

ALERGENS FOR MENU 05/10/2023

TOASTED SENETRA SOURDOUGH PLAIN + WHEAT(GLUTEN)

GLUTEN FREE BREAD + EGG

WITH BUTTER + WHEAT(GLUTEN)/MILK

WITH JAM + WHEAT(GLUTEN)

WITH MARMALADE + WHEAT(GLUTEN)

WITH MARMITE + BARLEY/WHEAT(GLUTEN)/CELERY/OATS(GLUTEN)

WITH NUTELLA + WHEAT(GLUTEN)/NUTS/MILK/SOYA

WITH PEANUT BUTTER + WHEAT(GLUTEN)/PEANUTS

FREE RANGE EGGS ON FARMHOUSE TOAST

SCRAMBLED EGGS + WHEAT(GLUTEN)/SOYA/MILK/EGG

POACHED EGGS + WHEAT(GLUTEN)/SOYA/MILK/EGG/SULPHITES

FRIED EGGS + WHEAT(GLUTEN)/SOYA/MILK/EGG

SAUSAGE SANDWICH + WHEAT(GLUTEN)/MILK/SULPHITES/SOYA

BEANS ON TOAST + WHEAT(GLUTEN)/SOYA/MILK

PUMPKIN SPICED PORRIDGE + OATS(GLUTEN)/NUTS/SOYA

HOUSE BAKED GRANOLA + OATS(GLUTEN)/NUTS/MILK/SOYA

VEGGIE SANDWICH + WHEAT(GLUTEN)/MILK/SULPHITES

BACON SANDWICH + WHEAT(GLUTEN)/MILK/SULPHITES

NDUJA SCRAMBLED EGGS + WHEAT(GLUTEN)/SOYA/MILK/EGG

E&G OMELETTE + MILK/EGG

SMASHED AVOCADO ON FARMHOUSE TOAST + WHEAT(GLUTEN)/SOYA/MILK/EGG/SULPHITES

SMASHED PUMPKIN ON SOURDOUGH TOAST + WHEAT(GLUTEN)/MILK/SESAME/EGG/SULPHITES

BRIOCHE FRENCH TOAST + WHEAT(GLUTEN)/SOYA/MILK/EGG

CLASSIC E&G BREAKFAST + WHEAT(GLUTEN)/SOYA/MILK/EGG/SULPHITES

VEGGIE E&G BREAKFAST + WHEAT(GLUTEN)/SOYA/MILK/EGG/SULPHITES/NUTS

VEGAN E&G BREAKFAST + WHEAT(GLUTEN)/SOYA/SULPHITES/NUTS/SESAME

SALMON ON SOURDOUGH TOAST +
WHEAT(GLUTEN)/MILK/FISH/EGG/MUSTARD/SULPHITES/SESAME

BENEDICT WITH GRILLED HAM + WHEAT(GLUTEN)/MILK/EGG/SULPHITES

BENEDICT WITH CHORIZO AND SWEET POTATO HASH + WHEAT(GLUTEN)/MILK/EGG/SULPHITES

BENEDICT WITH SMOKED SALMON + WHEAT(GLUTEN)/MILK/EGG/SULPHITES/FISH

SIMPLE PANCAKES + WHEAT(GLUTEN)/EGG/MILK

FRUIT AND YOGHURT PANCAKES + WHEAT(GLUTEN)/EGG/MILK

KINDER AND RASPBERRIES PANCAKES + WHEAT(GLUTEN)/EGG/MILK/NUTS/SOYA

BISCOFF AND BANANA PANCAKES + WHEAT(GLUTEN)/EGG/MILK/SOYA

AMERICAN PANCAKES + WHEAT(GLUTEN)/EGG/MILK

HALLOUMI AND CHORIZO PANCAKES + WHEAT(GLUTEN)/EGG/MILK

BARBEQUE CHICKEN MELT + WHEAT(GLUTEN)/SOYA/MILK/CELERY/MUSTARD

HALLOUMI AND ROASTED PEPPERS + WHEAT(GLUTEN)/SOYA/MILK/SULPHITES/SESAME

MUSHROOM AND PAPRIKA HUMMUS + WHEAT(GLUTEN)/SOYA/SESAME/SULPHITES

AVOCADO POKE BOWL + WHEAT(GLUTEN)/SOYA/SESAME/SULPHITES

CHICKEN POKE BOWL + WHEAT(GLUTEN)/SOYA/SESAME/SULPHITES/EGG/MILK

SALMON POKE BOWL + WHEAT(GLUTEN)/SOYA/SESAME/SULPHITES/FISH

KING PRAWN POKE BOWL + WHEAT(GLUTEN)/SOYA/SESAME/SULPHITES/CRUSTACEAN

LINGUINE AL POMODORO + WHEAT(GLUTEN)/CELERY

GNOCCHI AL NDUJA + WHEAT(GLUTEN)/MILK/NUTS

GNOCCHI AL SAUSAGE RAGU + WHEAT(GLUTEN)/MILK/SULPHITES/CELERY

KING PRAWN LINGUINE + WHEAT(GLUTEN)/CRUSTACEAN/SULPHITES

CHILLI AND BASIL ORZO SALAD + WHEAT(GLUTEN)/SULPHITES/SOYA/MUSTARD

PRAWN SALAD + EGG/CRUSTACEAN/CELERY/WHEAT(GLUTEN)/FISH

CAESAR SALAD + FISH/EGG/WHEAT(GLUTEN)/MILK

KIDS CHEESE & TOMATO SOURDOUGH TOASTIE + WHEAT(GLUTEN)/MILK

KIDS HAM & CHEESE SOURDOUGH TOASTIE + WHEAT(GLUTEN)/MILK

KIDS BEANS ON SOURDOUGH TOAST + WHEAT(GLUTEN)

KIDS EGG, HAM & BEANS + WHEAT(GLUTEN)/EGG/MILK

FOCCACIA + WHEAT(GLUTEN)/SULPHITES

OLIVES +

TOMATO BRUSCHETTA + WHEAT(GLUTEN)

PROSCIUTTO & MOZZARELLA SALAD + WHEAT(GLUTEN)/SULPHITES/MILK

MUSHROOM BRUSCHETTA + WHEAT(GLUTEN)/MILK/SESAME

PRAWN BRUSCHETTA + WHEAT(GLUTEN)/CRUSTACEAN/SULPHITES

EXTRA FARMHOUSE TOAST + WHEAT(GLUTEN)/SOYA/MILK

EXTRA SOURDOUGH TOAST + WHEAT(GLUTEN)/MILK

EXTRA EGG FRIED + EGG

EXTRA EGG POACHED + EGG/SULPHITES

EXTRA EGG SCRAMBLED + EGG/MILK

EXTRA BEANS +

EXTRA MUSHROOMS +

EXTRA HOLLANDAISE SAUCE + MILK/SULPHITES/EGG

EXTRA CUMBERLAND SAUSAGE + WHEAT(GLUTEN)/SULPHITES/SOYA

EXTRA TENDERSTEM BROCOLI + NUTS

EXTRA STREAKY BACON +

EXTRA GRILLED HAM +

EXTRA SMASHED AVOCADO +

EXTRA PAN SEARED HALLOUMI + MILK

EXTRA SALMON + FISH

EXTRA BLACK PUDDING + WHEAT(GLUTEN)