


Light Bites


Monday - Friday
12.00pm - 8.00pm


Short on time? Let us know...


Where possible, our policy is to cook from fresh using raw ingredients. At peak periods some dishes may take longer to prepare.

Soup of the Day  eat in **£3.95** to go **£2.75**
Homemade with the freshest natural ingredients, served with bottomless basket of bread

Rolls or Sandwiches **£3.95**
White or brown rolls, sliced bread, wholemeal pitta, or flour tortilla wrap.
Add a mug of soup or hand cut chips for £1.95 / sweet potato chips £2.70

- **Chicken Caesar Salad**
- **Free Range Egg Mayo, Baby Spinach & Tomato** 
- **Mediterranean Tuna**

Frittata  **£7.50**
Deep Italian style free range omelette served with mixed leaves. *Ask for today's variety.*

Falafel & Tahini Pitta Pocket  **£5.75**
Served with iceberg lettuce, tomato, salad garnish and a ramekin of hand-cut chips



Crab Cake & Sweet Chilli Mayo Wrap **£5.75**
With iceberg lettuce, salad garnish and hand-cut chips

Chicken Goujons & Plum Sauce Wrap **£5.75**
Deep fried breaded chicken fillets with iceberg lettuce, salad garnish and hand-cut chips

Grilled Chicken Tzatziki Pitta Pocket **£5.75**
(Tzatziki is a yoghurt, cucumber, garlic and mint dressing)
Served with a salad garnish and hand-cut chips

Chicken & Chorizo Wrap **£5.75**
With iceberg lettuce, salad garnish and hand-cut chips

Mexican Quesadillas
Grilled sandwich of 2 x 2 tortillas filled with grated cheddar, peppers, sliced olives and spring onions, served with guacamole, salsa and sour cream

- **Regular**  **£7.50**
- **Grilled chicken** **£8.50**
- **Jalapeno and sun blush tomato**  **£8.50**

NEW! Piri-Piri Chicken Wrap  **£5.95**
Served with hand-cut chips & side salad

Main Dishes

Monday - Friday
12.00pm - 8.00pm



Fish & Chip Friday


Best Bitter Beer Battered
Deep Fried Fresh Haddock
Fillet, Minted Mushy
Peas, Hand-Cut Chips &
Homemade Tartare Sauce

£9.95

Chicken Tenders & Chips **£8.75**
Breaded and deep fried, served with hand cut chips, salad garnish & a choice of 2 dips: plum sauce, sweet chilli or BBQ

Big Jac 6oz **£9.25**
Homemade lean mince steak burgers with our blend of herbs with bacon, cheese, salsa, mayonnaise and salad in a Portuguese, brown or wholemeal pitta served with hand cut chips and salad garnish. *Add a fried egg or jalapenos for 60p each*

Spicy Veggie Burger   **£8.75**
With cheese, salsa, mayonnaise & salad in a Portuguese, brown or wholemeal pitta served with hand cut chips & salad garnish. *Add a fried egg or jalapenos 60p each*

NEW! Mediterranean Quinoa Burger  **£9.50**
Organic quinoa, chickpea, oat, garlic, olive oil & oregano patties topped with a sunblush tomato, feta, parsley & basil mix on a Portuguese or brown roll with hand-cut chips & salad garnish

Scottish Grilled Salmon Fillet **£10.75**
Served with new potatoes, steamed seasonal vegetables and hollandaise sauce



Grilled Cajun Chicken **£10.75**
Bacon, guacamole, salsa and sour cream served with hand cut chips & salad garnish


NEW! Salad Nicoise **£8.95**
Mixed salad leaves, green beans, plum tomatoes, new potatoes, free range boiled egg, black olives, capers & anchovies sprinkled with parsley & served with our house dressing
Add Grilled Chicken £2.95 / Grilled Salmon Fillet £4.25 / King Prawns £3.95



Deep Fried Fisherman's Basket **£8.75**
Scampi, king prawn, calamari, filo prawn, crab cake, plaice goujons, hand cut chips. Tartar sauce and Garnish


NEW! Salmon & Sweet Potato Fishcakes **£10.50**
Served with seasonal vegetables & a side of sweet chili sauce

NEW! Sweet Potato, Chickpea & Spinach Curry   **£8.50**
Cooked in a coconut sauce with red onions, baby spinach red chili, ginger & fresh coriander served with organic brown or basmati rice. *Add Grilled Chicken £2.95 / Add Grilled Salmon Fillet £4.50 / Add King Prawns £3.95*















Indonesian Nasi Goreng  
Wok fried rice with peppers, spring onion, mushrooms & Indonesian spices topped with a free range fried egg
Veg £7.75 Chicken £8.50 Organic Tofu £8.50 King Prawn £10.25

Indian Curries: 
Mild Korma / Medium Tikka Masala / Hot Madras
With basmati or organic brown rice, naan bread and poppadoms
Veg £8.50 Chicken £9.25 Organic Tofu £9.25 King Prawn £10.25

Pad Thai  
Wok fried oriental vegetables, rice noodles and shredded omelette, tossed with a pad thai sauce, topped with peanuts, fresh coriander and a wedge of lime
Veg £8.50 Chicken £9.25 Organic Tofu £9.25 King Prawn £10.25

NEW! Lamb Masala  **£11.95**
Medium spiced curry cooked in a garam masala, ginger, turmeric, onion & tomato sauce with new potatoes & carrot, seasoned with fresh coriander & a dollop of crème fraiche, served with organic brown or white rice


Why not add a side order of...



