

EGGS RANCHEROS £9.50

Crispy bacon and spiced home fried potatoes topped with 3 fried eggs, mature cheddar and salsa.

SHASHUKLA £9.50

Three eggs in a smoky tomato, spinach and paprika sauce, topped with chopped spicy sausage, feta, coriander and chopped red pepper. Served with two buttered sour dough toast.

THE USA £9.95

2 bacon, 2 sausages, 2 hash browns, 3 American style pancakes, maple syrup.

BROOKLYN BREAKFAST BURRITO £8.95

A soft flour tortilla filled with fried potatoes, bacon, mushrooms, scrambled eggs, cheddar and house tomato and BBQ sauce.

THE WORKS BREAKFAST £9.50

2 bacon, 2 sausage, 2 hash browns, black pudding, fried egg, fried tomato, mushrooms, beans, 2 buttered toast.

THE FULL ENGLISH £7.95

2 bacon, 2 sausages, 1 hash brown, fried egg, mushrooms, beans, 1 buttered toast.

HALLOUMI VEGGIE BREAKFAST £9.50

2 slices of fried halloumi, 3 poached eggs, wilted spinach, mushrooms, tomatoes, 2 buttered sour dough toast.

THE VEGAN BREAKFAST £9.50

2 vegan sausages, 2 vegan bacon, vegan black pudding, 2 hash browns, beans, mushrooms, fried tomato, 2 slices buttered toast.

THE GLUTEN FREE BREAKFAST £9.95

2 bacon, 2 sausage, 2 hash browns, fried tomato, mushrooms, fried egg, beans, buttered gluten free toast

THE EGGS BENEDICT COLLECTION

With Bacon

With Ham

With Black Pudding

With Veggie Bacon

With Halloumi

One topping: £7.95

Extra topping: Add £2

GRANOLA BREAKFAST BOWL £6.95

Greek yoghurt, red berries and our homemade cinnamon granola mix of chia, sunflower and pumpkin seeds, almonds, coconut, oats and honey.

PORRIDGE £4.50

- With berries, greek yoghurt and honey
- With banana, maple and granola

BUTTERED TOASTED TEACAKE £2.95

Served with jam

BREAKFAST SANDWICHES

Bacon, veggie bacon, sausage, vegan sausage, fried egg, black pudding, vegan black pudding, hash brown, fried tomato, mushrooms, beans.

- 1 filling £3.50
- 2 fillings £4.50
- 3 fillings £4.95
- 4 fillings £5.50

PANCAKES

Three homemade thick American style pancakes with a choice of:

Banana, Ice cream and Salted Caramel

Berries, Yogurt and Honey

Biscoff, chocolate sauce and ice cream

£9.50

CREATE YOUR OWN BREAKFAST

1 Bacon £1.25 1 Sausage £1.25 1 Fried Egg/Poached £1.25 Scrambled Egg £2.95
1 Hash Brown £1 1 Black Pudding 95p Mushrooms 95p Fried Tomatoes 95p Beans 95p
1 Vegan Bacon £1.25 Vegan Sausage £1.25 1 Vegan Black Pudding £1.25
Fried Halloumi £2.95 1 Pancake £2.50 Maple Syrup £1.05 Honey £1.05
2 buttered white or brown toast £1.95 2 buttered sourdough toast £2.95

DELI SANDWICHES **£7.50**

Chicken Parma – lightly fried breaded chicken breast, topped with a tomato sauce and melted mozzarella, spinach and tomato and served in toasted sour dough. (available as gluten free).

'The Gavlar' Fishfinger Sandwich
5 fishfingers served in toasted sour dough with spinach and tartar sauce.

Chicken Club Sandwich – a triple decker of chicken, bacon, tomato, spinach and mayo in lightly toasted bread.

Veggie Club Sandwich – as above but with vegan bacon and halloumi.

BURRITOS and NAKED BURRITOS

Either in a warm flour tortilla or as a rice bowl

Home spiced Mexican rice laced with corn, peppers, and beans, with salsa, sour cream and fresh coriander and a tomato BBQ sauce and a choice of either:

Beef chilli and mature cheddar

Cajun chicken and mature cheddar

Halloumi, smoked paprika and mature cheddar

Vegan mixed bean and lentil chilli and cheddar (vegan cheese available)

£8.95

RICE BOWLS **£8.50**

Butter Chicken Curry, served with seasoned rice and toasted tortillas.

Lentil and Spinach Chana Masala Curry, served with seasoned rice and toasted tortillas.

Beef Chill, topped with mature cheddar, seasoned rice and toasted tortillas.

Lentil and bean chilli, topped with mature cheddar (vegan cheddar available) and toasted tortillas.

LOADED FRIES

Crispy seasoned French fries topped with spring onion, fresh coriander, peppers and jalapenos

THE BACON LOADED: Bacon, mature cheddar, mozzarella, sour cream, salsa, chipotle sauce and BBQ sauce.

THE CHILLI LOADED: Beef chilli, mature cheddar, mozzarella, salsa, chipotle sauce and sour cream.

