



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

Add breakfast or Sandwich Toppings

Pork or Linda's sausage, thick cut Bacon, Black pudding, Halloumi, fried 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

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 £4.50

Pork sausage, bacon & egg

Or, Linda McCartney sausage, halloumi & egg

American style Pancakes served all day with real maple syrup

Simply, with buttermilk spread £4

Scrambled egg & bacon rashers £7

Blueberries & whipped cream £6.50

Banana, vanilla ice cream & nutella £7

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 & Broccoli Hash with potato, spinach, red cabbage, butternut squash topped with chia & pumpkin seeds £8

Butternut squash, apple & walnut **Bacon Hash** with spinach, potato, red cabbage and a fried egg £8

Buttered crumpets with goat's cheese, spinach and honey roasted beetroot £7

Banana, yoghurt, maple syrup & walnuts with **Buttered crumpets** £7

Porridge with fresh banana, blueberries, maple syrup £4.50

Natural **Yoghurt** with chia and pumpkin seeds, blueberries & banana £4.50

Buttered Toast, Crumpets or Bagel w/ jam, peanut butter or nutella £2.50

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)

Teriyaki Chicken breast or Tofu with spinach £5.50

Homemade Falafel with fresh salsa & houmous £4.50

Fish fingers & tartare sauce £4

Classic Tuna mayo £4

Thick cut Ham with honey & mustard beets £5

Grilled Halloumi with roasted red cabbage & butternut squash £4

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



Main plates

Homemade American style beef & pork Meatloaf on fried potatoes, red cabbage, butternut squash & broccoli with gravy £9

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

Warm Goats cheese salad with honey & mustard roasted beetroot, cherry tomatoes, sweet potato chunks and seeds £8.50

Homemade Cashew & walnut Loaf with chia and pumpkin seeds served on fried potatoes, red cabbage, butternut squash & broccoli with gravy £9

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

Grilled Thick Gammon steak with, sweet potato wedges, honey & mustard roasted beetroot and wilted spinach £8.50

Sides

Sweet potato wedges £2.70 * Proper chips £2.50 * Liefmans BBQ sauce £1

* Beer battered onion rings £2 * Honey & Mustard Roasted beetroot £2 *
Roast winter veg £

Burgers all come with proper chips & salad

Falafel burger with fresh tomato & coriander salsa £7.50

Falafel & halloumi with roasted red cabbage & butternut squash £9

Chicken fillet, lettuce & mayo burger £7.50

Chicken breast, goats cheese & red onion chutney £9

Homemade Beef burger with cheddar £7.50

Streamline burger with no bun, topped with bacon and served with jacket potato instead of chips £8

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, goats cheese, roast veg £1

Fried egg, gherkins, onion chutney, swap to sweet potato wedges 50p

Hearty plates or Sharers

Houmous pot, mixed garlic & herb pitted olives, cucumber & carrot sticks, bread & balsamic oil £6

Veg Platter with Homemade Falafel, mixed garlic & herb olives, houmous, salsa, beetroot & Halloumi skewer, crudites, bread & chips £12

Mixed Platter with Homemade Meatloaf, beer battered onion rings, Grilled Goats cheese, Gammon slices, chutney, bread and proper chips £13

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

Sweet things

Check out our Selection of homemade cakes, ask us about the vegan & ngci Locally made 'Sweetie bird' ice creams in salted caramel, matcha green tea or guest flavour £2.50

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 Night sky mocha
Cherry spiced Old J rum with coconut 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