



WEEKDAY MENU

LUNCH SERVED FROM 11.30AM

sandwiches

- farmhouse cheddar and red onion chutney (v) 6.95
- tuna and red onion (v) 7.95
- roast ham, salad and tomato 6.95
- blt 8.95

toasties

- farmhouse cheddar and tomato (v) 7.95
- roast ham and cheddar cheese 7.95
- brie, rocket and red onion chutney (v) 8.95
- tuna, cheddar cheese and red onion (v) 8.95
- *special toastie (see blackboard for today's special) 8.95

fish finger feast (v) 9.5

3 chunky cod fish fingers and iceberg lettuce with a side of tartare sauce or tomato ketchup

avo on toast (v) 9.95

topped with crumbled feta, red chilli and toasted pumpkin seeds

house salad 9.95

mixed leaf salad, tomatoes and cucumber topped with cous cous, toasted seeds and homemade croutons and served with a lemon and olive oil dressing topped off with pan fried halloumi or chorizo

homemade quiche* (see the specials board for today's quiche)

served warm with a dressed mixed leaf salad, baby tomatoes, cucumber and toasted seeds 9.5

homemade soup* (see the specials board for today's soup)

soup served with white or granary bread..... 7.95
or with one of our freshly baked cheese scones..... 9.5

oven baked jacket potato with

- farmhouse cheddar 8
- seasoned tuna mayo 8.5
- Heinz baked beans 8
- add grated cheese on top +1.5

TOASTED available all day

- white or granary toast, fruit teacakes 3.95
- english muffins, toasted crumpets 2.95
- all served with butter, and a choice of jam, marmalade, nutella, marmite or peanut butter

CAKES & BAKES!

please see our counter display for today's selection of freshly baked pastries and scones, loaf cakes, layer cakes, tray cakes, tray slices, donuts and flapjack

- all priced individually and many available warmed
- fresh pouring cream, squirty cream or ice cream +2.5
- fresh cream +2

BREAKFAST SERVED 'TIL 11.30AM

homemade creamy porridge (v) 5.5
with honey and seasonal berries

yoghurt bowl (v) 6.5
greek yoghurt topped with crunchy granola and red berry compote

fruit smoothie bowl (v) 6.5
mixed berry and banana smoothie topped with crunchy granola, banana and blueberries

warmed sweet waffles (v) 7.95
with greek yoghurt, honey and banana

avo on toast (v) 8.95
with crumbled feta, red chilli and toasted pumpkin seeds

breakfast sandwich 6.5
smoked bacon, grilled sausage or grilled veggie
sausage in a white or granary sandwich or a brioche bun

big alpha brekkie 11.95
2 x smoked bacon, 2 x sausage, fried egg, grilled tomato, baked beans, field mushrooms and hash browns with white or granary toast

light alpha brekkie..... 9.95
smoked bacon, sausage, poached egg, grilled tomato and field mushrooms with white or granary toast

veggie breakfast (v) 10.95
pan fried halloumi, 2 x veggie sausage, fried egg, grilled tomato, baked beans served with white or granary toast

vegan breakfast (v)(ve) 10.95
2 x veggie sausage, smashed avo, grilled tomato, hash browns and baked beans served on white or granary toast

breakfast and brunch sides to add

- hash browns x2 (v)(ve) 2
- poached egg (v) 2.5
- fried egg (v) 2.5
- scrambled egg (v) 3.5
- smoked back bacon 3
- pork sausage 3
- veggie sausage (v)(ve) 3
- smashed avocado (v)(ve) 3
- pan fried halloumi (v) 3
- mushrooms (v) 2
- shakshuka side (v) 2.5
- seasonal berries (v)(ve) 3

gluten free bread is available -
just let us know when you order (gf)

WHILST OUR TEAM & OUR SUPPLIERS ADHERE TO STRICT STANDARDS, WE DO PREPARE FOOD AND CAKES IN OUR KITCHENS WHERE NUTS, GLUTEN AND OTHER ALLERGENS ARE PRESENT