

Breakfast - served until 3pm

Full English Breakfast - Cumberland sausage, smoked bacon, eggs, baked beans, mushrooms with white or brown toast **£5.95**

Full Monty (now served with everything) - Cumberland sausage, smoked bacon, eggs, homemade hash brown, roasted tomatoes, mushrooms, Heinz beans & sourdough toast **£6.95**

Eggs Benedict - Two poached eggs & fresh leaf spinach served on an English muffin with homemade hollandaise sauce and a choice of...
Roasted vegetables **£5.85**
Honey roast ham **£5.95**
Scottish smoked salmon **£6.95**

Vegetarian Breakfast - Eggs, homemade hash brown, mushrooms, baked beans, roasted tomatoes & white or brown toast **£5.50**

Smoked Salmon & Spicy Scrambled Eggs
Scrambled eggs (mixed with onions, pepper & sweet chilli), Scottish smoked salmon & roasted tomato on sourdough toast **£6.95**

Green Eggs & Ham - Scrambled eggs mixed with spinach & fresh basil pesto on gammon ham and served on sourdough toast **£5.95n**

Green Eggs & Salmon **£6.95**

Eggs on Toast **£2.80**

Bacon Sarnie (toasted sandwich with smoked bacon) **£2.80**

Bacon & Eggs on Toast **£3.80**

Bagel & Cream Cheese **£2.50**

Bagel & Cream Cheese with Smoked Salmon **£4.80**

Swiss Muesli, Yoghurt & Seasonal Fresh Fruit - milk optional **£4.50**

Big Bowl of Seasonal Fresh Fruit served with yoghurt **£4.95**

Stacked Pancakes bananas & maple syrup **£3.95**

side order of smoked bacon **£1.20**

Stacked Pancakes with a fresh fruit stack & maple syrup **£4.95**

EXTRAS - Mushrooms, roasted tomato, hash brown or beans **80p**
Sausage or slice of bacon **80p** Smoked Salmon **£2** Spicy Eggs **£1**

SPREADS - Strawberry Jam, Marmalade, Marmite, Vegemite, Honey **+30p**

2 Slices of Toast **£1.00**

Sourdough or wheat free bread - add 50p

Lunch - served all day

Panini- served hot with a side salad **Out £3.95 In £4.50**

Breakfast Panini - Smoked bacon, scrambled egg, mushrooms & tomato sauce

Chicken Supreme Panini - Chicken breast, mozzarella, red peppers & sweet chilli

Cheesy Chicken Panini - Chicken breast, brie, cream cheese, & cranberry sauce

Ham, Cheese, Tomato - Honey Roast Ham, cheddar cheese & fresh tomatoes

Roasted Vegetables - Mixed roasted vegetables & mozzarella

Antipasto Panini - Italian Salami, mozzarella & sun dried tomatoes

From the food menus, only Panini are available for take away

Wraps - served hot with a side salad

Toasted Chicken Wrap

Chicken breast, smoked bacon & French brie - mango chutney on the side **£4.75**

Grilled Halloumi Wrap with grilled courgette, baby spinach & salsa **£4.50v**

Mexican Three Bean Wrap with sweet potato, salsa & cheddar cheese **£4.50v**

Salads

Roasted Goats Cheese Salad - Served with roasted veg and leafy green salad **£6.95v**

Chicken Caesar Salad - Hot pesto chicken breast, Parma ham, crispy Cos lettuce, croutons, parmesan, poached egg & dressing **£6.95n**

Ultimate Glow Lounge Salad - Hot pesto chicken breast, poached egg, avocado, fresh tomato, baby spinach, mozzarella & fresh basil pesto **£7.50n**

Vegetarian Option (no chicken) **£6.20v**

Greek Salad - Feta, tomatoes, cucumber, kalamata olives, onion & olive oil **£5.50v**

Couscous Fritters - Five baby fritters served with homemade tomato chutney **£4.95v**

Lebanese Mezze- Tabbouleh, grilled halloumi, green olives stuffed with feta & a tzatziki (cucumber & mint) dip - served with warm pitta bread **£6.95v**

Mediterranean Mezze - Hummous, sun blushed cherry tomatoes, Italian Salami & green olives stuffed with feta cheese - served with warm pitta bread **£7.50n**

Turkish Mezze - Baba ganosh, roasted red peppers, kalamata olives & Feta served with warm pitta bread **£7.50v**

Homemade Soup of the day - with crusty bread & butter **£4.20**