
BREAKFASTS – SERVED ALL DAY

THE WORKS (CBGF) (CBDF) £7.95

2 rashers of bacon, 2 Amble pork sausages, black pudding, fried egg, 2 hash browns, mushrooms, fried tomato, beans and buttered toast.

THE FULL ENGLISH (CBGF) (CBDF) £6.50

2 rashers of bacon, 2 Amble pork sausages, hash brown, fried egg, mushrooms, beans and a slice of buttered toast.

THE AMERICAN £7.95

3 homemade pancakes, 2 rashers of bacon, 2 locally produced pork sausages, 2 hash browns and maple syrup.

THE ZERO CARB (GF) (DF) £4.95

Zero carb option of 3 poached eggs, slices of locally produced roast ham, fried tomato and sautéed fresh spinach and rocket leaves

EGGS RANCHEROS (GF) (CBDF) £7.95

Home fried potatoes mixed with crispy bacon and topped with 3 fried eggs, mature cheddar and salsa.

BROOKLYN BREAKFAST BURRITO £6.95

Soft warm flour tortilla wrap with scrambled eggs, potatoes, bacon and fried mushrooms, cheddar and a house tomato and bbq sauce.

THE SUPER FOOD BREAKFAST BOWL (V) £4.95

Thick Greek yoghurt and red berries topped with our own mix of sunflower seeds, pumpkin seeds, almonds, chia seeds, coconut, oats and honey – a clean, protein packed start to your day.

SWEET PANCAKES AND ICE CREAM (V) £5.95

3 homemade pancakes served with ice cream and maple syrup or chocolate sauce.

BERRY, YOGHURT AND HONEY SWEET

PANCAKES (V) £5.95

3 homemade pancakes served with mixed berries, Greek yoghurt and honey.

SPECIALITY BREAKFASTS

THE GLUTEN FREE WORKS (GF) £8.95

Two rashers of bacon, two premium pork sausages, black pudding, two hash browns, fried tomato, fried egg, baked beans, mushrooms and two slices of toast.

THE GLUTEN FREE FULL ENGLISH (GF) £7.50

Two rashers of bacon, two premium pork sausages, one hash brown, fried egg, baked beans, mushrooms and one slice of toast.

THE GLUTEN FREE STACK (GF) £6.95

A tower of gluten free treats. Gluten free sausage and black pudding, bacon, fried egg and Swiss cheese in two slices of gluten free toast.

THE VEGGIE (V) (CBDF) £6.95

2 rashers of veggie bacon, fried egg, mushrooms, fried tomatoes, 2 hash browns, beans and buttered toast.

THE VEGAN (VE) (V) (DF) £8.50

Two vegan sausages, vegan black pudding, seasoned fried tofu, fried tomato, two hash browns, baked beans, mushrooms, two slices of toast with vegan spread.

GLUTEN FREE, VEGAN AND VEGGIE

CREATE YOUR OWN BREAKFAST

Gluten Free Sausage (GF) £1.50

Gluten Free black pud (GF) £1.25

Round of Gluten Free toast (GF) £1.75

Vegan Sausage (VE) (V) (DF) £1.50

Vegan Black pudding (VE) (V) (DF) £1.25

Tofu (GF) (VE) (V) (DF) £1.50

Veggie bacon (V) £1.50

FOOD ALLERGIES AND SENSITIVITIES

We have labelled all of our dishes as either (GF) gluten free or (DF) dairy free or (CBGF) or (CBDF) if a dish can be made gluten free or dairy free. Our vegetarian dishes are labelled as (V) and vegan dishes as (VE). **As we stock gluten free bread, we can make any of our bread based dishes as gluten free (just add 50p to any dish).** It is important to us that we can cater for all kinds of dietary requirements and, as we all know, gluten free and vegan food attracts additional costs, we've tried to keep this cost down as much as possible and continue to try alternative products as they're released to the market. **If you have a serious allergy to any particular ingredient please ensure you tell our staff at the point of ordering, so kitchen staff can prepare your food accordingly.**

MORE BREAKFASTS THIS WAY ⇨

BREAKFASTS – SERVED ALL DAY

EGGS ON TOAST (V) (CBGF) £3.95

Choose for 2 poached egg, 2 fried eggs or scrambled eggs. Available on white or wholemeal toast

Add salmon or bacon to your eggs £5.50

EGGS BENEDICT (V) (CBGF) £4.50

2 poached eggs served on a toasted English muffin and topped with hollandaise sauce.