THE CHICKEN LOADED: Smoked paprika chicken, mature cheddar, mozzarella, salsa, sour cream and chipotle sauce.

THE VEGGIE LOADED: Vegan mixed bean and lentil chilli, mature cheddar, mozzarella, salsa, chipotle sauce and sour cream.

THE VEGAN LOADED: Vegan mixed bean and lentil chilli, vegan cheese, vegan sour cream, salsa and vegan chipotle sauce.

£7.95

SALADS

£7.50

All served on a base of spinach, grated carrot, tomatoes, red cabbage and spring onion.

Classic Caesar Salad – Crispy bacon, chicken breast, ciabatta croutons, shaved parmesan and topped with Caesar sauce.

Chicken Couscous Salad – Chicken breast, couscous, olives and sun dried tomatoes in a pomegranate dressing and topped with mint yoghurt and hummus.

Vegan Bean and Couscous Salad
Salad beans, couscous, olives, vegan mint yogurt and sun dried tomatoes in a pomegranate dressing and topped with hummus.

SANDWICHES

£3.95

Served on either a brown or white roll

- Tuna mayo
- Roast ham
- Bacon, lettuce and tomato with mayo
- Coronation chicken
- Sweet chilli chicken

SIDES

French fries £2.95

French fries with Cajun seasoning £3.50

Spinach based side salad with dressing £3.50

WRAPS

£5.95

Filled with spinach, grated carrot, red cabbage and sliced tomatoes

Caesar Wrap – Bacon, chicken, parmesan, croutons, Caesar sauce.

Italian Wrap – Chicken, mozzarella, pesto and sundried tomato.

Sweet Chilli Chicken Wrap – Chicken, mozzarella, spring onions and sweet chilli sauce.

Lebanese Wrap – Chicken, couscous, hummus, mint yoghurt, olives, pomegranate dressing

Vegan Wrap – Salad beans, hummus, couscous, olives, vegan mint yogurt and pomegranate dressing

TOASTED CIABATTAS

- Bacon, brie and cranberry
- Chicken, mozzarella and pesto
- Tuna Melt
- Mozzarella, pesto and sun dried tomato
- Feta and pepper
- Chicken, bacon, cheddar and BBQ
- Ham and cheddar
- Sweet chilli chicken, mozzarella and spring onion

£5.95



GET OUR APP

SCAN THE QR CODE



HOT DRINKS

Americano	£2.50
Latte	£2.95
Cappuccino	£2.95
Flat White	£2.95
Cortado	£2.95
Espresso - single/double	£1.95 / £2.20
Mocha	£3.25
Tea	£1.95
Hot Chocolate	£2.95
Hot chocolate deluxe (cream and marshmallows)	£3.50
Chai latte	£2.95
Babyccino	95p

OPTIONS

Decaf	+30p
Alternative milk: Soya, oat, almond	+50p

SYRUPS

Biscoff / Amaretto / Cinnabun	+30p
Honeycombe /Salted caramel /Hazelnut /	

ICED LATTE (all blended) £3.50

Biscoff
Honeycombe
Vanilla
Salted Caramel
Chai

ICED TEA £2.95

Peach iced tea
Raspberry iced tea
Watermelon green tea

Vanilla / Peanut Butter /Crème Caramel
Cinnamon / Nuttery Buttery / Mint /
Toffee Nut

LOVE LEAF TEA £2.95

Earl Grey / Kombucha Green Tea /
Ginger and Mint / Stinging Mint / Rhubarb /
Cranberry and Apple / Bohemian Raspberry

CANS AND JUICES

Coke £1.65 / Diet Coke £1.50 / 7up £1.50	
San Pellegrino – Blood Orange, Lemon or Orange and Pomegranate	£1.75
Orange Juice / Apple Juice	£1.95
Still / Sparkling water	£1.50

PROTEIN SHAKES

£4.50

Post Workout – Walnuts, almonds, Goji berries, Pomegranate juice, flax seed, Greek yoghurt, vanilla protein powder, banana.

Slow Burner – Banana, spinach, natural peanut butter, cocoa, oats, honey, chocolate protein powder, oat milk.

Superfood – Avocado, beetroot, strawberries, blueberries, vanilla protein, spirulina and apple juice.

Anti Inflamm - Ginger, cherries, pineapple, avocado, dark chocolate, sour cherry juice, chocolate protein powder and apple juice.

FRUIT AND VEG SMOOTHIES £3.95

Strawberry Fields - Strawberry, mango and pineapple

Raspberry Beret – Raspberry, blueberry and banana

Kale-ing in the Name of – Kale, broccoli, spinach, banana and mango

MILKSHAKES

Made with vanilla ice cream and topped with cream

Oreos, topped with cream and Oreo
Reeses, topped with cream and M&Ms
Biscoff, topped with cream and Biscoff
£3.95

Raspberry
Chocolate
Vanilla
Banana
Salted Caramel
£3.50

All available as Vegan – made with vegan ice cream and topped with vegan cream +£1