Hand cut chips  	£2.75
Grilled salmon fillet 	£5.95
Sweet potato chips  	£3.50
Grilled chicken 	£3.50
Basmati or organic brown rice 	£2.25
Stir-fried rice, veg & fried egg 	£4.50
Fresh baked bread	£1.75
Side Salad  	£2.95
Steamed vegetables  	£2.95
...with cheese	£2.85
New potatoes  	£2.60
with cheese & salsa	£2.95

Salads

All of our food is available to go!

Avocado & Free Range Egg Caesar Salad  **£8.75**
With baby gem lettuce, cherry tomatoes, croutons, grated parmesan & homemade caesar dressing

Roasted Vegetable, Pearl Barley & Baby Spinach Salad  **£8.95**
With beetroot, chestnut mushrooms, leeks & garlic in a baby spinach salad with a olive oil & balsamic dressing topped with toasted hazelnuts & fresh parsley

Roasted Butternut Squash, Carrot, Cranberry & Almond Salad   **£9.25**
With mixed salad leaves & a lemon, dijon & balsamic dressing

Choose from the following toppings:

- **Boiled egg** £1.25
- **Crispy bacon** for £1.25
- **Grilled chicken** £2.95
- **Fresh prawns** £2.95
- **King prawns** £3.95
- **Grilled salmon fillet** £4.95
- **Goats cheese** £1.25

Kids Menu!

Veggie Quesadilla  **£4.50**
Chicken Tenders & Hand Cut Chips **£5.25**
Cheese Burger with Hand-Cut Chips **£5.25**
Chicken or Veggie Korma  **£5.50**
with Basmati or brown rice & mini naan bread
Chicken Quesadillas **£5.75**
Avocado & Free Range Egg Caesar Salad  **£5.75**
Sweet Potato, Chickpea & Spinach Curry   **£5.75**
Salmon & Sweet Potato Fishcakes **£5.95**

Food Allergy Concerns: We strive to provide a large selection of dishes, which are all prepared in our small kitchen. Despite taking precaution, we can not guarantee that our dishes are free of trace amounts of peanuts, tree nuts, wheat, milk, eggs, soy, fish, shellfish, sesame seeds, sulphites or other allergens.

KEY:  Vegetarian Options  Spicy  Vegan Options

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Breakfast & Brunch

Mon - Fri

7.30am - 11.30am

Sat & Bank Hols.

8.30am - 2.30pm

11.30am - 12.00pm

Food Service

Pancakes, Breakfast Rolls, Granola & Porridge are available between these times due to our kitchen preparing for our busy lunches - apologies for any inconvenience this may cause

Full Monty

£7.95

Two bacon, Two eggs, beans, sausage, mushrooms, tomato & hash brown, black pudding. *Served with unlimited toast and bottomless tea or house coffee.*

Three-quarter Monty

£7.25

Two bacon, one egg, beans, sausage, mushrooms, tomato & hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Veggie Monty

£7.75

Two eggs, beans, mushrooms, tomato, two veggie sausage, potato scone and hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Mini Veggie Monty

£5.95

One egg, beans, mushrooms, tomato, one veggie sausage, potato scone and hash brown. *Served with unlimited toast and bottomless tea or house coffee.*

Breakfast Roll 2 Fillings

£2.95

Bacon, sausage, veggie sausage, black pudding, egg, tomato, lettuce, mayo and grated cheddar. *Extra fillings 80p*

Omelette

£3.95

Bacon, veggie sausage, sausage, tomato, cheese, mushrooms. *Add 80p per filling*

Pancakes Made fresh & fluffy to order - 3 per portion

Lemon, orange & sugar £4.25

Maple syrup & whipped cream £4.75

Blueberries & vanilla ice-cream £4.95

Nutella, hazelnuts & ice cream £4.95

Breakfast Burrito

£7.25

Toasted flour tortillas filled with crispy bacon or veggie sausages, scrambled eggs, melted cheddar and chopped coriander. *Served with salsa, sour cream and guacamole*

Organic Porridge (made with organic milk)

£2.50

With a choice of maple syrup, honey, banana, sultanas, blueberries or raspberries. *Add 60p for each topping.*

Smoked Salmon & Scrambled Eggs

£8.95

Served with home baked granary toast

Fruit & Granola

£4.95

Freshly cut tropical fruit on top of home baked crunchy granola, Jersey low fat bio yoghurt with summer fruits to top it all off. *Add some honey for 60p if you like it sweeter!*

Smashed Avocado on Toast

£5.75

Add smoked salmon £3.95

Add poached eggs £1.60

Add roasted red pepper £1.50

Our eggs are free range and can be fried, poached or scrambled. Sorry, no substitutions during peak periods.

