



Allergen list Menu

Gluten

Text in red items fried in oil which may contain flour particles i.e Gluten

Eggs

Fish

Celery

Milk

Mustard

Nuts Peanuts Sesame seeds Soya Sulphur dioxide

Nothing on this menu contains:

Lupin, Crustaceans, Molluscs

Breakfast served all day (ask for our low/no gci breakfast menu)

Hearty English

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

Hearty Veggie

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

Hearty Vegan

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

Diddy English or Veggie

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

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

Breakfast sandwiches buttered on white, granary, wrap £2.50

Thick cut Bacon rashers

Pork or Linda McCartney's veg Sausages

Halloumi & Mushroom

Scrambled egg & chive

Trade up to ngci bread for 50p

The 'Big Red' Bagel

Pork sausage, bacon & fried egg

Linda McCartney sausage, halloumi & fried egg

stacked on a toasted & buttered bagel £4.50

American style Pancakes served all day

Simply with maple syrup £4

Blueberries & whipped cream £6

Banana, vanilla ice cream & nutella £6.50

Scrambled egg & bacon rashers £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

Tofu & Broccoli Hash with potato, spinach, red cabbage, butternut squash topped with chia & pumpkin seeds £7.50

Butternut squash, Bacon Hash with spinach, potato, red cabbage and a fried egg £7.50

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

Banana, yoghurt, maple syrup & walnuts with Buttered crumpets £6

Porridge with fresh fruit & maple syrup £4.50 (can use soya milk)

Buttered Toast (ask for ngci) w peanut butter, nutella or strawberry jam £2

Natural Yoghurt with chia and pumpkin seeds, blueberries & banana £4

Sandwich, Jacket or Salad...

Jacket Potato & side salad

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

Sandwich white, granary or wrap with salad (bagels & NGCI option extra 50p)

Grilled Halloumi with red cabbage & butternut squash £4.50

Fish fingers & tartare sauce £4

Classic tuna mayo £4

Teriyaki Chicken breast or Tofu with spinach £5

Homemade Falafel with fresh salsa & houmous £4.50

Thick cut Ham with honey & mustard beets £5

Sides

Sweet potato wedges £2.70 * Proper chips £2.50 * Honey & mustard beetroot £3 * Liefmans BBQ sauce £1 * Beer battered onion rings £3

Burgers with proper chips & salad in a granary bun (NGCI bread instead 50p)

Chicken fillet, lettuce & mayo burger £7.50

Chicken breast, goats cheese and 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 £7.50

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

Falafel burger with fresh tomato salsa £7.50

Falafel, halloumi, red cabbage & butternut squash £9

Bar Snacks

Pork scratchings £1

Pipers Crisps £1 – vary please ask

Olives £2.50

Rosemary & chilli nuts £2

Chilli Puffs £2

Classic Mains

Homemade American style beef & pork Meatloaf on fried potatoes, red cabbage, butternut squash & broccoli with gravy £9 have a jacket instead for ngci

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

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

Freshly Beer battered Fish & chips with mushy peas & tartare sauce £9

veg option available with battered halloumi

Club sandwich with chicken breast, thick cut bacon, cheddar, tomatoes and mayo on sliced white bread with proper chips & salad £8.50 ask for ngci bread

Sharers

Houmous pot, mixed garlic & herb pitted olives, cucumber & carrot sticks, bread & balsamic oil £5.50

Veg Platter with Falafel, olives, houmous, salsa, beetroot & halloumi skewer, crudites, bread & proper chips £12

Mixed Platter with homemade Meatloaf, beer battered onion rings, goat's cheese, Gammon slices, red onion chutney, bread and proper chips £13

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

FAQs

- Please be prepared to distinguish with us whether you are **coeliac or avoiding gluten**. Special precautions are made for coeliac disease sufferers which we are happy to do but they slow us down
- Our regular NGCI bread (and therefore nutloaf recipe) is vegan but always ask
- Our regular gravy has NGCI but always ask
- Our soya milk is alpro (contains apple juice)
- NGCI = no gluten containing ingredients, we are now obliged to say this rather than 'gluten free' as we use gluten containing ingredients in our kitchen