Add to your Benedict with bacon, salmon, ham or black pudding £6.50

FRENCH TOAST (V) (CBGF) £3.95

2 slices of eggy bread fried until crisp and golden.

Add maple syrup and toasted almonds £4.95

Add fried bananas and honey £4.95

FRENCH TOAST MELTS (CBGF) £5.50

Two slices of eggy bread filled with a choice of:

☺ Fresh Mozzarella and bacon

☺ Peppered pastrami and swiss cheese

☺ Cheddar, tomato and chargrilled pepper (V)

PORRIDGE (V) (CBDF) £2.50

Add honey, sultanas or almonds 50p each

BUTTERED TOASTED TEACAKE (V) £2.50

CREATE YOUR OWN BREAKFAST

Rasher of bacon £1 Locally produced sausage £1

Hash brown £1 Rasher of veggie bacon £1

Black pudding 80p Homemade pancake £1.50

Fried tomato 80p Beans 80p

Egg £1 Mushrooms 80p

Round of buttered toast £1.25

BREAKFAST SANDWICHES (CBGF) (CBDF)

Available on a brown or white roll

Choose from the 'create your own' list above

One filling £2.95 Two fillings £3.95

Three fillings £4.25 Four fillings £4.50

DELI STYLE SPECIALS

Served with a salad garnish

NEW YORK DELI SANDWICH (CBGF) £5.95

Sliced peppered pastrami, swiss cheese, capers, mustard mayo, sliced tomatoes and spinach and rocket served on a brown or white roll.

CLUB SANDWICH (CBGF) (CBDF) £6.50

A triple decker of sliced chicken breast, bacon, sliced tomatoes, spinach and rocket and mayonnaise in three slices of toasted bread.

VEGGIE CLUB SANDWICH (V) (CBGF) £6.50

A triple decker of veggie bacon, swiss cheese, sliced tomatoes, spinach and rocket and mayonnaise in three slices of toasted bread.

MEDITERRANEAN SANDWICH (V) (CBGF) £5.95

Goats cheese, houmous, tomato and chilli relish, chargrilled peppers, olives, pesto and rocket and spinach leaves, served on a brown or white roll.

CHICKEN BURRITO £6.95

Slices of chicken breast in a house tomato and bbq sauce with beans, mature cheddar, basmati rice, salsa and sour cream and wrapped in a flour tortilla. Served with salad garnish.

VEGAN BURRITO (VE) (V) £7.50

Chunks of fried seasoned tofu, vegan cheddar cheese, seasoned basmati rice, beans, chargrilled peppers and salsa all served in a soft flour tortilla and served with a salad garnish.

VEGGIE BURRITO (V) £6.50

Chargrilled peppers, beans, mature cheddar, basmati rice, salsa and sour cream wrapped in a flour tortilla.

WARM RICE SALADS (GF) (CBDF)

Start with seasoned brown rice with mixed beans, supergreens and then add: £5.95

CHOOSE ONE TOPPING: CHOOSE TWO SAUCES:

Sliced chicken breast Pesto and olive oil

Grilled goats cheese (V) Tomato relish

3 poached eggs (V) Mint yoghurt

Pomegranate and honey

Homemade tomato

and BBQ sauce

Add an additional topping: add £1.50

Add an additional sauce: add 75p

PIE OF THE DAY

Made with handmade short crust pastry, served with buttery mashed potato, greens and gravy. See the board for today's pie.

