

BREAKFASTS

THE BREAKFAST SANDWICH

3.50

Served on WHOLEMEAL OR CIABATTA BREAD.

With a choice of two fillings:

CUMBERLAND SAUSAGE, QUORN SAUSAGE,
CHESHIRE DRY CURED BACON,
FREE RANGE FRIED EGG,
BEANS, MUSHROOMS, CHEESE,
TOMATOES OR HASH BROWNS.

ALL DAY MEATY BREAKFAST

5.95

CHESHIRE DRY CURED BACON, CUMBERLAND SAUSAGE, HASH BROWNS, FREE RANGE FRIED EGGS, BEANS, TOMATOES & TOAST.

ALL DAY VEGI BREAKFAST

5.95

QUORN SAUSAGES, HASH BROWNS, FREE RANGE FRIED EGGS, FIELD MUSHROOMS, BEANS, TOMATOES & TOAST.

BAR SNACKS

SOUP OF THE DAY

3.50

SEASONAL HOMEMADE SOUP *served with*
CRUSTY SUNFLOWER SEED BREAD.

PITTA, HUMMUS & OLIVES

2.95

CAJUN WEDGES & SOUR CREAM

1.95

BRUSCHETTA

2.50

SWEET TREATS

Treat yourself and choose from a varied selection of delicious cakes at the bar.



GREAT FOOD
SERVED DAILY
FROM 10AM



SALADS

SUPERFOOD CHICKEN SALAD

5.35

GRILLED CHICKEN WITH BROCCOLI, TOMATOES,
PEAS, SALAD LEAVES, QUINOA, TOASTED
SEEDS, ALFALFA & AIOLI.

SUPERFOOD ORIGINAL SALAD

4.65

BROCCOLI, ALFALFA, PEAS, STRIPS OF CUCUMBER,
AVOCADO, QUINOA, TOASTED SEEDS, FETA, FRESH
MINT, PARSLEY, LEMON & EXTRA VIRGIN OLIVE OIL.



*We only use free range,
locally sourced chicken*

HOT DISHES

NIGHT & DAY BEEFBURGER

5.95

SERVED WITH
CHUNKY CHIPS AND A CRISP SALAD.

GRILLED HALLOUMI

5.50

ROASTED VEGETABLES & ORGANIC RICE
TOPPED WITH GRILLED HALLOUMI.

MOROCCAN MEATBALLS

4.95

SPICED LAMB MEATBALLS
WITH A PLUM TOMATO SAUCE SPRINKLED
WITH FRESH MINT AND PARSLEY.

HOMEMADE FALAFEL

4.95

HOMEMADE FALAFEL TZATZIKI,
HUMMUS AND SALAD IN A PITTA
served with ROASTED VEGETABLES.

WRAPS

SERVED WITH A BEAN & ROSEMARY PUREE,
COLESLAW AND CARAMELISED ONIONS.

— *choose from* —

MEXICAN SALSA CHICKEN

GRILLED FREE RANGE CHICKEN & A MEXICAN
SALSA WITH CORIANDER, CHILLI & LIME.

AIOLI CHICKEN

GRILLED FREE RANGE CHICKEN
WITH A LIGHT YOGHURT AND AIOLI SAUCE.

HONEY & STAR ANISE CHICKEN

GRILLED FREE RANGE CHICKEN
WITH A HONEY AND STAR ANISE MARINADE.

GRILLED HALLOUMI & SWEET CHILLI

GRILLED HALLOUMI WITH HUMMUS, A TWIST
OF LEMON JUICE AND CHILLI SAUCE.

all — 3.50