Thirsty?



Add cream, marshmallows or syrup for 45p each. Soya, organic, oat, almond, coconut & skinny skinny milks also available!

Hot Drinks

	Reg	Large
Fresh Filter Coffee	£1.75	£2.10
Cappuccino	£2.00	£2.35
Flat White	£2.00	£2.35
Americano	£1.75	£2.10
Espresso	£1.50	£1.85
Latte	£2.35	£2.70
Cortado	£2.00	£2.35
Hot Chocolate	£2.35	£2.70
White Hot Chocolate	£2.55	£2.90
Chai Latte	£2.60	£2.95
Steamed Milk	£1.65	£2.00
Mocha / White Mocha	£2.60	£2.95
Tea	£1.45	£1.85
Herbal Tea	£1.85	

Chilled Drinks

Café Frappé (cream optional)	£3.60
Mocha Frappé (cream optional)	£3.70
Chai Frappé (cream optional)	£3.60
Iced Latté (with or without syrup)	£3.00
Iced Mocha (with or without syrup)	£3.10
Iced Americano (with or without syrup)	£2.50

Fresh Juices

All made fresh to order (16oz) £3.50

Green Glow

Apple, Celery, Cucumber, Fennel, Spinach, Lemon, Ginger

Unbeetable

Beetroot, Lemon, Cucumber, Apple

Hot Red Head

Carrot, Ginger, Orange

Passion Fruit Juice

Passion Fruit, Apple, Kiwi, Orange

Orange Juice: great for sniffles

Carrot: a good source of pro-vitamin A

Smoothies Blended to order.

(16oz) £4.50

Breakfast Boost Smoothie

Berries, Oats, Spinach, Avocado, Banana, Dates, Soya Milk

Mango & Orange Smoothie

Banana, Fresh Orange Juice, Honey

Strawberry & Mango Lassi

Coconut Milk, Honey & a Twist of Lime

Raspberry Detox Smoothie

Raspberries, coconut milk, flax seeds, honey

Avocado Smoothie

Avocado, apple, spinach, lime

Ice Cream Shakes

£2.75 £3.25

Chocolate

Hazelnut

Caramel

Irish

Almond

Vanilla

Coconut

Strawberry

Raspberry

Banana

Gingerbread

Peppermint

Mango

Passionfruit

Pumpkin

Salted

Caramel

Soft Drinks

Coke, Diet Coke, 7UP, Tango, Irn Bru £1.80

Mineral Water (33cl / 1lt) £1.95 £3.60

Franklin Juice £2.70

Tonics & juices £1.70

Beers & Cider

Carlsberg Green (Draught) £2.00 £3.95

Strongbow £2.00 £3.95

Mary Ann Best (Draught) £1.75 £3.00

Carlsberg low alcohol £2.30

San Miguel £3.95

Lech, Guinness, Liberation Ale

Newcastle Brown Ale, £4.00

Rekorderlig, Magners £4.65

A selection of craft beers are also available

Whites Wines

175ml 250ml 750ml

Sauvignon Blanc £4.50 £5.30 £14.95

Norte Chico, Chile

Chenin Blanc £4.50 £5.30 £14.95

Andersbrook, South Africa

Pinot Grigio £4.75 £5.60 £15.20

Bianco Italia, Italy

Sauvignon Blanc £5.95 £6.95 £19.95

Stoneleigh, New Zealand

Red Wines

Cabernet Sauvignon £4.50 £5.30 £14.95

Norte Chico, Chile

Merlot £4.50 £5.30 £14.95

Norte Chico, Chile

Shiraz £4.75 £5.60 £15.20

Andersbrook, South Africa

Marques de Caceres £5.95 £6.95 £19.95

Rioja, Spain

Rosé Wines

White Zinfandel £4.50 £5.30 £14.95

Jack Rabbit, California

Pinot Grigio Rosé £4.75 £5.60 £15.20

Italia

Cakes & Desserts

Carrot Cake

£2.95

Chocolate Fudge Cake

£2.95

Warm Apple Cake

£2.95

Sticky Toffee Pudding with toffee sauce

£3.50

Coffee Cake ✓

£2.95

Freshly Baked Waffles, Topped With...

Banana, maple syrup & fresh cream £4.50

Vanilla ice cream & real maple syrup £4.50

Nutella, hazelnut & vanilla ice cream £4.75

(allow 20 mins)

Why not add Classic Herd vanilla ice cream for £1.25 or fresh cream 75p?

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