



## Food & Soft drink menu

Food served all day 'til 10pm

Please order with us at the Bar and help yourself to cutlery and sauces  
(The upstairs bar is only open during busy periods)

### Breakfast served all day

#### Hearty English

Pork sausage, black pudding, bacon rasher, fried egg, 2 buttered granary toast, beans, mushrooms, cherry tomatoes & hash brown £6

#### Hearty Veggie

Linda McCartney sausage, grilled halloumi, fried egg, mushrooms beans,, 2 buttered granary toast, cherry tomatoes & hash brown £6

#### Hearty Vegan

Linda McCartney sausage, deep fried tofu, beans, mushrooms, 2 granary toast, vegan spread, cherry tomatoes & hash brown £6

#### The 'Big Red' Breakfast

Two pork sausages, black pudding, bacon rashers, two fried eggs, buttered bagel, beans, mushrooms, cherry tomatoes, hash brown £9

#### Diddy English or Veggie

Pork sausage, bacon, egg, toast & beans £4

Linda McCartney sausage, halloumi, egg, toast & beans £4

We can only allow **one** alteration, you might find it simpler, and cheaper, to **add** to the diddy breakfast

### Breakfast Sandwiches on white, granary or wrap £2.50

Thick cut Bacon rashers

Pork or Linda McCartney sausages

Scrambled egg & chive

Halloumi & Mushroom

#### The 'Big Red' Bagel £4

Pork sausage, bacon & egg

Or, Linda McCartney sausage, halloumi & egg

### Add breakfast or Sandwich toppings

Sausage, Bacon, Black pud, Halloumi, Tofu, scrambled egg at £1

Fried egg, Beans, Mushrooms, Cherry Tomatoes, Hash browns at 50p

Trade up to Crumpets, a Bagel, or ngci bread for 50p

### American style Pancakes served all day with real maple syrup

Simply, with buttermilk spread £4

Scrambled egg & bacon rashers £6.50

Strawberries & whipped cream £6

Banana, vanilla ice cream & nutella £6.50

#### The 'Big Red' Pancake breakfast £9

Two Pork sausages, bacon, scrambled egg & 2 hash browns piled on a stack of our homemade pancakes with an extra jug of maple syrup

### Brunch served all day

Tofu Hash with maris piper, spinach, red pepper & courgette £6

Chorizo sausage, Egg, spinach & maris piper Hash with roasted veg £8

Buttered crumpets with avocado, asparagus & 2 sunny side up eggs £7

Fresh banana & Nutella with Buttered crumpets £4.50

Porridge with fresh banana, strawberries & maple syrup £4

Buttered Toast with jam, peanut butter or nutella £2

### Sweet things

Check out our Selection of homemade cakes, ask us about the vegan & ngci flavours available

Cherry Reds Cake Sundae, indulgence for 1 or great to share £4.50

Locally made 'Sweetie bird' ice creams in salted caramel, matcha green tea or guest flavour £2.50

### Wine Wednesday

Get a half price bottle of wine with any Main or burger

## ***Sandwich, Jacket or Salad...***

**Jacket Potato** & side salad

**Salad** with cherry toms, cucumber, red pepper & balsamic dressing

**Sandwich** white, granary or wrap with side salad

(bagels & ngci extra 50p)

Homemade Falafel with fresh salsa & houmous £4.50

Deep fried Tofu with avocado & sweet chilli £5

Fish fingers & tartare sauce £4

Chicken breast & spicy chorizo sausage £5.50

Classic Tuna mayo £4

Thick cut Ham with Apple & Real ale chutney £5

Grilled Halloumi with roasted courgette & red pepper £4

We can also do classics like cheese & beans on a jacket from £4...just ask!



## ***Main plates***

Moroccan lamb and roast vegetable kebabs on an apricot, almond & Quinoa salad £8.50

Freshly Beer battered Fish with chips, mushy peas & tartare sauce £9 veg option available with battered halloumi

Halloumi, strawberry and avocado salad with toasted pine nuts £7.50

Ras el hanout spiced Aubergine, red pepper & courgette bake topped with an apricot, fresh red chilli & flaked almond Quinoa layer and a side of grilled asparagus £9

Club sandwich with chicken breast, thick cut bacon & cheddar on sliced white bread with proper chips & salad £8.50

Sweet chilli Salmon fillet on a salad of asparagus, sweet potato chunks, sliced avocado & cherry tomatoes £9

