

# **BREAKFAST**

## BREAKFAST SPECIALS

Served 8:30/9am - 11:30am

#### Eggs Royale 460kcal £9.95

Smoked salmon, toasted English muffin, poached eggs and hollandaise.

#### Speciality Truffle eggs 1053KCAL £9.45

Scrambled eggs with truffle oil and Feta, served with avocado on sourdough toast.

#### Eggs Cypriot 570KCAL £8.95

Grilled halloumi, smashed avocado, toasted English muffin, poached eggs and hollandaise.

#### Eggs Benedict 469KCAL £8.95

Roast Wiltshire ham, toasted English muffin, poached eggs and hollandaise.

#### Eggs Florentine (V) 286KCAL £8.45

Spinach, toasted English muffin, poached eggs and hollandaise.

#### Breakfast sundae 749KCAL £7.95

Homemade granola, seasonal berry compote, honey and fresh berries.



Served 8:30/9am - 11:30am

## Full English breakfast 1114KCAL

£10.95

Two eggs of your choice, two rashers of bacon, two breakfast sausages, two hash browns, black pudding, roasted tomatoes, flat mushroom, baked beans and toast,

#### Light breakfast 657KCAL

£8.95

One egg of your choice, one rasher of bacon, breakfast sausage, hash brown, roasted tomato, flat mushroom, baked beans and toast.

#### Vegetarian breakfast (V) 580KCAL

£8.95

One egg of your choice, grilled halloumi, crushed avocado, hash brown, roasted tomato, flat mushroom, baked beans and toast.

#### Child's breakfast 518KCAL

£6.95

Fried egg, breakfast sausage, baked beans, hash brown and toast.

#### Eggs on toast 126KCAL

£6.45

Two eggs of your choice served on white, brown or sourdough toast.

#### Breakfast cob

Served on a buttered cob with your choice of sausage, bacon, fried egg or grilled halloumi.

£6.45

Bacon cob 375KCAL £6.45

#### Sausage cob 554KCAL

## Fried egg cob 348KCAL

£6.45

£6.45

£6.45

£3.45

£2.95

£0.85

£1.95

#### Halloumi cob 591KCAL

Made using organic green tea and a milk of your choice.

#### Toast and preserve 273KCAL

Pot of tea for one

Coca-Cola

Diet Coke

Coke Zero

Posh Pop

Matcha latte

White or brown toast with your choice of preserve (gluten-free bread available).

## Toasted teacake 276KCAL

Kenyan and Assam tea.

request at 30p extra.

Flat white (double shot)

Hot chocolate with cream

Americano

Cappuccino

Espresso

Latte

Mocha

Flavoured syrup

Hot chocolate

Chai latte

## Bonne Maman Honey 97KCAL

Pot of Speciality loose leaf tea for one

Sides

Earl grey, Orange pekoe, Darjeeling, Raspberry and rosehip, Ginger and apple, Strawberry and kiwi, Pure peppermint, Japanese sencha green tea and Pure chamomile.

COLD BEVERAGES

Fanta Orange

Still/Sparkling water £2.00

Sprite Zero

Our Blue Diamond blend is made from the finest Ceylon,

Luxury hot chocolate with cream and marshmallows

Made using organic black tea and a milk of your choice.

DRINKS

HOT BEVERAGES

All our coffees use our very own Blue Diamond blend made from

Skimmed, soya and premium dairy-free milks available upon

Reg £2.95

Reg £3.25

Sgle £2.30

Reg £3.25

Lrg £3.25

Lrg £3.45

Dble £2.65

£3.20

£3.55

£0.80

£3.45

£3.90

£4.40

£4.25

£4.25

£2,40

£2.85

£3.00

£3.00

£3.20

Lrg £3.45

100% arabica beans grown in South and Central America.

