

Eggs Rancheros | £9.95

Crispy bacon and spiced home fried potatoes topped with 3 free range fried eggs, mature cheddar and salsa.

Shashukla | £8.50

Three free range eggs in a smoky tomato, spinach and paprika sauce topped with feta, coriander and chopped red pepper. Served with two buttered sour dough toast.
Add 2 Block and Bottle Merguez sausages +£2

The USA | £9.95

2 bacon, 2 Block and Bottle sausages, 2 hash browns, 3 American style pancakes, maple syrup.

Brooklyn Breakfast Burrito | £9.95

A soft flour tortilla filled with fried potatoes, bacon, mushrooms, free range scrambled eggs, cheddar and house tomato and BBQ sauce.

The Works Breakfast | £9.95

2 bacon, 2 Block and Bottle sausages, 2 hash browns, black pudding, free range fried egg, fried tomato, mushrooms, beans, 2 buttered toast.

The Full English | £8.50

2 bacon, 2 Block and Bottle sausages, 1 hash brown, free range fried egg, mushrooms, beans, 1 buttered toast.

Halloumi Veggie Breakfast | £9.95

2 slices of fried halloumi, 3 free range poached eggs, wilted spinach, mushrooms, tomatoes, 2 buttered sour dough toast.

The Vegan Breakfast | £10.50

2 vegan sausages, 2 vegan bacon, vegan black pudding, 2 hash browns, beans, mushrooms, fried tomato, 2 slices buttered toast.

The Eggs Benedict Collection

Made with local free-range eggs

With Bacon | With Ham | With Black Pudding

With Veggie Bacon | With Halloumi

1 topping – £7.95

Extra topping – +£2

Pancakes | £9.50

Homemade thick American style pancakes with a choice of:

Banana, Ice cream and Salted Caramel.

Berries, Yogurt and Honey.

Biscoff, chocolate sauce and ice cream.

The Gluten Free Breakfast | £9.95

2 bacon, 2 Block and Bottle sausages, 2 hash browns, fried tomato, mushrooms, free range fried egg, beans, buttered gluten free toast.

Granola Breakfast Bowl | £6.95

Greek yoghurt, red berries and our homemade cinnamon granola mix of chia, sunflower and pumpkin seeds, almonds, coconut, oats and honey.



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Wednesday: 09:00 – 16:00 | Thursday: 09:00 – 16:00

Friday: 09:00 – 16:00 | Saturday: 09:00 – 16:00 | Sunday: 09:00 – 16:00

Porridge | £4.95

With berries, Greek yoghurt and honey.
With banana, maple and granola.

Buttered Toasted Teacake | £3.50

Served with jam.

Breakfast Sandwiches

Bacon, veggie bacon, Block and Bottle sausage, vegan sausage, free range fried egg, black pudding, vegan black pudding, hash brown, fried tomato, mushrooms, beans.

1 filling – £3.50

2 fillings – £4.95

3 fillings – £5.50

4 fillings – £5.95

Create Your Own Breakfast

1 Bacon – £1.35

1 Block and Bottle Sausage – £1.35

1 Free Range Fried Egg/Poached – £1.35

1 Hash Brown – £1.25

Free Range Scrambled Egg – £2.95

1 Black Pudding – 95p

Mushrooms – 95p

Fried Tomatoes – 95p

Beans – 95p

1 Vegan Bacon – £1.50

Vegan Sausage – £1.50

1 Vegan Black Pudding – £1.50

Fried Halloumi – £2.95

1 Pancake – £2.25

Maple Syrup – £1.05

Honey – £1.05

2 buttered white or brown toast – £1.95

2 buttered sourdough toast – £2.95

Deli Sandwiches | £7.95

Chicken Parma – lightly fried breaded chicken breast, topped with a tomato sauce and melted mozzarella, spinach and tomato and served in toasted sour dough.

