



BREAKFAST

Traditional full English 13.5 (gf available) Smoked streaky bacon, Cumberland sausage, field mushroom, grilled tomato, hash brown, baked beans, your choice of eggs, toasted sourdough

Vegan breakfast 12.5 ve. Vegan sausage, vegan bacon, field mushroom, grilled tomato, hash brown, baked beans, wilted spinach, toasted sourdough

Smashed avocado on toast 10 v (gf available)

Two free range poached eggs, coriander, chilli, omega seeds

Eggs your way 6.5 v

Scrambled, poached or fried on sourdough

Add smoked salmon 4.5 | smoked bacon 2 | spinach 3.5
| Avocado 4

Eggs Benedict 10

Sliced ham

Eggs Florentine 10.5

Buttered spinach v

Eggs Royale 12

Smoked salmon

Two free range poached eggs, hollandaise sauce, toasted muffin.

Grilled halloumi 11

Two poached eggs, baby spinach, grilled tomato, toasted sourdough v

Breakfast Brioche Bap 6

Streaky bacon, cumberland sausage or vegan sausage ve
Add egg | mushroom 1

American pancakes 8

Smoked streaky bacon, fried egg & maple syrup OR fresh berries, banana & Nutella ve

Add extras to any dish above only:

Egg, Hash brown, Tomato OR Mushroom 1 | Baked beans 1.5 | Bacon OR Sausage 2 | Spinach 3.5 | Avocado 4 | Smoked salmon 4.5

Yoghurt, granola & berry compote 4

Greek style natural yoghurt gf
OR Coconut yoghurt gf ve

Overnight oats 3.5 gf v

Soya & mixed berry

Porridge 4 v (gf available)

Banana & toasted almonds OR
Fresh berries & honey

Toast & preserves 4

SMOOTHIES 4.5 all blended with apple juice ve gf

Berry burst A delicious blend of blueberry & strawberry

Sweet melody A blend of mango, melon & strawberry

Tropical delight A mix of peach, passion fruit & mango

Alchemy Superfood Lattes 3.30 gf df ve Served with either hot or cold milk

Turmeric Mixed with extracts of curcumin, ginger, organic vanilla, cinnamon & black pepper

Chai A calming & relaxing blend of organic tea



SANDWICHES'

All served on fresh white or brown bread, with mixed leaves & salted crisps. On Sourdough 50p.

Toasted 75p.

Egg mayonnaise & baby gem 6.5

Hummus & beetroot 7 *ve*

Chicken & bacon 7.5

Tuna crunch 7.5

Smoked salmon, dill cream cheese 8.5

SMALLER PLATES

Soup of the day & toasted focaccia 7 (*gf available*)

Toasted Pitta bread, pickled red onion, hummus 7 *v*

Panko prawns, sweet chilli sauce, 7.5

SUNDAY ROAST -All served with crushed carrot & swede, roasted parsnip, slow cooked red cabbage, rosemary & garlic roast potatoes, seasonal greens, Yorkshire pudding & red wine gravy

Roast aged sirloin 19.5

Slow cooked pork belly, apple puree 19.5

Chicken breast with pork, sage & onion stuffing 17.5

Vegetarian nut roast 16 (*ve available*)

MAIN COURSES

Fish finger toasted brioche bap, pickled red onion, baby gem, tartare sauce & fries 13

8oz Trenchmore beef burger, brioche bun, sweet chilli jam, gherkin, tomato, baby gem & fries 16 (*gf available*)

Add *cheddar 2 | smoked bacon 2 | field mushroom 1*

Beer battered haddock, chunky chips, crushed peas, tartare sauce 16.5 *df gf*

Roasted pumpkin, butternut squash & sage pearl barley risotto, rocket, parmesan 16 *ve*

SALADS

Caesar salad, baby gem, croutons, parmesan 9 *v*

Kimchi, sesame quinoa, soy beans, rocket, avocado, omega seeds, citrus dressing 13.5 *ve gf*

Superfood salad- Roasted sweet potato, pickled beetroot, flaked almonds, boiled egg, spinach 13 *v gf*

Add *anchovies 1.5 | bacon 2 | char grilled chicken 4 | crispy halloumi 3.5 | smoked salmon 4.5 | panko prawns 4.5*

SIDES

Parmesan & truffle fries 5.5 *v gf* Chunky chips 3.5 *ve gf* sweet potato fries 4.5 *ve gf* Mini greek salad 5 *v*

Roast potatoes 4.5 *gf* Cauliflower cheese & crispy onions 5.5 Extra Yorkshire 1 Pork, sage & onion stuffing 4

Please notify your server of any allergies. Please show your members card to receive your 10% off discount.