



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 NGCT 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

Apple Pie Warm Apple compote with cinnamon & Ice cream £9.50

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

Comfort & Joy Blueberries, cinnamon & vegan whipped cream £8.50

Sunday Sundae vegan whipped cream & Sweet Freedom chocolate sauce with jazzy sprinkles £7.50

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

Lighter Breakfasts

Salmon fillet & spinach topped with a fried egg & leeks £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)

Porridge with apple compote, blueberries, cinnamon & seeds £5.50

Granary Sarnies

With salad

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

Thick cut roast ham & Brie 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

Maple mustard Tofu with roast winter veg in a wrap £5.50

Chicken fillet with bacon & mayo in a wrap £6.50

Jacket Potato with butter £2.50

Ask if you need dairy free spread

Tuna & sweetcorn mayo £2

Cheese & Beans £2

Sweet potato & lentil chilli £3

Halloumi & peppers £2.75

Sides, Snacks or Sharers

Houmous pot with cucumber & red pepper £4

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

Homemade creamy slaw £2

Halloumi skewers with sweet chilli sauce £5

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

BBQ Chicken skewers £4.50

Proper chips £2.90

Sweet potato wedges £3.20

Beer battered onion rings £3

Vegan cornbread £3.50

Bacon & melted Cheddar or vegan cheese & chutney loaded chips £5

Homemade chilli bowl with bread (ask for no gluten bread) £5

Soup of the day varies, please ask with bread (ask for no gluten bread) £4.50

Bar Snacks

Pork scratchings £1

Pipers Crisps £1 – vary please ask

Olives £2.50

Rosemary & chilli nuts £2

Chilli Puffs £2

Mains

Winter hash of potato, squash, beetroot, parsnip & spinach with maple mustard dip, Topped with your choice of...

♥ Salmon fillet £12

♥ Halloumi skewers £10.50

♥ Gammon steak £11

Check out our
Specials Board
by the Bar

Pork or Linda McCartney sausages on maris piper potato mash with gravy and leeks £9.50

Cornbread topped chilli mild sweet potato & lentil chilli topped with homemade vegan cornbread and creamy slaw vg ng £10.50

Burgers in a locally baked seed bun with proper chips & creamy slaw

Burger Homemade with lean Steak mince & free-range eggs

♥ Cheddar £9.50

♥ Bacon, cheddar, Mayo, beer battered onion rings & gherkins £13

Chicken fillet burger

♥ Lettuce & Mayo £9

♥ Thick cut Bacon & brie £11

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

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