



Allergen list Menu

Gluten

Text in red items may be fried in oil which contains gluten (from batter etc), if you tell us you're coeliac we will use the no gluten fryer

Eggs Fish Celery Milk Mustard Nuts

Peanuts Sesame seeds Soya Sulphur dioxide

Nothing on this menu contains:

Lupin, Crustaceans, Molluscs

Breakfast served all day (ask for our low/no gci breakfast menu)

Hearty English

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

Hearty Veggie

Linda McCartney sausage, grilled halloumi, fried egg, beans, mushrooms, 2 buttered toast, cherry tomatoes & hash brown £6.90

Hearty Vegan

Linda McCartney sausage, deep fried tofu, beans, mushrooms, spinach 2 plain toast, vegan spread, cherry tomatoes & hash brown £6.90

Diddy English or Veggie

Pork sausage, bacon, egg, toast & beans £4.50

Linda McCartney sausage, halloumi, egg, toast & beans £4.50

Add extra Joy...

Pork or Linda McCartney sausage, halloumi, deep fried tofu, at £1.25

Bacon rasher, Black pudding, Scrambled Egg, Strawberry Jam at £1

Fried Egg, Beans, Mushrooms, Cherry Tomatoes, Spinach, Hash brown,

trade up to Scrambled egg at 75p

Breakfast Sandwiches or on Toast buttered

ask for vegan spread, bread does not contain milk

Choose a Granary Sandwich, Wrap, or have it on Granary Toast

...or add 75p for Crumpets, Bagel or NGC1 bread

Peanut butter, or strawberry jam £2

Thick cut Bacon rashers £3

Pork or Linda McCartney's veg Sausages £3.50

Halloumi & Mushroom £3.50

Scrambled egg & chive £3

The 'Big Red' Bagel stacked on a toasted & buttered bagel £5.50

Pork sausage, bacon & fried egg

Linda McCartney sausage, halloumi & fried egg

Linda McCartney sausage, tofu & mushrooms (with dairy free spread)

American style Pancakes served all day all with maple syrup

Simply with maple syrup £4.50

Add your own toppings!

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, bacon, scrambled egg & 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

Porridge with strawberry jam or maple syrup £3.50 (can use soya milk)

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

Apple & Cinnamon Porridge with chopped walnuts £4.50 vg

Granary Sarnies With slaw Upgrade to Bagel, Wrap or veg sliced bread, 75p
Ask if you need dairy free spread

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 **v ng**

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

Classic **Tuna mayo** £4.25

Classic Jacket Potato With slaw

Plain with **butter** £3.50

Cheese & beans £4.50

Tuna mayo £5

Houmous & roast winter veg £5

**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 sauce**
/ **sweet chilli** / **Veganise** £1 * **Beer battered** onion rings £2

Mains

Freshly Beer **battered Fish** & **chips** with mushy peas & tartare **sauce** £9

Vegan option with **battered Linda McCartney sausages**

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 roast 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

Burgers with **proper chips** & **salad** in a **granary bun** (NGCI bread instead 75p)

Chicken fillet, lettuce & **mayo** burger £9

Homemade Beef **burger** with **cheddar** £9.50

Cashew, Beet & Bean **Burger** with vegan 'cheese' £9.50

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

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

Sharers

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

Veg Platter with **Cashew**, Beet & Bean **bites**, watercress, olives, **houmous**, red pepper & **halloumi** skewer, crudites & **proper chips** £13

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

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

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

Bar Snacks

Pork **scratchings** £1
Olives £2.50 **Rosemary** & **chilli** nuts £2 **Chilli Puffs** £2

FAQs

- Please be prepared to distinguish with us whether you are **coeliac or avoiding gluten**. Special precautions are made for coeliac disease sufferers which we are happy to do but they slow us down
- Our regular NGCI bread is vegan but always ask
- Our regular gravy has NGCI but always ask
- Our soya milk is alpro (contains apple juice)
- NGCI = no gluten containing ingredients, we are obliged to say this as we use gluten containing ingredients in our kitchen