



Fresh Food & Coffee Everyday

## Breakfast

Cereal with Semi Skimmed Milk	£1.50
2 Slices of Multigrain Toast with Butter, Jam or Marmite	£1.50
Porridge Plain or with Cinnamon & Raisins	£2.50
Fresh Fruit Smoothie <i>(see our selection)</i>	£2.85
Baked Beans on Toast	£3.50
Bacon Muffin	£3.50
2 Eggs Poached, Scrambled or Fried served on Multigrain Toast	£3.50
Egg & Bacon Muffin	£4.00
Scrambled Eggs with Smoked Salmon or Bacon on Toast	£4.50
English Breakfast Egg, Bacon, Sausage, Beans, Tomato, Toast & Coffee or Tea	£5.00
Mega Breakfast 2 Eggs, 2 Bacon, 2 Sausages, Beans, Tomato, Toast & Coffee or Tea	£6.50

## Light Meals

*Let us cook for you, relax & know what you are eating is good for you!*

Homemade Soup <i>It's hot and delicious &amp; good for you! Ask for the flavour of the day All soup is served with multigrained bread &amp; butter</i>	£3.80
Nachos <i>With Cheese, Sliced Jalapeno Peppers &amp; Mexican Salsa Sauce</i>	£5.00
Freshly Made Omelette with Salad <i>With a choice of the following Bacon, Tomatoes, Onions, Peppers, Smoked Salmon or Cheese</i>	£6.00
Coronation Chicken Salad <i>With Flaked Almonds, Raisins &amp; Mixed Salad</i>	£6.00
Smoked Salmon & Avocado <i>Served with Mixed Salad</i>	£6.50
Whole Tailed Scampi <i>Served with Chips &amp; Lemon Mayonnaise</i>	£6.50
Luxury Cod & Prawn Fish Cakes <i>Served with Salad &amp; Sweet Chilli Sauce</i>	£6.50
Char-Grilled Tuna <i>Served with Mixed Salad &amp; Fresh Lemon</i>	£6.50
Grilled Chicken Breast Fillets <i>Served with a Selection of Vegetables</i>	£6.50
Hot Garlic Chicken Salad <i>Cooked with Extra Virgin Olive Oil, Garlic, Black Pepper &amp; Mixed Herbs</i>	£6.50