SALADS AND WRAPS

Wrap £5.50

Salad £6.50

LEBANESE SALAD

Chicken breast in a Lebanese dressing, lemon couscous, roast chargrilled peppers, olives, spinach and rocket, tomatoes, mint yoghurt and tomato and chilli relish.

LEAFY CAESER SALAD (salad CBGF or CBDF)

Bacon, chicken breast, parmesan and ciabatta croutons on fresh spinach and rocket leaves topped with a Caesar dressing.

CHICKEN OR VEGGIE MEDITERRANEAN (salad GF V)

Sliced chicken breast or goats cheese, chargrilled peppers, homemade houmous, tomato and chilli relish, olives and sliced tomato served on spinach and rocket leaves with a pesto and olive oil dressing.

CIABATTA MELTS (CBGF) £4.95

Served with salad garnish

THE BBQ MELT- Chicken breast, bacon, mature cheddar and BBQ sauce

THE MANHATTEN MELT – Peppered pastrami, swiss cheese, capers and mustard mayo

THE TEX-MEX MELT– Chicken, salsa, mature cheddar, guacamole and sour cream

THE ITALIAN MELT - Chicken breast, tomato, pesto and fresh mozzarella

THE TUNA MELT - Tuna mayo and cheddar

THE VEGGIE MELT - Goats cheese, chargrilled peppers and olives (V)

THE BBC MELT - Bacon, brie and cranberry

THE VEGAN MELT – Vegan cheddar cheese, chargrilled peppers and tomato relish (VE)

TRADITIONAL SANDWICHES £3.95

☺ Tuna mayo ☺ Sliced chicken breast salad ☺ BLT
☺ Roast ham salad ☺ Cheddar, salad & tomato relish (V)

Available on a brown or white roll (CBGF)

SOUP AND A SANDWICH £5.50

A bowl of our homemade soup from our Specials board and any of the above traditional sandwiches

SIDES

HOMEFRIED POTATOES (V) (VE) (GF)	£2.95
BOWL OF GREENS (V) (GF) (DF) (VE)	£1.95
BOWL OF SEASONED RICE (V) (GF) (DF) (VE)	£1.95
HOUMOUS, PITTA AND OLIVES (V) (VE)	£3.50
MAYO FREE SEEDED COLESLAW (V) (GF)	£1.95
MAPLE SYRUP / HONEY (V) (GF)	95p

KIDS MENU *

TOASTIES (CBGF) half size: £2.50 full size: £3.50

Served with a salad garnish. Choose from:

Cheese Ham Tuna mayo Ham and cheese

KIDS HOMEMADE PIZZA £3.50

Made with our own homemade pizza dough and topped with a selection of:

Cheddar and tomato (V)

Roast ham, cheddar and tomato

Chicken, cheddar and tomato

KIDS HOMEMADE PIE £3.50

A smaller wedge of deep filled homemade pie, made with handmade shortcrust pastry, served with buttery mashed potato, greens and homemade gravy.

Please see our Specials board for today's flavour

KIDS BREAKFAST (CBGF) (CBDF) £3.50

Any 4 items from our 'create your own' breakfast menu and choose with a small orange juice, apple juice or milk.

KIDS BANGERS AND MASH £3.50

Two locally produced pork sausages, with buttery mashed potato and homemade gravy.

KIDS HOMEMADE PANCAKES (V) £3.50

Homemade pancakes with a choice of:

Ice cream and chocolate sauce or maple syrup

Greek yoghurt, berries and honey

KIDS HOMEMADE FISHCAKES £3.50

Made with white fish, mashed potato and lightly fried, served with greens.

CHICKEN AND PENNE PASTA £3.50

Tender chicken breast in a tomato and pesto sauce with penne pasta and topped with cheddar.

*As we subsidise our prices on the kids menu to help families enjoy eating out, please note our kids menu is for children only.

