

SALADS & WRAPS

£5.10
(v)£4.80

Choose a base salad of **Cos, Mixed Leaves, Rocket** or **Baby Spinach**.

1. TUNA NICOISE

Dolphin-friendly Tuna, French Beans, Boiled Egg, Baby New Potatoes, Red Onion & French Vinaigrette

2. CHICKEN CAESAR

Roast Chicken, Crispy Bacon, Cherry Tomatoes, Parmesan, Croutons & Caesar Dressing

3. CRAYFISH & AVOCADO

Crayfish Tails, Avocado, Cherry Tomatoes, Grilled Peppers, Spring Onions & Sicilian Lemon Dressing

4. GREEK HUMOUS(v)

Feta Cheese, Black Olives, Cucumber, Tomatoes, Humous & Balsamic & Olive Oil Dressing

5. CARPACCIO

Wild Rocket, Roast Beef, Sun-ripe Tomatoes, French Beans, Parmesan & French Vinaigrette

6. SPANISH CHORIZO

Chorizo, Baby New Potatoes, Cherry Tomatoes, Courgettes, Olives, Red Onion, Balsamic & Olive Oil Dressing

7. PIGGYS CLUB

Smoked Turkey, Crispy Bacon, Avocado, Cheddar, Cherry Tomatoes & Honey Mustard Dressing

8. NOCIVELLI (v)

Grilled Peppers, French Beans, Avocado, Pine Nuts, Parmesan, Red Onion, Balsamic & Olive Oil Dressing

9. MEXICAN TORTILLA

Cajun Chicken, Avocado, Cheddar, Tortilla Chips, Cherry Tomatoes & Honey Mustard Dressing

10. TONNO FUSILLI

Fusilli Pasta, Dolphin-friendly Tuna, Sun-ripe Tomatoes, Spring Onion, Parmesan & French Vinaigrette

11. MOROCOUS

Cous-cous, Pan-fried Chicken Escalope, Cherry Tomatoes, Grilled Peppers, Avocado & Extra Virgin Olive Oil

12. MEDI-MOZZARELLA (v)

Baby Mozzarella, Grilled Peppers, Sun-ripe Tomatoes, Olives & Pesto Vinaigrette

Feel free to make up your own salad from a wide selection of ingredients from our Salad Bar

CIABATTA & FOCACIA

£5.00
(v)£4.70

Served toasted or cold with Extra Virgin Olive Oil.

1. FLORENTINE(v)

Spinach, Sun-ripe Tomatoes & Mozzarella

2. CHICKEN SALTIMBOCCA

Pan-fried Chicken Escalope, Prosciutto di Parma & Dolcelatte

3. CRAYFISH & AVOCADO

Crayfish Tails, Avocado, Cherry Tomatoes, Rocket & Lemon Mayonnaise

4. CHORIZO MELT

Chorizo, Sun-ripe Tomatoes & Mozzarella

5. TUSCAN (v)

Mozzarella, Avocado, Sun-ripe Tomatoes & Olive Tapenade

6. PORTOBELLO

Breaded Chicken Escalope, Portobello Mushroom, Mozzarella & Mustard Mayonnaise

7. CLUB PIGGYS

Smoked Turkey, Crispy Bacon, Cheddar, Mixed Leaf & Sun-ripe Tomato Chutney

8. HIGHLANDER

Smoked Salmon, Cream Cheese, Avocado, Rocket & Lemon Juice

9. CAPRINA (v)

Goats Cheese, Roasted Peppers & Basil Pesto

10. PROSCIUTTO

Prosciutto di Parma, Mozzarella, Vine Tomatoes & Rocket

11. BEEF PORTOBELLO

Roast Beef, Portobello Mushroom, Swiss Cheese & Mustard Mayonnaise

12. MEDITERRANEAN

Pan-fried Chicken Escalope, Grilled Vegetables & Basil Pesto

13. TUNA MELT

Tuna, Sweetcorn, Swiss Cheese & Onion

14. PEPERONATA

Breaded Chicken Escalope, Mozzarella & Peperonata

BREAKFAST

Breakfast sandwiches available in:

Muffin (M), Bagel (B), Croissant (C) or Bread (Br)

	M	B	C/Br
Fried or Scrambled		£1.40	£1.90
Egg & Cheese	£1.40	£1.90	£2.30
Bacon		£2.10	£2.60
Sausage		£2.10	£2.60
Bacon or Sausage & Egg	£2.00	£2.90	£3.00
Bacon or Sausage, Egg & Cheese	£2.40	£2.90	£3.40
Smoked Salmon & Cream Cheese		£3.50	£4.00
Smoked Salmon & Scrambled Egg		£3.50	£4.00

2 buttered slices of toast OR choice of toasted Bagel £1.00

Add Strawberry Jam, Orange Marmalade,
Marmite, Peanut Butter or Honey 10p each

PORRIDGE - Served with Hot Milk £1.90

Add any topping 30p each

OMELETTES - 3 Eggs plus 1 Filling £3.00

Any extra filling 50p each

PASTRIES & CAKES

Plain Croissant	£1.30
Chocolate or Almond Croissant	£1.50
Ham & Cheese Croissant	£2.60
Danish Pastries (Cinnamon, Raisin, Apple)	£1.50
Lemon, Carrot, Banana or Marble Cake	£1.60

HOT DRINKS

	Small	Lge/ln
Espresso	£1.40	£1.90
Macchiatto	£1.50	£2.00
Americano	£1.70	£1.90
Latte	£1.90	£2.20
Cappuccino	£2.00	£2.30
Hot Chocolate	£1.90	£2.20
Mocha	£2.10	£2.40
Tea (English Breakfast/Earl Grey)	£1.20	£1.40
Selection of Herbal Teas	£1.20	£1.40

We also have a selection of cold drinks available from the fridge

MADE TO ORDER SANDWICHES

Served on thick white or granary bread

DELI

Cheddar, Cottage or Cream Cheese	£1.90
Mozzarella, Brie or Emmental Cheese	£2.50
Dolcelatte or Goats Cheese	£2.90

FISH

Tuna	£2.60
Prawns or Crayfish Tails	£3.20
Smoked Salmon	£3.60

MEAT

Ham, Bacon or Sausage	£2.60
Turkey, Chicken or Chorizo	£2.70
Crispy Bacon	£2.80
Beef	£3.00
Chicken Escalope	£3.20
Prosciutto di Parma	£3.60

EXTRAS

Ciabatta, Foccacia, Baguette or Granary Bap	add 60p
One vegetable extra	add 40p
One Meat Extra	add 60p
Coleslaw or Sweetcorn	add 40p
Salad (3 items)	add 30p

JACKET POTATOES

Plain or Butter	£2.05
Coleslaw	£2.85
Cottage Cheese	£3.40
Cheddar Cheese or Beans	£3.45
Cheddar Cheese & Beans	£3.95
Roasted Vegetables, Napoli Sauce & Cheese	£3.95
Tuna Mayonnaise	£4.00 (add Cheese 20p)
Chilli Con Carne	£4.15 (add Cheese 20p)
Bolognese	£4.15 (add Cheese 20p)
Crispy Bacon with Cheese or Beans	£4.05