

## BREAKFAST

Bacon and/or sausage sandwich (GFa) - 6.50

Multigrain(S) / White / Sourdough / GF Bread (add a fried egg 1.50)

Seasons Breakfast (GFa) - 13.00

Free range eggs, bacon, cumberland sausage, portobello mushroom, grilled tomato & toast

Seasons Vegetarian Breakfast (GFa) (V) - 13.00

Free range eggs, Portobello mushroom, grilled tomato, baked beans, halloumi & toast

Toast with butter & preserve (GFa) (V) - 4.00

Multigrain(S) / White / Sourdough / GF Bread

## Extras

1/2 Avocado/Halloumi 2.90 Chorizo 2.50 Sausage/Bacon 2.50 Baked Beans 1.90 Mushroom 1.80 Grilled tomato 1.30

## BRUNCH

Bueno Burrito - 12.50

Scrambled egg, chorizo, guacamole, cheddar cheese, spinach, and sweet chilli sauce in a tortilla wrap

Huevos Rancheros (GFa) (V) - 12.00

Poached eggs, chunky cherry tomato salsa on toasted cornbread with guacamole and sweet chilli sauce (add bacon 2.50 - chorizo 2.50 - halloumi 2.90)

American Style Pancakes - 9.00

With bacon & maple syrup or banana & maple syrup

Avocado on Toast (GFa) (VE) - 12.00

Half an avocado on sourdough with garlic roasted veg, toasted seeds, chilli flakes & micro herbs (add two poached eggs - 3.00) (V)

Cinnamon Spiced Granola (VE) - 9.00

Maple & raisin granola with coconut yoghurt and cinnamon spiced apple

Please note that all toast/bread comes buttered. Our eggs are local, free range & farm-fresh & therefore are not lion stamped. We use distilled malt vinegar when poaching. Gluten-free bread and sourdough carry a surcharge of 50p

## LUNCH

Soup of the Day - 8.00

served with your choice of bread and butter

Seasons Homemade Quiche - 13.00 (see specials board for today's flavours)

Served with mixed leaves & a choice of today's deli salads

Sausage rolls - 4.50 (subject to availability)

Falafel Wrap (ve) (S) - 11.50

Sweet potato falafel, naked slaw, hummus, rocket & sweet chilli sauce

Sandwiches with mixed salad & crisps (GFa) - 10.00

Classic egg mayonnaise, spring onion & cress / Tuna mayonnaise & cucumber / Bacon, Lettuce & Tomato

Toasted Paninis with mixed salad & crisps - 10.00

Brie & caramelised onion (V) / Tuna melt / Ham & cheddar

Grilled Goats Cheese Salad (GFa) - 12.00

served on a bed of spinach & rocket with roasted beetroots, carrots, peppers and courgettes, topped with crispy onions, a honey mustard dressing & micro-herbs

Moroccan Cauliflower Salad (GFa) - 12.00

Ras-el-hanout roasted cauliflower with thyme, butternut squash, crispy chickpeas, spinach and hummous.

Dressed with house dressing and toasted sunflower & pumpkin seeds.

Please have a look at the boards to see today's specials

All salads come dressed with house vinaigrette (M) unless requested. If you have any allergies, please let us know and we will do our best to accommodate. Gluten-free bread and sourdough carry a surcharge of 50p.

ve-Vegan V-Vegetarian N-Nuts S-Sesame GFa-Gluten Free Available M-Mustard

## SWEET

Toasted Teacake with butter - 3.50 (add jam 40p)

Sultana Scone - 4.50

**Served with butter or clotted cream and jam**

Cream Tea for Two - 13.00

Two sultana scones with butter or clotted cream, jam and your choice of tea

*Plus, lots of cakes and slices, please feel free to have a look, or ask staff what we have today.*

## COLD DRINKS

Fresh Orange Juice / Pressed Cloudy Apple Juice - 3.70

Pure Fruit Smoothies (ve) - 5.00

Mango, pineapple & passionfruit / Kale, spinach & mango / Raspberry, blueberry & banana

Iced Coffee (small/large) - 3.00/5.00

**Hazelnut / Caramel / Vanilla**

(Oat, Soya or Coconut milk 50p)

Ice Cream Milkshakes (small/large) - 3.00/5.00

**Vanilla / Banana / Chocolate (Add squirty cream 50p)**

Plus a selection of cans & bottles from the fridge

## HOT DRINKS

Pot of English breakfast tea - 2.60

Fresh Mint Tea - 3.00

Two Spoons herbal teas - 3.00

Earl Grey / Lemongrass & Ginger / Green / Camomile / Hibiscus & Hedgerow / Rooibos

Espresso single/double - 2.50/2.70

Americano - 3.20

Cappuccino / Latte / Flat White - 3.50

Macchiato/Cortado double - 3.00

Mocha - 3.80

Hot Chocolate - 3.70

(cream/flake/marshmallows 50p)

Mumbai Chai Latte - 3.70

(VE - oat, coconut or soya milk)

Oat, Soya or Coconut milk / Syrups - 0.50

## GIN

Old Amersham Gin, served with Fevertree Tonic - 5.50/7.00

London Dry / Rhubarb & Elderflower / Grapefruit, Lemon & Thyme



## WINE

White - Bel Canto Pinot Grigio (Italy) 175ml/Bottle - 6.50/23.00

Red - Vina Carrasco Merlot (Chile) 175ml/Bottle - 6.50/23.00

Rosé - Balade Romantique Rosé (France) 175ml/Bottle - 6.50/23.00

Prosecco - Miniature / Bottle - 7.50/25.00

## BEER

Peroni Azzurro 330ml / Peroni Azzurro 0.0 330ml - 4.90

Rebellion Ales 500ml - 5.50 (please ask for today's selection)



Please feel free to bring in your furry friends – we love meeting them, but we do politely ask that they keep their **paws on the floor** and do not sit on the benches or seats.

