



Food & Soft drink menu

Food served all day 'til 10pm

Please order with us at the Bar and help yourself to cutlery and sauces

(The upstairs bar is only open during busy periods)

Breakfast served all day

Please note **we can't allow alterations** but you can build your own on the next page
Ask for our **gluten** advice breakfast menu at the bar

Hearty English

Pork sausage, 2 bacon rashers, fried egg, two buttered granary toast, beans, mushrooms, cherry tomatoes & hash brown £6.90

Hearty Veggie v

Linda McCartney sausage, grilled halloumi, fried egg, mushrooms, beans, two buttered granary toast, cherry tomatoes & hash brown £6.90

Hearty Vegan vg

Linda McCartney sausage, deep fried Tofu, beans, mushrooms, spinach, two granary toast, vegan spread, cherry tomatoes & hash brown £6.90

The Big Red Breakfast

Two pork sausages, two bacon rashers, two fried eggs, buttered bagel, beans, mushrooms, cherry tomatoes, hash brown £9.90

Diddy English or Veggie

Pork sausage, bacon rasher, egg, buttered toast & beans £4.50
Linda McCartney sausage, halloumi, egg, buttered toast & beans £4.50 v

Extras next page...

All can be made vegan with an alternative milk +30p

Porridge with Strawberry Jam or Real Maple syrup £3.50 vg

Apple & Cinnamon topped Porridge with chopped walnuts £4.50 vg

Matcha Porridge with pumpkin seeds, chia, banana & blueberries £5.50 vg

Breakfast Sandwiches or 'on Toast' served all day

- ♥ Choose a Granary sandwich, 'on Toast' or in a Wrap
- ♥ Or for Crumpets, Bagel or No gluten sliced bread add 75p
Ask for no butter or dairy free spread

Jam or Peanut butter **vg v ng** £2 ♥ Pork sausages £3.50

Thick cut Bacon rashers **ng** £3 ♥ Linda McCartney sausages **vg** £3.50

Scrambled egg & chive **v ng** £3 ♥ Halloumi & Mushroom **v ng** £3.50

Big Red Bagel Pork sausages, bacon & egg £5.50

Veggie Big Red Bagel Linda McCartney sausages, halloumi & egg £5.50 v

Vegan Big Red Bagel Linda McCartney's, Tofu & mushrooms £5.50 **vg**

Add Extras

Pork or Linda's sausage, Halloumi, Fried Tofu, Strawberry Jam jar, Sweet Freedom **vg** choc sauce, apple compote, Brie, Blueberries **at £1.25**

Thick cut Bacon rasher, **Black pudding**, Scrambled Egg, fresh banana, scoop of vanilla ice cream, walnut pieces, **at £1**

Fried Egg, Beans, Trade up to Scrambled egg, Mushrooms, Cherry Toms, Spinach, Hash brown **at 75p**

American style Pancake Stack

Homemade and served all day
All drizzled with Real Maple syrup

Build your own or add your own toppings!

Simply with buttermilk spread **v** £4.50

U.S.A. Scrambled egg & bacon £7.50

Tough breakup Fresh banana, ice cream, choc sauce, sprinkles **v** £8.50

Comfort & Joy Blueberries with whipped cream **v** £8

You complete Brie Apple compote & Brie topped with walnut pieces **v** £9

The Big Red Pancake breakfast Two Pork sausages, two bacon +rashers, scrambled egg & a hash brown piled on a stack of our homemade pancakes with an extra jug of maple syrup £11

Homemade fluffy Vegan pancakes made with fresh banana **vg** £5.50

Granary Sarnies ^{With slaw} Upgrade to Bagel, Wrap or **ng** sliced bread, 75p
ask for vegan spread instead of butter

Thick cut honey & mustard roast ham with salad £5 **ng**

Fish fingers with watercress & tartare sauce £4.50

Brie with maple rosemary roast winter veg £5.50 **v ng**

Satay peanut Tofu with red pepper and salad £5 **vg ng**

Classic Tuna Mayo £4.25

Classic Jacket Potato ^{With slaw}

Just butter £3.50 **v**

Cheese & beans £4.50 **v**

Tuna mayo £5

Houmous & roast winter veg £5 **vg**

Soup or Stew of the day **vg ng**

^{With a granary roll & butter}

(ask for vegan spread) £4.50

Or add a cup to the side of

your sandwich for £2.70

Sides

Sweet potato wedges £3 ◦ Proper chips £2.70 ◦ BBQ/ Sweet chilli/ Veganaise/
Satay sauce dip £1 ◦ Beer battered onion rings £2.50 ◦ Maple rosemary Roast
^{Winter veg bowl} £3.50 ◦ Cup of soup £2.70 ◦ Cabbage & Carrot slaw £3

Burgers all come in a granary bun with proper chips & slaw
ng ask if you'd prefer extra salad to a bun, or trade up to no gluten bread

The Big Red Beef Burger with bacon, cheese, BBQ sauce and beer
battered onion rings with gherkins £12.50

The Big Red Cashew Burger our Cashew, Beet & Bean patty with beer
battered onion rings, Veganaise, gherkins and 'cheese' **vg ng** £12.50

Homemade beef burger with cheddar £9.50 **ng**

Chicken fillet burger with mayo £9 **ng**

Homemade Cashew, Beet & Bean patty with vegan cheese £9.50 **vg ng**

Add Toppings

Halloumi, Brie, Vegan 'cheese', roast winter veg **at £1.25**

Houmous, cheddar, bacon rasher **at £1**

Fried egg, Gherkins, swap to sweet potato wedges or no gluten bread **at 75p**

Mains

Hearty Bowl of Cashew, Beet & Bean bites, houmous, sweet potato, roast
winter veg, watercress, chia & pumpkin seeds £9.50 **ng vg**

