

BREAKFAST PLATES

THE BIG BREAKFAST

2 rashers of bacon, 2 Regency sausages, 2 free range fried eggs, 2 hash browns, grilled tomato, portobello mushroom, baked beans and doorstep toast

MUSHROOMS AND KALE

sautéed mushrooms and kale, served on toasted sourdough add an egg for £1

FRUITY GRANOLA POT

crunchy oat granola, served with greek yogurt, fruit compote, seasonal fruit and honey

SMASHED AVOCADO

avocado smashed with garlic, lemon juice, and tomatoes served on toasted sourdough add an egg for £1

REGENCY BACON SANDWICH

freshly cut farmhouse loaf filled with crispy bacon

HOMEMADE CRUMPET MELT

2 homemade crumpets topped with melted cheese and either:
- 2 grilled bacon rashers and a poached egg
- mushrooms, kale and a poached egg 

HOMEMADE PANCAKES

pancakes served with your choice of topping:
- bananas, caramel and chocolate sauce  
- seasonal fruit compote and syrup  
- bacon and maple syrup - add £1.50



VEGETARIAN



VEGAN AVAILABLE



GLUTEN FREE AVAILABLE

PLEASE TELL A MEMBER OF STAFF IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS WHEN ORDERING, AND WE WILL BE HAPPY TO ASSIST YOU.

WRAPS

served in a lightly toasted tortilla wrap with rainbow slaw a salad garnish

9.50

MIDDLE EASTERN FALAFELS

falafels, homemade hummus & a tahini dip

8.00

INDIAN BONDA

south indian bondas, tamarind sauce and slaw

8.00

7.50

LUNCHING

JACKET POTATO

a fluffy jacket potato served with a side salad and one topping:
- cheese - beans - beef chilli - bean chilli - coleslaw - tuna mayo
extra toppings £1

7.30

4.50

CHEESEY NACHOS

tortilla chips, topped with lashings of melted cheese, guacamole, sour cream, tomato salsa and jalapeños
add beef or bean chilli for £3

6.20

7.80

BUDDHA BOWL

a hearty salad of mixed salad leaves, grain, beetroot, courgetti, grated carrot, tomatoes, cucumber, diced red onion, pickled cabbage, toasted pumpkin seeds, roasted chickpeas, homemade hummus and finished with a homemade tahini dressing

9.50

5.50

DOORSTEP TOASTIES

thick sliced farmhouse loaf served with a salad garnish and chutney, choose from: - cheese and tomato - cheese and ham - cheese and onion - cheese -

7.50

9.00

LENTIL DAHL

homemade srilankan lentil dahl with a side of naan bread and rice

9.50

7.50

SANDWICHES

sliced bread served with a side salad and crisps
choose 2 fillings
- cheese/chutney/pickle/tomato/onion
- ham/salad/coleslaw/mustard
- free range egg mayo
- responsibly sourced tuna mayo

6.50

BAMBINOS

FISH FINGERS

2 grilled fish fingers, served with smiley faces and a choice of:
- peas or beans

4.95

TOMATO PASTA

pasta twists served with a roasted tomato sauce and toasted garlic bread

4.50

TOPPED TOAST

toast with baked beans, scrambled eggs or cheese

3.20

SMOOTHIES

açai kick - açai, strawberry, blueberry and mango 4.20
berry burst - blackberry, blackcurrant, blueberry and banana 4.20
green reviver - curly kale, lemongrass, banana and mango 4.20
pineapple sunset - pineapple, papaya and mango 4.20

COFFEE & HOT DRINKS

ESPRESSO 2.40
AMERICANO 2.60
LATTE 2.75
CAPPUCCINO 2.75
LARGE CAPPUCCINO 3.35
FLAT WHITE 3
MOCHA 2.80
HOT CHOCOLATE 2.75
FULLY-LOADED HOT CHOC 3.60
TEA 1.70
PUKKA TEA 1.95
ICED LATTE 3.60
SYRUPS 0.60

-ask for today's flavours

PLANT MILK AVAILABLE 

SOFT DRINKS

DIET COKE 1.50
COCA COLA 1.80
SPRITE 1.50
MINERAL WATER 1.20
still or sparkling
SAN PELLEGRINO 1.50
- blood orange
- pomegranate
- orange
CAWSTON PRESS 1.50
- rhubarb
- elderflower
HULLABALLOO LEMONADE 2.20
- raspberry still lemonade
- elderflower still lemonade
JUICE CARTON 0.90
- apple
- orange
JUICE GLASS 1.50