

## **Breakfast**

Served 09:00 - 11:30

Full English Breakfast (1467 kcal) Two eggs of your choice, two rashers of bacon, two breakfast sausages, two hash browns, black pudding, roasted tomatoes, flat mushroom, baked beans & toast	£11.95
Light breakfast (831 kcal)  One egg of your choice, one rasher of bacon, one breakfast sausage, hash brown, roasted tomato, flat mushroom, baked beans & toast	£9.95
Vegetarian breakfast (723 kcal)  One egg of your choice, grilled halloumi, crushed avocado, hash brown, roasted tomato, flat mushroom, baked beans and toast	£9.95
Breakfast Cob Your choice of any two from Sausage, bacon, fried egg or grilled halloumi served on a buttered cob.	£6.45
Eggs on Toast Your choice of eggs served on white, brown or sourdough toast.	£6.45
Child's Breakfast (583 kcal) Fried egg, breakfast sausage, baked beans, hash brown and toast	£6.95
<b>Toast and Preserve</b> (462 kcal) White, Brown or Sourdough Toast with your choice of preserve (Gluten free bread available)	£3.95
<b>Toasted teacake</b> (276 kcal) served with butter	£2.95

#### add smoked salmon (94 kcal) £2.95

#### breakfast sides each £1.95

Avocado 168kcal, Baked Beans 137kcal, Halloumi 257kcal, Hash Brown 320kcal, Hollandaise 224kcal, Mushrooms 63kcal, Spinach 129kcal, Tomato 114kcal

#### breakfast sides each £2.45

Bacon 167kcal, Sausage 221kcal, Black Pudding 252kcal, Fried Eggs 311kcal, Poached Eggs 131kcal, Scrambled Eggs 384kcal, Sliced Ham 114kcal

# **Breakfast Specials**

Served 09:00 - 11:30

Eggs Benedict (641 kcal) Wiltshire ham, toasted English muffin, poached eggs and hollandaise sauce	£9.95
<b>Eggs Cypriot</b> (1042 kcal) Grilled Halloumi, smashed avocado, toasted English muffin, poached eggs and hollandaise sauce	£8.95
<b>Eggs Florentine</b> (637 kcal) Wilted spinach, toasted English muffin, poached eggs and hollandaise sauce	£8.95
<b>Eggs Royale</b> (682 kcal) Smoked salmon, toasted English muffin, poached eggs and hollandaise sauce	£10.95
<b>Croque Madame</b> (726 kcal) layers of thinly sliced ham, bechamel sauce, melted cheese on toasted bread & topped with a fried egg	£10.95
American style pancakes (746 kcal) with maple syrup and bacon	£8.95
Children Pancakes with berries and (569 kcal) yogurt	£7.95
Breakfast sundae (N) (523 kcal) Homemade granola, yoghurt, seasonal berry compote, honey and fresh berries	£7.95



## **Homemade Mains**

Served 12:00 - 15:00

Pie of the day Please ask for today's choice and Kcals.	£14.95
Classic Fish and Chips (1373 kcal) Sustainably sourced fresh hand-battered fish served with gourmet chips, peas of your choice, tartare sauce, and a lemon wedge (GF).	£15.95
<b>Blue Diamond Fish Sandwich</b> (825 kcal) served with baby gem, tartar sauce, and gherkins	£12.95
<b>Pan fried sea bass</b> (635 kcal) with baby poatoes, samphire and seaweed butter	£15.95
Mackerel with quinoa salad and pea (839 kcal) shoot oil	£15.95
<b>Blue Diamond Club sandwich</b> (1356 kcal) roast chicken, grilled back bacon, baby gem, tomato, fried egg, lemon & garlic mayonnaise.	£12.95
<b>Maple glazed ham</b> (1058 kcal) two free-range fried eggs, gourmet chips, piccalilli and homemade pickled cabbage.	£13.95
Signature sausage & mash (867 kcal) three cumberland sausages served with mustard mashed potato, red wine gravy & crispy shallots	£13.95
<b>Traditional Beef lasagne</b> (1282 kcal) served with gourmet salad and garlic bread	£14.95
Croque Madame (1278 kcal) layers of thinly sliced ham, bechamel sauce, melted cheese on toasted bread & fried egg.	£12.95
<b>Triple egg omelette</b> (926 kcal)  Choice of 3 fillings: ham, bacon, goat cheese, cheddar, sun-dried tomato, mushroom, spinach or spring onions.  Served with gourmet chips and pickled cabbage (gf)	£13.95

all sandwiches above are served with chips and coleslaw.

