



Allergen list Menu

Gluten Eggs Fish Celery Milk Mustard
Nuts Peanuts Sesame seeds Soya Sulphur dioxide

Nothing on this menu contains: Lupin, Crustaceans, Molluscs

Breakfasts served all day

Hearty English

Pork sausage, bacon rashers, fried egg, 2 buttered toast, beans, mushrooms, cherry tomatoes & hash brown £7.50

Hearty Veggie

Linda McCartney sausage, grilled halloumi, fried egg, beans, mushrooms, 2 buttered toast, cherry tomatoes & hash brown £7.50

Hearty Vegan

Linda McCartney sausage, deep fried tofu, beans, mushrooms, spinach 2 plain toast, vegan spread, cherry tomatoes & hash brown £7.50

Diddy English or Veggie

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

Add Extras to any breakfast, or Build your own

£1.50

Two buttered crumpets
No gluten seeded bread

£1.25

buttered Bagel
12" Tortilla Wrap

75p

Slice of buttered Granary
toast

Ask for vegan spread instead

Pork or Linda's sausage
Scrambled Egg ♥ Halloumi
Turmeric Scrambled Tofu

Thick cut Bacon rasher
Black pudding
Fried Tofu

Baked Beans ♥ Fried Egg
♥ Mushrooms Cherry
Toms ♥ Spinach Hash
brown

Strawberry Jam jar ♥ Vanilla
Ice cream ♥ Fresh
Strawberries

Sweet Freedom choc sauce
♥ Mixed seeds ♥ Banana

Peanut butter
Whipped Cream

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 £4
Pork or Linda McCartney's veg Sausages £4.25
Halloumi & Mushroom £4.25
Scrambled egg & chive £3.25

The 'Big Red' Bagel stacked on a toasted & buttered bagel £6.25

Pork sausages, bacon & fried egg

Linda McCartney sausages, halloumi & fried egg

Linda McCartney sausages, 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 £8.50

True Romance Fresh Strawberries, whipped Cream, Sweet Freedom chocolate sauce £8

Banana Split Fresh Banana, Ice cream, sprinkles £8

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 banana Vegan pancakes £5.50

With Fresh Strawberries & vegan whipped cream with chocolate sauce £9

With Linda sausages, Turmeric scrambled tofu & hash brown £10.75

Lighter Breakfasts

Salmon fillet & spinach topped with a fried egg & asparagus £7.50

Breakfast burrito Scrambled Tofu, spinach, mushrooms & toms £5.50

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

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

Granary Sarnies ^{With salad}

Ask if you need dairy free spread, add 75p for ng bread

Thick cut roast ham & **Emmental** with onion chutney on **granary** £5.50

Fish fingers with **mayo** on **granary** £4.50

Fish-like fingers & vegan mayo on **granary** £5

Classic **Tuna** & sweetcorn **mayo** on **granary** £5

Sweet chilli Tofu with mixed peppers and salad in a **wrap** £5.50

Cajun chicken fillet with mixed peppers & sour **cream** in a **wrap** £6.50

Jacket Potato with **butter** £2.50 ^{Ask if you need dairy free spread}

£2

BBQ Jackfruit or Pulled Pork ♥ **Tuna** & sweetcorn **mayo**

£1.50

halloumi

£1.25

Thick cut Bacon rasher **Cheddar** ♥ Red onion chutney

75p

Baked Beans ♥ Sour **cream** ♥ Grilled Mixed peppers

♥ **Houmous** ♥ Vegan cheese ♥ **Emmental**

Sides, Snacks or Sharers

Houmous pot with cucumber & red pepper £4

Mixed garlic & herb pitted olives, **bread** & **balsamic** oil £5

Balsamic Salad with cucumber, red cabbage, cherry toms & seeds £3.50

Halloumi skewers with **sweet chilli** sauce £5

Homemade **Cashew**, Beetroot & Black Bean **bites** with vegan mayo £5

Cajun Chicken skewers with sour **cream** £4.50

Proper chips £2.90

Sweet potato wedges £3.20

Beer battered onion **rings** £3

Bowl of Loaded chips

Bacon & melted **Cheddar** ♥ vegan cheese & red onion chutney £5

BBQ pulled pork & sour **cream** ♥ **BBQ** jackfruit & vegan cheese £5.50

Bar Snacks

Pork **scratchings** £1

Pipers Crisps £1 – vary please ask

Olives £2.50

Rosemary & **chilli** nuts £2

Chilli **Puffs** £2

Mains

House balsamic dressed Salad with cucumber, cherry tomatoes & cabbage

- ♥ **Sweet chilli** Grilled **Salmon** fillet, sweet potato chunks & asparagus £10.50
- ♥ Grilled **sweet chilli** **Halloumi**, sweet potato chunks & mixed peppers £9
- ♥ Our **Cashew**, beet & bean **bites**, **houmous**, chia & pumpkin seeds £9

Check out our
Specials Board
by the Bar

Gammon steak with proper chips & two fried **eggs** with **balsamic** dressed salad £9.50

Cajun Chicken fillet skewers with proper chips, sour cream & **balsamic** dressed salad £8.50

Beef Burger ^{Homemade with lean Steak mince & free-range **eggs**}

- ♥ **Cheddar** £9.50
- ♥ Bacon, **cheddar**, **Mayo**, beer battered onion **rings** & gherkins £13
- ♥ **BBQ** pulled pork, **Emmental** **cheese** & sour **cream** £13.50

Cashew Burger Our homemade Cashew, mushroom, beetroot & black bean patty

- ♥ Vegan mayo £9.50
- ♥ Beer battered onion **rings**, Vegan mayonnaise, gherkins & vegan 'cheese' £12.50
- ♥ **BBQ** jackfruit, **Halloumi** & **houmous** £13.50

Burgers come in a granary bun with proper chips & **salad**
ask for extra salad instead of a bun

Add Extras or Trade up

£2

BBQ Jackfruit
BBQ Pulled Pork

£1.50

Halloumi ♥ **Houmous**
Vegan cheese ♥ **Emmental**

£1.25

Thick cut Bacon rasher
Black **pudding** ♥ Fried **Egg** ♥ Fried **Tofu**
Cheddar ♥ Red onion chutney

75p

Trade up to sweet potato wedges ♥ Mushrooms ♥ Trade up to no gluten bread
Gherkins ♥ Vegan Mayo ♥ **Sweet chilli** ♥ GF **BBQ**

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 pork sausages are NGCI but always ask
- Our soya milk is alpro (contains apple juice)
- NGCI = no gluten containing ingredients, we are obliged to say this rather than Gluten Free as we use gluten containing ingredients in our kitchen