

FROM THE KITCHEN

SPECIALS

Mexican burrito filled with Barbacoa chicken, lime green rice, grilled Mexican vegetables, crema, salsa & guacamole 86gKcal **£5.25**

Vegan Mexican burrito with Barbacoa pulled jackfruit, lime green rice, Mexican vegetables, crema, salsa & guacamole in a tortilla 80gKcal **£5.25**

Khao Soi with Grilled chicken – chicken, stir fried vegetables, egg noodles in a rich Thai red curry sauce with lime 59gKcal **£5.25**

PIZZA

American hot one, sourdough pizza topped with mozzarella, sliced pepperoni & jalapeno peppers 70gKcal **£6.75**

Margherita, sourdough pizza topped with passata, mozzarella and torn basil 55gKcal **£6.75**

JACKETS

Seasoned Jacket potato with side salad 26gKcal **£2.20**

With baked beans & Barbers cheddar 50gKcal **£4.55**

With British beef chilli 40g Kcal **£4.20**

With three bean chilli 37gKcal **£4.20**

With pole and line caught tuna mayonnaise 51gKcal **£3.85**

FROM THE DELI

FAST TRACK SANDWICHES

Pressed focaccia with sauerkraut, gherkins, salt beef & mustard dressing 610Kcal **£4.25**

Grilled chicken, bacon, spinach, parmesan & Caesar dressing in a ciabatta 70gKcal **£4.25**

Grilled Mediterranean vegetables, roquette & mozzarella in a sourdough baguette 57gKcal **£4.00**

SUPER SALADS

Char Grilled Vegetables with pesto dressing & torn mozzarella 59gKcal **£4.00**

Farro salad with sun blushed tomatoes, feta & spinach 57gKcal **£4.00**

Roasted mixed beetroot with roquette & quinoa 41gKcal **£4.00**

SNACKS

Steak & ale and mushroom pie with wedges 71gKcal **£4.25**

Cheese & chive quiche with side salad 67gKcal **£4.20**

Home made sausage roll 44gKcal **£3.00**

Flourish to Nourish vegan sausage roll 57gKcal **£3.00**

BREAKFAST ITEMS

	Kcal	Price
Bacon	91	£1.00
Baked beans	96	£0.95
Cumberland sausage	104	£1.00
Fried Egg	112	£1.00
Hash Brown	87	£0.80
Poached Egg	73	£1.00
Quorn sausage	87	£1.00
Scrambled Egg	184	£1.40
Tomato Half	38	£0.60
Breakfast roll	136	£0.85
Sauce portion		£0.10

TOAST

Toast & Butter	126	£0.55
Tea cake	290	£1.00
Bagel	232	£1.20
Spread		£0.40

BREAKFAST G&G

Full English breakfast wrap	£3.50
Bacon, Cumberland sausage, hashbrown, baked beans, scrambled egg & barbers cheddar <i>657Kcal</i>	
Vegan breakfast wrap	£3.50
Shitake mushroom sausage, hashbrown, baked beans, spinach & vegan cheese <i>487Kcal</i>	
Sausage bap	£2.85
Dingley dell cumberland sausage in a morning breakfast roll <i>350kcal</i>	
Bacon bap	£2.85
British bacon in a morning breakfast roll <i>289Kcal</i>	

PLATES

Eggs benedict	£5.00
5 item full english	£5.00
5 item veggie full english	£5.00
Plant based porridge with granola crunch & sultanas	1.85