Mushrooms 71KCAL

Bacon 148KCAL

Avocado 187kcal

Poached eggs 66KCAL

Baked beans 103KCAL

Sausage 176KCAL

Black pudding 149KCAL

Fried eggs 111KCAL

Halloumi 257KCAL

Hash brown 259KCAL

Spinach 84KCAL

Hollandaise 80kcal

Smoked salmon 76KCAL

Scrambled eggs 271KCAL

Sliced ham 240KCAL

Tomato 75kcal

£2.95

Choose from; Ginger beer with chilli, Cream soda, Plum and cherry, Dandelion and burdock. Sugar-free options;

£3.00

£3.00

£3.00

Strawberry and rhubarb, Cloudy lemonade or Elderflower.

Folkingtons Still fruit juice

£3.25

Choose from; Cloudy apple, Cloudy pear or Orange.

PLEASE ASK A MEMBER OF OUR TEAM FOR OUR SEASONAL DRINKS\* AND ALCOHOL LISTING

## HOT BEVERAGES

All our coffees use our very own Blue Diamond blend made from 100% arabica beans grown in South and Central America.

Skimmed, soya and premium dairy-free milks available upon request at 30p extra.

Americano	Reg £2.95	Lrg £3.25
Cappuccino	Reg £3.25	Lrg £3.45
Espresso	Sgle £2.30	Dble <b>£2.65</b>
Flat white (double shot)		£3.20
Latte	Reg £3.25	Lrg £3.45
Mocha		£3.55
Flavoured syrup		£0.80
Hot chocolate		£3.45
Hot chocolate with cream		£3.90
Luxury hot chocolate with	cream and marshm	nallows £4.40
Chai latte		£4.25
Made using organic black tea	and a milk of your cl	noice.
Matcha latte		£4.25
Made using organic green tea	and a milk of your c	hoice.
Pot of tea for one		£2.40
Our Blue Diamond blend is m Kenyan and Assam tea.	nade from the finest	Ceylon,
Pot of Speciality loose leaf	tea for one	£2.85

Earl grey, Orange pekoe, Darjeeling, Raspberry and rosehip, Ginger and apple, Strawberry and kiwi, Pure peppermint, Japanese sencha green tea and Pure chamomile.

## COLD BEVERAGES

Coca-Cola	£3.00	Fanta Orange	£3.00
Diet Coke	£3.00	Sprite Zero	£3.00
Coke Zero	£3.00	Still/Sparkling water	£2.00
Posh Pop			£3.20

Choose from; Ginger beer with chilli, Cream soda, Plum and cherry, Dandelion and burdock. Sugar-free options; Strawberry and rhubarb, Cloudy lemonade or Elderflower.

Folkingtons Still fruit juice £3.25 Choose from; Cloudy apple, Cloudy pear or Orange.

PLEASE ASK FOR OUR SEASONAL HOT AND COLD DRINKS, INCLUDING SMOOTHIES AND MILKSHAKES\*

Speak to a member of our team for kcal and allergy information.

\*Available at selected centres.





Signature	bu	rger	1546kcal	
	_			

Homemade 8oz beef burger served with maple glazed bacon, melted Monterey Jack cheese, gourmet chips, homemade onion rings and our own cherry tomato relish served in a toasted brioche bun with gherkins, beef tomato,

#### Chicken katsu burger 1035KCAL

Crispy chicken fillet, red pickled cabbage, gem lettuce, Japanese-style mayonnaise and gourmet chips, served in a toasted brioche bun.

#### Classic fish and chips (GF) 1070KCAL

Hand battered sustainably sourced cod fillet served with gourmet chips, buttered garden peas, homemade tartare sauce and a lemon wedge.

#### Chicken kiev (GF) 1101KCAL

red onions and gem lettuce.

£13.95

Served with Creamy Mash and seasonal vegetables.

#### Maple glazed ham (GF) 727KCAL

£12.95

£14.95

£14.95

£14.95

Two fried eggs, gourmet chips, golden beetroot piccalilli, homemade red cabbage and caraway salad.

#### Triple egg omelette with three fillings (GF) 826KCAL £10.95

Choose from: ham, bacon, goats' cheese, mature cheddar, sun dried tomato, mushroom, spinach, spring onions, served with gourmet chips and dressed watercress

## RECOMMENDATIONS -

Served Ilam - 4pm

#### Blue Diamond club sandwich 1043KCAL

£12.95

Roast chicken, grilled back bacon, baby gem, tomato, fried egg and lemon & tarragon mayonnaise served with gourmet chips and choice of deli salad.

