

Breakfast

		Cals	Price
3 Egg Omelette	Add 3 toppings from; Ham, Cheese, Mushroom, Pepper, Onion, Tomato	407	8.65
Avocado on Toast (v)	Served on sourdough toast with 2 poached eggs	496	7.95
Eggs Benedict	English Muffin, butter, ham, 2 poached eggs and hollandaise sauce	373	8.25
Eggs Florentine	English Muffin, butter, steamed spinach, 2 poached eggs and hollandaise sauce	525	7.95
Eggs Royale	English Muffin, butter, smoked salmon, 2 poached eggs and hollandaise sauce	510	12.25
Granola & Yoghurt (v)	Add peanut butter, honey or fresh fruit for £1	174	3.95
Pastries	Choose from a selection of freshly baked pastries	207	2.65
Porridge	Add peanut butter, honey or fresh fruit for £1	306	4.25
Toast & Butter	Served with Honey or Peanut Butter		2.50

Sandwiches

Served on White Farmhouse or Brown Malted Bread with tortilla chips

Tuna Mayo	410	4.25
Chicken & Avocado	446	5.40
Bacon & Cheese	302	5.00
Bacon, Lettuce & Tomato	401	5.00
Croissant with Ham & Cheese	570	4.25

Paninis

Served with tortilla chips or skin on fries for an extra £1

Ham & Cheese	594	7.50
Mozzarella & Tomato (v)	530	7.50
Tuna & Cheese	570	7.50
Falafel (vg)	536	7.50

Salad Bowls

Bowls with fresh lentils and vegetables & Soya Beans with a Ginger dressing and fresh mint

Naked (v)	201	6.95
Feta or Halloumi (v)	329	9.95
Prawn or Chicken	531	11.95

Side Dishes

The perfect accompaniment to a main dish or as a hearty snack

Skin on Fries (vg)	223	3.65
Sweet Potato Fries (vg)	148	4.50
Side Salad (vg)	124	2.25
Breaded Mozzarella Sticks (v)	395	5.15

Burgers

Served with Skin on Fries

Classic Burger	780	11.50
Mode Burger with Cheese & Bacon	946	12.95
Chicken Burger	627	11.50
Vegan Burger (vg)	847	11.50
Halal Burger	780	12.95
The Fish Finger Sub Roll	602	11.95
Chicken Nuggets	535	11.95

Main Dishes

Mac & Cheese	565	6.95
Penne Arrabiatta (vg)	409	6.95
Jacket Potatoes (Tuna or Cheese & Beans)	437	7.65
Chicken Caesar Salad	637	11.95
Soup of the Day* & fresh baked baguette	334	4.50
12" Sourdough Pizza – Margarita (v)	1291	9.95
12" Sourdough Pizza - Peperoni	1598	11.95
12" Sourdough Pizza - Ham and Mushroom	1367	11.95

Kids Menu

9" Classic Pizza – Margarita (v)	658	6.95
9" Classic Pizza – Peperoni	811	7.95
9" Classic Pizza – Ham & Mushroom	699	7.95
Mac & Cheese	424	5.25
Penne Arrabiatta (vg)	307	5.25
Chicken Nuggets & Fries	384	6.95
Fish Fingers & Fries	462	6.95
Yoyos	56	1.75

Sweet Treats

Belgium Waffles (v)	474	3.25
Cakes (Carrot, Sponge, Lemon Drizzle, Chocolate)	320	3.75
Brownie (vg)	306	2.95
Chocolate Bars	243	1.50
Crisps & Peanuts	160	1.95
Fresh Fruit	65	1.00
Grenade Bar	363	3.95

(vg) = Suitable for Vegans

(v) = Suitable for Vegetarians

Cals = Estimated calories per dish

*Please ask a member of our team for the soup of the day

Allergens: We handle numerous allergens in our kitchen and due to the potential of cross contact, we cannot guarantee that our food is free from allergens including tree nuts. We do not declare every ingredient used within a dish on this menu and recipes may be subject to change. If you have an allergy, please let us know before ordering so that we can provide you with an allergy guide in relation to the 14 legal defined allergens. Please note we use the same coffee machine for steaming dairy and non-dairy milk.

Coffee Independent Organic Coffee from Oddkin

Americano	2.90	Espresso	2.70
Latte	3.50	Macchiato	2.90
Cappuccino	3.50	Chai Latte	3.65
Flat White	3.50	Mocha	3.70
Double Macchiato	3.20	Double Espresso	3.00

Decaffeinated coffee is available

A selection of milk is available including Semi-skimmed, oat, almond, soya and coconut

Hot Drinks Tea from Twinings

English Breakfast	2.75
Earl Grey	2.75
Lemon & Ginger	2.75
Green Tea	2.75
Selection of Fruit Teas	2.75
Hot Chocolate (White chocolate is available)	3.50

Protein Shakes

Mighty Vegan protein powder, water or milk

Protein Shake	4.75
<i>Add extra fruits or peanut butter</i>	<i>1.50</i>
<i>Ass an extra protein scoop</i>	<i>2.65</i>

Fresh Smoothies

Fruits mix (frozen) and juice (apple, cranberry or orange)

Replenish	4.75
Vitality	4.75
Energy	4.75

Bottled Soft Drinks

Lucozade Energy (380ml)	2.80	Highland still water (500ml)	1.50
Lucozade Original (380ml)	2.80	Highland still water (330ml)	1.90
Lucozade Raspberry or Orange (500ml)	3.50	Highland Sparkling water (330ml)	1.90
Pepsi Max Bottle (500ml)	2.80	San Pellegrino	2.30
Pepsi Diet Bottle (500ml)	2.80	Purdeys (Energy or Refocus)	2.65
7UP Zero (500ml)	2.80	Ginger Ale	2.10
7UP Regular (500ml)	2.80	Britvic Tonic Water (200ml)	1.90
Tango Orange (500ml)	2.80	Britvic Low-CalTonic Water (200ml)	1.90

Draft Soft Drinks

	½ Pint	Pint
Pepsi Max	1.65	2.40
Diet Pepsi	1.65	2.40
R Whites Lemonade	1.65	2.40

Kids Drinks

Caprisun Orange or Blackcurrant (200ml)	1.50	Britvic Orange (200ml)	1.90
Cawston Apple & Mango Kids (200ml)	1.80	Forbisher Apple Juice (200ml)	2.30

Bottled Beers and Cider

Peroni	4.65	Coors	4.20
Bavaria 0%	4.50	Doom Bar	4.65
Atlantic Pale Ale	4.65	Rekorderlig	4.90

Wine

	125 ml Glass	175ml Glass	Bottle
Petirrojo Merlot (Red)	3.95	4.95	21.00
SP Sauvignon (White)	3.50	4.50	19.90
Prosecco	-	-	26.00

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