'The Gavlar' Fishfinger Sandwich – 5 fishfingers served in toasted sour dough with spinach and tartar sauce.

Chicken Club Sandwich – a triple decker of chicken, bacon, tomato, spinach and mayo in lightly toasted bread.

Veggie Club Sandwich – as above but with vegan bacon and halloumi.

Burritos and Naked Burritos | £8.95

Either in a warm flour tortilla or as a rice bowl. Home spiced Mexican rice laced with corn, peppers, and beans, with salsa, sour cream and fresh coriander and a tomato BBQ sauce and a choice of either:

Beef chilli – with mature cheddar.

Cajun chicken – with mature cheddar.

Halloumi – with smoked paprika and mature cheddar.

Vegan mixed bean and lentil chilli – with cheddar (vegan cheese available).



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Loaded Fries | £8.95

Crispy seasoned French fries topped with spring onion, fresh coriander, peppers and jalapenos.

The Bacon Loaded – Bacon, mature cheddar, mozzarella, sour cream, salsa, chipotle sauce and BBQ sauce.

The Chilli Loaded – Beef chilli, mature cheddar, mozzarella, salsa, chipotle sauce and sour cream.

The Chicken Loaded – Smoked paprika chicken, mature cheddar, mozzarella, salsa, sour cream and chipotle sauce.

The Veggie Loaded – Vegan mixed bean and lentil chilli, mature cheddar, mozzarella, salsa, chipotle sauce and sour cream.

The Vegan Loaded – Vegan mixed bean and lentil chilli, vegan cheese, vegan sour cream, salsa and vegan chipotle sauce.

Rice Bowls | £8.95

Butter Chicken Curry – served with seasoned rice and toasted tortillas.

Lentil and Spinach Chana Masala Curry – served with seasoned rice and toasted tortillas.

Beef Chill, topped with mature cheddar – seasoned rice and toasted tortillas.

Lentil and bean chilli – topped with mature cheddar (vegan cheddar available) and toasted tortillas.

Salads | £7.95

All served on a base of spinach, grated carrot, tomatoes, red cabbage and spring onion.

Classic Caesar Salad – Crispy bacon, chicken breast, ciabatta croutons, shaved parmesan and topped with Caesar sauce.

Chicken Couscous Salad – Chicken breast, couscous, olives and sun-dried tomatoes in a pomegranate dressing and topped with mint yoghurt and hummus.

Vegan Bean and Couscous Salad – Salad beans, couscous, olives, vegan mint yogurt and sun-dried tomatoes in a pomegranate dressing and topped with hummus.

Sandwiches | £4.50

Served on either a brown or white roll

Tuna mayo

Roast ham

Bacon, lettuce and tomato with mayo

Coronation chicken

Sweet chilli chicken

Houmous, Sun Dried Tomatoes, Olives and Spinach.



Toasted Ciabattas | £6.50

Bacon, brie and cranberry
Vegan cheese, sun dried tomato and pesto
Chicken, mozzarella and pesto
Chicken, bacon, cheddar and BBQ
Tuna Melt
Ham and cheddar
Mozzarella, pesto and sun-dried tomato
Sweet chilli chicken, mozzarella and spring onion

Wraps | £6.50

Filled with spinach, grated carrot, red cabbage and sliced tomatoes

Caesar Wrap – Bacon, chicken, parmesan, croutons, Caesar sauce.

Italian Wrap – Chicken, mozzarella, pesto and sundried tomato.

Sweet Chilli Chicken Wrap – Chicken, mozzarella, spring onions and sweet chilli sauce.

Lebanese Wrap – Chicken, couscous, hummus, mint yoghurt, olives, pomegranate dressing

Vegan Wrap – Salad beans, hummus, couscous, olives, vegan mint yogurt and pomegranate dressing

Sides

French fries | £3.50
French fries with Cajun seasoning | £3.95
Spinach based side salad
with dressing | £3.50



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