#### Chicken Caesar salad 513KCAL

£12.45

Roast chicken breast, crispy bacon, cos lettuce, anchovies, sourdough croutons, Parmesan and Caesar dressing.

#### Warm panzanella and halloumi salad (V) 568KCAL

£12.45

Grilled halloumi, oven roasted pieces of sourdough, pepperonatta, avocado and a poached egg. dressed with basil oil.



Served Ilam - 4pm

Served with a warm white, brown or GF bread roll. Swap your roll for a cheese scone £1.50

Please ask a member of the team for today's choice.

## CHOOSE YOUR SALAD

Served Ilam - 4pm

Did you know that all of our Deli counters are nutrient-rich and include ingredients you must have in your daily diet?

One salad: £3.25 Two salads: £5.95 Three salads: £7.95

Garden leaf salad, tomato, cucumber and spring onion (V/VG/GF) 46KCAL

Pasta with sundried tomato, broccoli, pesto and red onion 406KCAL

Cucumber, red pepper, sugar snaps, carrots, red onion, chilli peanuts with soy, sesame and ginger dressing (V) 109KCAL



Why not add any of the above salads to accompany your dish?

Herb and lemon poached salmon (GF) 271KCAL	£8.95
Parmesan and herb crusted chicken breast (GF) 387KCAL	£7.45
Homemade quiche of the day Please ask a member of the team for today's choice.	£6.95
Glazed ham 283KCAL	£6.95
Greek style stuffed aubergine (V/GF) 206KCAL Red onion, peppers, courgettes, black olives, fresh parsley, oregano and Feta cheese. (Vegan cheese available)	£6.45



Served Ilam - 4pm

Southern fried chicken goujons with a barbecue dip 629KCAL	£6.95
Garlic and Parmesan chips with aioli (V) 623KCAL	£4.75
Truffle & Parmesan chips with truffle mayonnaise (V) 635KCAL	£4.75
Cheesy gourmet chips (V/GF) 559KCAL	£4.25
Garlic ciabatta with dressed watercress (V) 335KCAL	£3.95
Gourmet chips (V/VG/GF) 314KCAL	£3.75
Seasonal salad (V/VG/GF) 273KCAL	£3.25
'Darling Spuds' hand-cooked potato crisps 197KCAL £1 Popular flavours; Mediterranean Sea Salt, Somerset Cheddar	

and Onion, Sea Salt and Modena Balsamic Vinegar.



Served Ilam - 4pm Served with salad garnish

Beef chilli con carne with crushed avocado and sour cream 804KCAL	£9.95
Prawn and crayfish with homemade mild chilli aioli (GF) 707KCAL	£9.95
Tuna and lemon crème fraîche (GF) 656KCAL	£8.95
Classic Coronation chicken (GF) 735KCAL	£8.95
Melted brie and crispy bacon (GF) 892KCAL	£8.95
Baked beans and mature Cheddar cheese (V/GF) 776KCAL (Vegan cheese available)	£7.95
Add cheese 248KCAL	£1.95



Served Ilam - 4pm
Served with salad garnish and crisps.
Swap your salad and crisps for chips: £2.50

Grilled back bacon, brie and cranberry sauce 1098KCAL £8.95

Tuna, black pepper mayonnaise £8.95
and Cheddar melt 848KCAL

Glazed ham, mature Cheddar and tomato 798KCAL £8.95

Smoked applewood, tomato and basil (V/VG) 702KCAL £8.95

Roasted red pepper and halloumi (V) 872KCAL £8.95

## BETWEEN THE BREADS ---

Served Ilam - 4pm

Choice of baguette, multi-seed roll or bloomer bread. Served with salad garnish and crisps (GF bread available) Swap your salad and crisps for chips: £2.50

Cold poached salmon with lemon and dill 1055KCAL	£10.95
Prawn and crayfish with mild chilli aioli 1015KCAL	£9.95
Tuna crème fraîche and cucumber 865KCAL	£9.45
Classic coronation chicken and fresh arugula 947KCAL	£9.45
Egg mayonnaise and chive (V) 912KCAL	£8.45

## HOT BEVERAGES

All our coffees use our very own Blue Diamond blend made from 100% arabica beans grown in South and Central America.

