crumb, served with new potatoes and salad

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.





SALADS

MONDAY - SUNDAY 12 MIDDAY - 3PM

CHICKEN TIKKA SALAD 427 kcal	£10.95
Our delicious tikka marinated chicken served on a mixed salad with a	
low fat mint yoghurt dressing	

GREEK SALAD (V, GF) 428 kcal **£10.95**

Feta, olives, cucumber and tomato on mixed leaves with baby gem and finished with basil and olive oil dressing

TUNA NICOISE (GF) 445 kcal £10.95

£10.95

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

SUPERFOOD SALAD (Ve, GF) 329 kcal

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
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
BBQ MARINATED HALF CHICKEN BREAST 133 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	£5.95
any kids drink in our activity box 639 kcal	
Banana, yoghurt and honey pancakes (V) 291 kcal	£2.95
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 and beans (V,GF) 553 kcal
Cheese and tomato rigatoni pasta (V) 257 kcal

Sandwiches

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

Snacks

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





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

£2.95



Children's meals available for customers aged up to 14 years only.

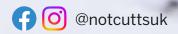
Not to be used in conjunction with any other offer.

Drinks

HOT DRINKS			COLD DRINKS	
FLAT WHITE 74 kcal	small £2.95	regular	BRECKLAND ORCHARD POSH POPS Calorie information varies - see packaging for detail	£2.95
LATTE 106/152 kcal	£2.95	£3.20	FENTIMANS GINGER BEER 107 kcal	£2.95
CAPPUCCINO 112/154 kcal	£2.95	£3.20	FENTIMANS LEMON SHANDY 102 kcal	£2.95
AMERICANO 28/28 kcal	£2.60	£2.85	FRANKLIN & SONS	£2.95
MOCHA 167/213 kcal	£2.95	£3.20	Calorie information varies - see packaging for detail	00.05
ESPRESSO 0 kcal	single £2.10	double £2.30	COCA COLA 139 kcal	£2.95
SYRUP SHOT 32 kcal	S	60p	DIET COKE 1 kcal	£2.95
Choose from caramel, chai, haz	elnut or vanilla	·	THIRSTY PLANET SPARKLING/ STILL MINERAL WATER 0 kcal	£1.95
HOT CHOCOLATE 251 kcal		£2.95	FROBISHERS ORANGE JUICE 90 kcal	£2.75
LUXURY HOT CHOCOLATE	402 kcal	£3.45	FROBISHERS APPLE JUICE 105 kcal	£2.75
TEA 28 kcal		£2.25	BECKS BLUE ALCOHOL FREE 38 kcal	£3.75
SPECIALITY TEAS 0 kcal		£2.50	BECKS BLUE ALCOHOL FREE 30 KCal	
SEASONAL DRINKS		ALCOHOLIC DRINKS		
	\		CHALK FARM SAUVIGNON BLANC	£4.50
ICED LATTE 36 kcal Add a shot of syrup for 60p		£2.95	PIER 42 PINOT GRIGIO	£4.50
LIME AND MINT COOLER 106 kcal		£2.95	CHALK FARM SHIRAZ	£4.50
WATERMELON COOLER 122 kcal		£2.95	SANTIANO ROSE	£4.50
STRAWBERRY AND MINT (OOLER 115 kca	£2.95	MINI BOTTLE OF PROSECCO	£5.95
MILKSHAKES from 185 kcal		£3.95	BREWDOG PUNK IPA	£3.95
Choose from our classics - vanil	la, strawberry,		BREWDOG LOST LAGER	£3.95
		C2 OF	DOOM BAR ALE	£3.95
BERRY SMOOTHIE 211 kcal		£3.95	OLD MOUT CHERRIES AND BERRIES CIDER	£3.95

Seasonal drinks





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