

BREAKFAST

Eggs

(Served Until 11 'o' clock)

Egg & Soldiers - v

2 boiled eggs & chunky, buttered (white, brown, sliced 50/50 or gluten free) toast ... £4.50

2 Eggs on Chunky Buttered Toast - v

Poached, scrambled, or fried eggs, on, white, brown, 50/50 or gluten free toast ... £4.50

Ham & Eggs & Chunky Buttered Toast

Poached, scrambled, or fried eggs. White, brown, 50/50 or gluten free toast ... £7.50

Homemade Bubble & Squeak - v

With 2 fried eggs & baked beans ... £7.50

Fry Ups

(Served Until 11 'o' clock)

Vegan Fry-Up - ve

bubble, beans, mushrooms, tomato, Quorn sausage & toast ... £7.50

Veggie Fry-Up - v

bubble, beans, fried eggs, Quorn sausage, tomato & toast ... £7.50

Meat Fry-Up:

bacon, beans, fried eggs, sausage, tomato & toast ... £7.50

ONLY
FREE-RANGE EGGS
are used in our
kitchen!

Yoghurt - Ve ... £3.50

Coconut or dairy yogurt

+ Choose Topping:

- ♥ Fruit Compote - Ve
- ♥ Lemon Curd - V
- ♥ Honey - V
- ♥ Maple Syrup - Ve

Teacake

+ Butter/Spread
£1.50

LUNCH

Served All Day

Homemade Soup of the Day

+ Chunky Bread - Ve ... £5.50

Homemade Moroccan-Style Spiced Vegetable Stew

+ Chunky white, brown, sliced 50/50 or gluten-free bread - Ve ... £6.50

Fully Loaded Nachos... -Meat/V/Ve ... £8.50

- ♥ Vegetable chilli + melty coastal cheddar cheese + guacamole + jalapenos + sour cream - V
- ♥ Vegetable chilli + 'cheese' + guacamole + jalapenos + coconut yoghurt - Ve

all
homemade
with love

Vegan Macaroni Cheese - V/Ve... £7.50

+ chunky garlic bread slice + vegan coconut 'cheese'
or dairy Coastal Cheddar

+ Add Bacon ... £1.50

Homemade Quiche of the Day + Side Salad ... £6.50

Whole Melty Camembert -V

Warm & Melty, garlicky, winey Camembert cheese + bread to dip ... £8.50

... On Chunky Toast:

Chunky white, chunky brown, 50/50 sliced or gluten-free-sliced toast
+ Butter/Spread +

- ♥ Baked Beans - Ve ... £3.75
- ♥ Coastal Cheddar Cheese - V ... £4.50
- ♥ Coconut 'Cheese' Slice -Ve ... £4.50
- ♥ Beans & Coastal Cheddar Cheese - V ... £5.50
- ♥ Beans & Coconut 'Cheese' Slice - Ve ... £5.50
- ♥ Jam & Peanut Butter - Ve ... £3.25
- ♥ Banana & Peanut Butter - Ve ... £3.75
- ♥ Garlicky Mushrooms - Ve ... £6.50
- ♥ Cream Cheese - V ... £2.50
- ♥ Marmite - Ve Lemon Curd - V ... £2.50
- ♥ Peanut Butter - Ve ... £2.50
- ♥ Nutella - V ... £2.50
- ♥ Fruity Jam ... £2.50

Homemade Cake
Vegan & Gluten-Free
Options
selection changes daily

SANDWICHES

Plant Based (Vegan):

Toastie Option Available

- ♥ 'Sausage' Sandwich & Garlicky Mushrooms ... £6.50
- ♥ 'Sausage' ... £5.50
- ♥ Falafel, Sweet Chilli Sauce & Leaves ... £6.50
- ♥ Quorn 'Chicken', Stuffing & Cranberry ... £6.50
- ♥ 'Cheese' & Tomato ... £4.75
- ♥ 'Cheese' & Pickle ... £4.75
- ♥ 'Cheese' & Marmite ... £4.75
- ♥ 'Cheese' & Onion ... £4.75
- ♥ 'Cheese', Spinach & Marmite ... £5.25
- ♥ 'Cheese' & Baked Bean Toastie ... £6.50
- ♥ Macaroni 'Cheese' Toastie ... £6.50
- ♥ Avocado, Tomato & Herby Leaves ... £5.50
- ♥ 'Cream Cheese' & Cucumber ... £4.75
- ♥ Cucumber ... £3.75

**Toastie your
Sandwich**

+£1.00

Add Cheese
+£1

Choose your Bread:

- ♥ Chunky White
- ♥ Chunky Brown
- ♥ 50/50 Sliced Bread
- ♥ Gluten-Free Sliced
- ♥ Wrap

Sides:

- ♥ Side Salad ... £1.00
- ♥ Chips ... £2.50
- ♥ Cheesy Chips ... £3.50
- ♥ Crisps ... £1.00

Cheese/Dairy Based (Veggie):

Toastie Option Available

- ♥ Brie & Cranberry ... £5.50
- ♥ Cheddar & Tomato ... £4.75
- ♥ Cheddar & Pickle ... £4.75
- ♥ Cheddar & Marmite ... £4.75
- ♥ Cheddar, Spinach & Marmite ... £5.25
- ♥ Cheddar & Red Onion ... £4.75
- ♥ Falafel, Herby Leaves & Cheese ... £6.50
- ♥ Cheddar & Baked Bean Toastie ... £6.50
- ♥ Macaroni Cheese & Cheddar Toastie ... £6.50
- ♥ Cream Cheese & Cucumber ... £4.75
- ♥ Goats Cheese & Red Onion ... £5.50
- ♥ Egg Mayonnaise & Watercress ... £4.75

Meat Based:

Toastie Option Available

- ♥ Pork Sausage ... £5.50
- ♥ Pork Sausage & Mushroom ... £6.50
- ♥ Bacon ... £4.50
- ♥ Bacon, Cranberry & Brie ... £6.75
- ♥ Ham & Pickle ... £5.50
- ♥ Ham & Cheddar ... £6.50
- ♥ Ham & Tomato ... £5.75
- ♥ BLT: Bacon, Lettuce, Mayo & Tomato ... £7.50