Skimmed, soya and premium dairy-free milks available upon request at 30p extra.

Americano	Reg £2.95	Lrg £3.25
Cappuccino	Reg £3.25	Lrg £3.45
Espresso	Sgle <b>£2.3</b> 0	Dble £2.65
Flat white (double shot)		£3.20
Latte	Reg £3.25	Lrg £3.45
Mocha		£3.55
Flavoured syrup		£0.80
Hot chocolate		£3.45
Hot chocolate with cream		£3.90
Luxury hot chocolate with c	ream and marshm	allows £4.40
Chai latte		£4.25
Made using organic black tea a	and a milk of your ch	noice.
Matcha latte		£4.25
Made using organic green tea	and a milk of your cl	hoice.
Pot of tea for one		£2.40
Our Blue Diamond blend is m Kenyan and Assam tea.	ade from the finest	Ceylon,
Pot of Speciality loose leaf t	ea for one	£2.85
Farl gray Orange nakoe Darie	eling Raspherry and	Lrosobin

Earl grey, Orange pekoe, Darjeeling, Raspberry and rosehip, Ginger and apple, Strawberry and kiwi, Pure peppermint, Japanese sencha green tea and Pure chamomile.

## COLD BEVERAGES

£3.00	Fanta Orange £3.00
£3.00	Sprite Zero £3.00
£3.00	Still/Sparkling water £2.00
	£3.20
	£3.00

Choose from; Ginger beer with chilli, Cream soda, Plum and cherry, Dandelion and burdock. Sugar-free options; Strawberry and rhubarb, Cloudy lemonade or Elderflower.

Folkingtons Still fruit juice £3.25 Choose from; Cloudy apple, Cloudy pear or Orange.

#### PLEASE ASK A MEMBER OF OUR TEAM FOR OUR SEASONAL DRINKS\* AND ALCOHOL LISTING

KCALs and allergy information available upon request. \*Available at selected centres.



# **SUNDAY LUNCH**





Served 12pm - 3:30pm

All roast dinners served with mixed vegetables, thyme roast potatoes. Yorkshire pudding and red wine gravv

potatoes, Yorkshire pudding and red wine gravy		
Three meats 1298KCAL	£18.95	
Roast topside of beef 971KCAL	£15.95	
Garlic and thyme roast chicken supreme 886KCAL	£15.95	
Roast loin of pork 1022KCAL	£14.95	
Grilled aubergine steaks (V) 469KCAL	£12.95	
Sides		
Roasted seasonal vegetables (V) 261KCAL	£3.50	
Thyme roast potatoes 184KCAL	£3.50	
Yorkshire pudding and red wine gravy 173KCAL	£3.50	
SIDES VICE		
Served Ilam - 4pm		
Southern fried chicken goujons with a barbecue dip 629KCAL	£6.95	
Truffle & Parmesan chips with truffle mayonnaise (V) 635KCAL	£4.75	
Garlic and Parmesan chips with aioli (V) 623KCAL	£4.75	
Cheesy gourmet chips (V/GF) 559KCAL	£4.25	
Garlic ciabatta with dressed watercress (V) 335KCAL	£3.95	
Gourmet chips (V/VG/GF) 314KCAL	£3.75	
Seasonal salad (V/VG/GF) 273KCAL	£3.25	
'Darling Spuds' hand-cooked potato crisps 197KCAL £1.5 Popular flavours; Mediterranean Sea Salt, Somerset Cheddar		

and Onion, Sea Salt and Modena Balsamic Vinegar.