## ***Sides***

Sweet potato wedges £2.70 \* Proper chips £2.50 \* Liefmans BBQ sauce £1  
\* Beer battered onion rings £2\* Quinoa salad £4

***Burgers*** all come with proper chips & salad

Falafel burger with fresh tomato & coriander salsa £7.50

Falafel, halloumi & roast veg burger £9

Chicken fillet, lettuce & mayo burger £7.50

Chicken breast, chorizo sausage & mozzarella cheese £9

Homemade Beef burger with cheddar £7.50

Streamline burger with no bun, topped with bacon and served with quinoa salad instead of chips £9

**The 'Big Red' Beef Burger** with bacon, cheese, Liefman's BBQ sauce and beer battered onion rings with gherkins £12

## ***Add burger toppings***

Houmous, cheddar, halloumi, bacon, chorizo, roast veg £1

Fried egg, gherkins, sweet chilli, swap to sweet potato wedges or quinoa 50p

## ***Hearty plates or Sharers***

Houmous pot, mixed garlic & herb pitted olives, cucumber & carrot sticks, bread & balsamic oil £5

Cherry Sharing Platter with homemade Falafel, mixed garlic & herb olives, houmous, salsa, roast veg & Halloumi skewer, crudités, bread & proper chips £12

Cherry Meat Platter with chorizo sausage, beer battered onion rings, Roast Chicken & veg skewer, Moroccan spiced lamb, bread and proper chips £13

Nachos with melted cheddar, jalapenos, fresh tomato & coriander salsa & sour cream £7

**If you have any dietary requirements please let us know when you order.  
We have an allergy menu and a gluten advice breakfast menu available.  
Watch out for fish bones, cyclists and men who never call you back.**

## Soft drinks

### Pop



Ginger beer   Root beer   Lemonade   Seasonal  
(such as Elderflower, Rhubarb or Cucumber) £2.70

Root Beer float (with vanilla ice cream) £3.50

Dominion American craft Black Cherry soda £2.70

Fentiman's Dandelion & burdock £2.70   Red Bull £2

Draught Cola, diet Cola or Lemonade   glass £1.70   pint £2.20

Square root Cinchona tonic water £1.50   Orangina £2.20

Belu mineral water still or sparkling £1.70

### Juices

Frobisher's Bumbleberry mixed berry or Pineapple, Banana &  
Passionfruit smoothie £2.50

Vita Coco coconut water £2.50

Eager juices » orange ◦ cranberry ◦ apple ◦ tomato £2

**Milkshakes** blended with real ice cream or dairy free £3

Chocolate ◦ Caramel ◦ Strawberry ◦ Coconut ◦ Mint ◦ Banana  
Cherry ◦ Peach ◦ Vanilla ◦ Mint choc chip

**Boozy milkshakes** £6

Cherry Bomb

Cherry spiced Old J rum with coconut

Night sky mocha

Kahlua, caramel, chocolate stars

Bourbon Vanilla Cream

Buffalo trace bourbon in vanilla shake with whipped cream

## Hot drinks

A mug of fair trade tea with milk £1.20

### Coffee

Americano ◦ Espresso £1.60

Latté ◦ Flat white ◦ Cappuccino £2.30

Mocha £2.50



*Our favourite blend*

*of Arabica & Kenyan*

*(also available in decaf)*

*See boards for our recommended hottie of the week*

### Blended/Iced

Iced latte with any syrup (we recommend vanilla or caramel) £2.70

Frapp it up, blended with ice cream £3.50

Peach iced Black Tea or Mint iced Green Tea £2.50

### Hot chocolates

Regular hot chocolate £2.20

Mexican Hot chocolate with cinnamon & chilli £2.70

Deluxe topped with cream, mini marshmallows & choc stars £3



Add a Syrup shot, whipped cream or soya milk for 30p

### Posh teas

*served with milk on the side where it makes sense  
please ask if you would rather have lemon or honey*

Check the bar for today's selection of teas from Clipper, T2 Australia,  
The Lawn Co, Tregothnan Cornish grown teas all £2

English breakfast ◦ Myrtle ◦ French Earl grey ◦ Lemon & ginger Peppermint ◦

Jasmine ◦ Chai ◦ Rooibos ◦ Manuka ◦ Echinacea

Red fruits ◦ Green ◦ Strawberry & vanilla green tea ◦ Nettle

### Bar Snacks

Pork Scratchings £1

Olives £2.50

Chilli Puffs or Wasabi peas £2

Pipers crisps £1

Mixed nuts or Pistachios £2

Picked n mixed Sweets £1.50