Gammon steak, fried potatoes and rosemary roasted squash, beetroot &
parsnip with spinach and honey mustard dressing £10.50 **ng**

Chicken skewers with Dutch Satay sauce, proper chips and salad £9.50 **ng**
v ng Halloumi & red Pepper instead **vg ng** Tofu & red Pepper but not on skewers

Grilled Honey & mustard Salmon fillet salad with sweet potato, spinach,
cucumber, watercress & crispy onions £10.50 **ng** **v** Halloumi instead

Freshly Beer battered Fish with proper chips, mushy peas & tartare
sauce £10.50 **vg** with two battered Linda sausages

Check out our Specials Board by the Bar

Hearty plates or Sharers

Houmous pot, mixed garlic & herb pitted olives, cucumber & carrot
sticks, bread & balsamic oil £6 **ng vg**

Loaded chips with bacon, crispy onion & melted cheddar £7 **ng**

Dutch style 'war fries' with Satay, Veganaise and crispy onion £6.50 **vg ng**

Veg Platter with Homemade beet & bean bites, watercress, olives,
houmous, pepper & Halloumi skewer, crudités & proper chips £13 **v vg ng**

Mixed Platter with Brie slices, beer battered onion rings, Thick cut ham,
BBQ chicken skewer, homemade slaw, bread and proper chips £14

Sweet things

Check out our Selection of homemade cakes, ask us for vegan & ngci options
^{Locally made} **Sweetie bird ice creams** in Salted caramel, Strawberries &
cream or dairy free chocolate sorbet £2.90

v veggie vg vegan ng no gluten containing ingredients can be made

**If you have any dietary requirements please let us know when you order. We
have an allergy menu and a gluten advice breakfast menu available. Watch out for
fish bones, cyclists and men who never call you back.**

Pop

Ginger beer ◦ Lemonade ◦ Elderflower ◦ Raspberry Lemonade £2.70
Bundaberg Root beer £3 Orangina £2.30 Red Bull £2.50
Fentiman's Dandelion & burdock, Curiosity cola, Cherry cola £2.70
Draught Cola » glass £1.80 ◦ pint £2.30
diet Cola or Lemonade » glass £1.70 ◦ pint £2.20
Belu mineral water still or sparkling £1.70

Juices

Frobisher's Bumbleberry mixed berry smoothie £2.70
Frobisher's Pineapple, Banana & Passionfruit smoothie £2.70
Vita Coco coconut water £2.50
Eager juices » orange ◦ cranberry ◦ apple ◦ tomato £2

Non alcoholic long drinks

Shirley Temple £3.50 Root Beer float £4
Fever tree ginger, grenadine, cherry with vanilla ice cream
Iced teas £3
Black tea with Peach or Green Tea with Mint
Locally fermented **Kombucha**, Green tea with pressed juices from
'the Happy Gut Hut' in 'Very Cherry' or guest flavour £4.20 for 330ml

Milkshakes £3.50 blended with real ice cream or dairy free
Chocolate ◦ Caramel ◦ Strawberry ◦ Coconut ◦ Mint ◦ Banana
Cherry ◦ Peach ◦ Vanilla ◦ Hazelnut ◦ Gingerbread
Vanilla **Matcha Green Tea** milkshake £4

Boozy milkshakes £6

Cherry Bomb Night sky mocha
Cherry spiced Old J rum with coconut Kahlua, caramel, chocolate
Bourbon Vanilla Cream
Buffalo trace bourbon in vanilla shake with whipped cream

A mug of fair trade **Tea** with milk £1.20

Freshly ground Coffee

Americano ◦ Espresso £1.80 Our favourite Ethical
Latté ◦ Flat white ◦ Cappuccino £2.30 Addictions blend
Mocha or Matcha latte £2.90 (also available in decaf)
See bar board for our recommended hottie of the week

Blended/Iced

Iced latte with any syrup (we recommend vanilla, caramel or hazelnut) £2.90
Frapp it up, your choice of syrup blended with espresso & ice cream £3.70
Peach iced Black Tea or Mint iced Green Tea £3
Vanilla Matcha Green Tea milkshake £4
Locally made **Kombucha** fermented Green Tea with Cherry juice or
ask for our guest flavour (Beetroot, Turmeric or Apple & Kiwi) £4.20

Hot chocolates

Regular Cadbury's hot chocolate £2.20
Mexican Hot chocolate with cinnamon & chilli £2.70
Deluxe topped with whipped cream & mini marshmallows £3
White Hot Chocolate £2.50 Coconut cream white chocolate £3.20
Matcha green tea white chocolate £3.50

Add a Syrup shot 50p ◦ Whipped cream or swap to another milk for 30p

Posh Teas

Check the bar for today's selection all £2 in a mug
Milk on the side where it makes sense, please ask if you would rather have lemon or honey
English breakfast ◦ Coconut & Pear Green ◦ French Earl grey ◦ Lemon & ginger
Peppermint ◦ Jasmine ◦ Chai ◦ Rooibos ◦ Tea hugger's 'Hangover Help' with milk
thistle & ginger ◦ Choccy vanilla ◦ Red fruits ◦ Strawberry & vanilla Green

Bar Snacks

Pork Scratchings £1 Pipers crisps £1
Olives £2.50 Mixed nuts or Pistachios £2
Chilli Puffs or Wasabi peas £2 Picked n mixed Sweets £2