Served Ilam - 4pm

Choice of baguette, multi-seed roll or bloomer bread. Served with salad garnish and crisps (GF bread available) Swap your salad and crisps for chips: £2.50

Cold poached salmon with lemon and dill 1055KCAL	£10.95
Prawn and crayfish with mild chilli aioli 1015KCAL	£9.95
Classic coronation chicken and fresh arugula 947KCAL	£9.45
Tuna crème fraîche and cucumber 865KCAL	£9.45
Egg mayonnaise and chive (V) 912KCAL	£8.45



Served Ilam - 4pm

Served with salad garnish and crisps. Swap your salad and crisps for chips: £2.50

Grilled back bacon, brie and cranberry sauce 1098KCAL	£8.95
Tuna, black pepper mayonnaise and Cheddar melt 848 <sub>KCAL</sub>	£8.95
Glazed ham, mature Cheddar and tomato 798KCAL	£8.95
Smoked applewood, to mato and basil (V/VG) $702 \mbox{\scriptsize KCAL}$	£8.95
Roasted red pepper and halloumi (V) 872KCAL	£8.95

## RECOMMENDATIONS ~~

Served Ilam - 4pm

Blue Diamond club sandwich 1043KCAL £12.95
Roast chicken, grilled back bacon, baby gem, tomato, fried egg and lemon & tarragon mayonnaise served with gourmet chips and choice of deli salad.

Chicken Caesar salad 513KCAL £12.45
Roast chicken breast, crispy bacon, cos lettuce, anchovies, sourdough croutons, Parmesan and Caesar dressing.

Warm panzanella and halloumi salad (V) 568KCAL £12.45 Grilled halloumi, oven roasted pieces of sourdough, pepperonatta, avocado and a poached egg, dressed with basil oil.



Served 12pm - 3pm

Classic fish and chips (GF) 1070KCAL £14.95 Hand battered sustainably sourced cod fillet served with gourmet chips, buttered garden peas, homemade tartare sauce and a lemon wedge.

Maple glazed ham (GF) 727KCAL £12.95

Two fried eggs, gourmet chips, golden beetroot piccalilli, homemade red cabbage and caraway salad.



Served Ilam - 4pm

Served with a warm white, brown or GF bread roll. Swap your roll for a cheese scone £1.50

Soup of the day £6.95

Please ask a member of the team for today's choice.

## BAKED POTATOES

Served Ilam - 4pm Served with salad garnish

Beef chilli con carne with crushed avocado and sour cream 804KCAL	£9.95
Prawn and crayfish with homemade mild chilli aioli (GF) 707KCAL	£9.95
Tuna and lemon crème fraîche (GF) 656KCAL	£8.95
Classic Coronation chicken (GF) 735KCAL	£8.95
Melted brie and crispy bacon (GF) 892KCAL	£8.95
Baked beans and mature Cheddar cheese (V/GF) 776KCAL (Vegan cheese available)	£7.95
Add cheese 248KCAL	£1.95

## CHOOSE YOUR SALAD

Served Ilam - 4pm

Did you know that all of our Deli counters are nutrient-rich and include ingredients you must have in your daily diet?

One salad: £3.25 Two salads: £5.95 Three salads: £7.95

Garden leaf salad, tomato, cucumber and spring onion (V/VG/GF) 46KCAL

Pasta with sundried tomato, broccoli, pesto and red onion 406KCAL

Cucumber, red pepper, sugar snaps, carrots, red onion, chilli peanuts with soy, sesame and ginger dressing (V) 109KCAL



Why not add any of the above salads to accompany your dish?

Herb and lemon poached salmon (GF) 271KCAL	£8.95
Parmesan and herb crusted chicken breast (GF) 387KCAL	<b>£7.4</b> 5
Glazed ham 283KCAL	£6.95
Homemade quiche of the day Please ask a member of the team for today's choice.	£6.95
Greek style stuffed aubergine (V/GF) 206KCAL Red onion, peppers, courgettes, black olives, fresh parsley, oregano and Feta cheese. (Vegan cheese available)	£6.45