DRINKS MENU

LOOSE LEAF TEA £2.95

We've joined up with family run, Edinburgh based, Shibui Tea to bring you quality loose leaf tea sourced from around the world.

BLACK TEA

ENGLISH BREAKFAST TEA – a traditional blend of Assam, Ceylon and Tanzanian tea.

MASSALA CHAI – Based on a full bodied Assam tea with a lovely, warming blend of spices.

EARL GRAY – A black tea flavoured with bergamot fruit oil which can be enjoyed with or without milk.

WHITE TEA

WHITE PEONY – This well known Chinese white tea, also known as Pai Mu Tan, has a delicate honey spiced flavour.

GREEN TEA

GUNPOWDER – A smooth, straight green tea with a hint of smokiness

TROPICAL GREEN – A refreshing blend of Sencha green tea with tropical fruits and a hint of ginger

MORROCAN MINT – Moroccan peppermint and green tea creates a truly invigorating cup.

HERBAL AND FRUIT TEA (all caffeine free)

CHAMOMILE – Nothing but pure chamomile flowers

CHOCOLATE AND GINGER – A warming blend of ginger and lovely cocoa husks.

AFRICAN WINTER

Exotic spices of cinnamon, ginger and cocoa combined with a South African rooibus

BERRY HIBISCUS – A luscious blend of fruity berries and hibiscus petals.

COFFEE

All our espresso based drinks are made with Breda's San Paulo bean, giving our coffees an intense, slightly nutty flavour.

CAPPUCCINO	Small £2.30	Regular £2.95
LATTE	Small £2.30	Regular £2.95
FLAT WHITE	Small £2.50	
AMERICANO	Small £2.15	Regular £2.50
ESPRESSO	Single £1.95	Double £2.20
ESPRESSO MACCHIATO		Double £2.40
MOCHA	Small £2.35	Regular £2.95 Add cream 30p

COFFEE SYRUPS Choose from: 30p
Vanilla, Hazelnut, Gingerbread, Almond, Salted Caramel, Amaretto, Orange or Mint

All coffees are available as Decaffeinated (just add 30p)

OTHER HOT DRINKS

TEA Pot for One		£1.95
DECAFFINATED TEA Pot for One		£2.10
HOT CHOCOLATE	Small £2.35	Regular £2.95
HOT CHOCOLATE DELUX	Small £2.95	Regular £3.50
With cream and marshmallows		
CHAI LATTE	Small £2.30	Regular £2.95

All hot drinks are available
with skimmed milk or soya milk

COLD DRINKS

FRUIT AND VEGETABLE SMOOTHIES

Made with 100% natural fruit and vegetable £3.50

GO FASTER MASTER *Strawberry, banana, papaya and yogurt* - After this nutritious packed drink, you'll be fit to run a marathon!

BLUEBERRY THRILL *Raspberry, blueberry and banana*

DETOXZING *Blueberry, carrot, ginger, banana and courgette* – This fiery concoction will keep you fighting fit!

THE HULK *Broccoli, mango, banana, pineapple, spinach and celery* – Be your very own superhero with this immune system booster!

MILKSHAKES

Made with real fruit (where possible!) and vanilla ice cream and topped with cream £3.50

Oreo cookie, banana, chocolate, vanilla, caramel

ICE COFFEES

ICED VANILLA LATTE £3.20
Espresso, vanilla and milk, blended with ice

ICED MOCHA £3.20
Espresso, chocolate and milk, blended with ice

TRADITIONAL ICED COFFEE £3.20
Espresso (unsweetened) and milk, blended with ice

SOFT DRINKS

FENTIMAN BOTANICALLY BREWED DRINKS £2.50
Dandelion and Burdock or Ginger Beer

COKE, DIET COKE, 7UP £1.50

SANPELLEGRINO – BLOOD ORANGE, LEMON, POMEGRATE AND CRANBERRY, GRAPEFRUIT £1.95

JUICES Small 95p Regular £1.50
Orange juice or apple juice

STILL OR SPARKLING WATER £1.50