# **CHILDREN'S MENU**

CHILDREN'S LUNCH		CHILDREN'S LUNCH	
Served llam - 4pm		Served Ilam - 4pm	
Signature burger 355KCAL	<b>£7.4</b> 5	Half baked potato with baked beans (GF) 412KCAL	£5.95
Homemade 4oz beef burger served in a seeded brioche bun with tomato, little gem lettuce & served with chips		Half baked potato with cheese (GF) 553KCAL	£5.95
and mayochup sauce.  Pasta pomodoro (V/VG) 367KCAL	£7.45	Half baked potato with baked beans and cheese (GF) 464KCAL	£5.95
Penne pasta in rich & rustic tomato sauce topped with Parmigiano Reggiano served with garlic bread.		Half baked potato with tuna crème fraîche (GF) 483KCAL	£5.95
(Vegan cheese available)  Margherita pizza (V) 695KCAL	£7.45	Served Ilam - 4pm	
Margherita pizza topped with tomato sauce and grated mozzarella.		Southern fried chicken goujons with a barbecue dip 629KCAL	£6.95
Sausages and chips 393KCAL Served with baked beans or buttered peas.	£7.45	Truffle & Parmesan chips with truffle mayonnaise (V) 635KCAL	£4.75
Chicken goujons 334KCAL Served with chips and baked beans	£7.45	Garlic and Parmesan chips with aioli (V) 623KCAL	£4.75
	05.45	Cheesy gourmet chips (V/GF) 559KCAL	£4.25
Children's picnic bag Choice of sandwich: cheese, ham, tuna or jam on	£5.45	Garlic ciabatta with dressed watercress (V) 335KCAL	£3.95
white or brown bread. <b>Also includes</b> : drink carton, side,		Gourmet chips (V/VG/GF) 314KCAL	£3.75
piece of fresh fruit and a sweet treat.		Seasonal salad (V/VG/GF) 273KCAL	£3.25
		'Darling Spuds' hand-cooked potato crisps 197KCAL	£1.50
		Popular flavours; Mediterranean Sea Salt, Somerset Chedd and Onion, Sea Salt and Modena Balsamic Vinegar.	lar

#### FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the I4 allergens.

(V) Vegetarian  $\bullet$  (VG) Vegan  $\bullet$  (GF) Gluten free  $\bullet$  (DF) Dairy free  $\bullet$  (N) Contains nuts

Adults need around 2000kcal a day as a requirement.



# CHILDREN'S PICNIC BAG

£5.45

- Choose your sandwich
  Cheese (299kcal), ham (198kcal), tuna (208kcal) or jam
  (203kcal) on white or brown bread.
- Choose your side
  Pombears or Mini Cheddars.
- Choose your drink
  Apple juice, orange juice, chocolate milk, strawberry milk.
- Choose your fresh fruit
  Orange (13kcal) or apple (55kcal)
- Choose your sweet treat
  Mini gingerbread, Milky Way, or juicy raisins and sultanas,
- Please pay at the till

KCALs will depend upon the selection made. Please speak to a member of the team for further info.

#### **FOOD ALLERGIES AND INTOLERANCES**

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London Pride Ale 500ml bottle	£5.00
Gluten-free Peroni 330ml bottle	£4.25
Rocquette Cider 500ml bottle	£5.00
Becks Blue (Alcohol free) 275ml bottle	£4.00
White wine: Sauvignon Blanc or Pinot Grigio Red wine: Merlot or Cabernet Sauvignon Rosé	
125ml glass	£5.45
175ml glass	£6.25
250ml glass	68.00
75cl bottle	£20.00
Italia Prosecco 200ml piccolo bottle	£6.80

#### HAVE YOU TRIED OUR SEASONAL HOT AND COLD DRINKS, INCLUDING SMOOTHIES AND MILKSHAKES?\*

SPEAK TO A MEMBER OF OUR TEAM FOR KCAL AND ALLERGY INFORMATION.
\*AVAILABLE AT SELECTED CENTRES.





London Pride Ale 500ml bottle	£5.00
Gluten-free Peroni 330ml bottle	£4.25
Rocquette Cider 500ml bottle	£5.00
Becks Blue (Alcohol free) 275ml bottle	£4.00
White wine: Sauvignon Blanc or Pinot Grigio Red wine: Merlot or Cabernet Sauvignon Rosé	
125ml glass	£5.45
175ml glass	£6.25
250ml glass	28.00
75cl bottle	£20.00
Italia Prosecco 200ml piccolo bottle	£6.80

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