## **Toasted Ciabatta**

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

Grilled back bacon, Brie and cranberry sauce	(1050 kcal)	£9.45
Glazed ham, mature cheddar and tomato	(747 kcal)	£9.45
Ranch chicken with bacon and cheddar	(812 kcal)	£9.45
Tuna, black pepper mayonnaise and cheddar melt	(911 kcal)	£9.45
Smoked applewood, tomato and basil (v/vg)	(612 kcal)	£9.45

#### **Baked Potatoes**

Served with a salad garnish

Beef chilli con carne with crushed	(1023 kcal)	£10.45
avocado & sour cream		
Melted Brie and crispy bacon (982 kg	cal)	£9.45
Prawn Marie Rose (671 kcal)		£9.95
Tuna Mayonnaise (812 kcal)		£9.95
Classic coronation chicken (900 kcal	)	£9.45
Baked beans & mature cheddar cheese	(1038 kcal)	£8.45
(vegan cheese available vg)		
Chilli Non Carne Baked Potato (vg)	(1208 kcal)	£9.95

add cheese (gf) (311 kcal) £2.25

# Soup

Served with white or brown bread (GF bread available).

Soup of the Day		£7.45

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



## **Between the Breads**

Served on a seeded flaguette with salad garnish and crisps (GF bread available)

Swap your crisps for chips: £2.50

Prawn Marie Rose (527 kcal)		£9.95
Tuna Mayonnaise and cucumber (746	ĉ kcal)	£9.45
Egg mayonnaise and chive (v) (654 kg	cal)	£8.95
Classic coronation chicken and rocket	(791 kcal)	£9.45

# **Plated Salads**

Chicken Caesar salad (707 kcal) Roast chicken breast, crispy bacon, gem lettuce anchovies, sourdough croutons, Parmesan & Odressing	*
Seasonal Glazed goats cheese and roasted beetroot salad with baby gem, kale, pine kernels, grapes and coulis	983 kcal) £12.45
<b>Traditional Ploughmans Platter</b> (930 kca honey glazed ham, cheddar cheese, pickled or gherkins, piccalilli, boiled egg, apple & sourdou	nion,

#### **Sides**

Gourmet chips (492 kcal)		£3.95
Cheesy gourmet chips (933 kcal)		£4.95
Garlic ciabatta with dressed watercress (v)	(296 kcal)	£3.95
Seasonal salad (v/vg) (36 kcal)		£3.45

## **Deli Salads**

Did you know our deli counters are nutrient-rich and include ingredients needed in your daily diet?

One Salad:£3.45 Two Salads:£5.95 Three Salads £7.95

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Garden leaf salad (34 kcal)	£3.45
with tomato, cucumber & shallots (v/vg)	
Classic Coleslaw (113 kcal)	£3.45
cabbage, carrots, onions, parsley and mayonnaise (v)	
Quinoa Salad (207 kcal)	£3.45
quinoa, peppers, tomatoes, broad beans, chickpeas,	
pumpkin seeds with curry spiced vinaigrette (v/vg)	
Green Valley Salad (188 kcal)	£3.45
buckwheat, spinach, peas, broad beans, broccoli rice,	
spring onion with vinaigrette dressing (v/vg)	

# Eat Right Deli - Choose Main

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

Quiche of the Day	£7.95
Please ask a member of the team for today's choice.	
Thouse don't member of the team for today's energy.	
Sausage Roll of the Day	£6.95
Please ask a member of the team for today's choice.	
Herb and lemon poached salmon (384 kcal)	£8.95
Traditional Scotch egg (650 kcal)	£6.95
Parmesan and herb crusted chicken (295 kcal)	£7.45
breast	
Pea & Feta Frittata (333 kcal)	£6.45
Vegetable Samosas (290 kcal)	£6.45
	20.40
served with mango chutney (v/vg)	
Beef Pasty (554 kcal)	£6.95
beef and vegetable pasty	
, ,	
Cheese & Onion Pasty (v) (762 kcal)	£6.95
Ham, Chicken & Leek Pasty (759 kcal)	£6.95



## Soup

Served 12:00 - 15:00

Served with white or brown bread (GF bread available).

Soup of the Day £7.45

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## Roast Dinners and Hot Food

Served 12:00 - 15:00

All Roast Dinners are served with thyme roast potatoes, mixed vegetables, Yorkshire pudding and rich red wine gravy

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£18.95
£15.95
£15.95
£15.95
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#### **Plated Salads**

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Seasonal Glazed goats cheese and (983 kcal) roasted beetroot salad with baby gem, kale, pine kernels, grapes and a fig coulis	£12.45	
<b>Traditional Ploughmans Platter</b> (930 kcal) honey glazed ham, cheddar cheese, pickled onion, gherkins, piccalilli, boiled egg, apple & sourdough roll	£12.95	
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(1038 kcal)

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(vegan cheese available vg)

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#### Coffee

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

Skimmed and Soya milk available upon request.

Premium Oat milk available upon request, please speak to a member of the team - This will incur a 40p surcharge.

Mocha		- £4.00
(Double Shot)		
Flat White	£3.7	5 -
Espresso	£2.3	£2.70
Latte	£3.6	£3.85
Cappuccino	£3.6	£3.85
Americano	£3.2	5 £3.45
	Reg	Large

flavoured syrup £0.80

#### Tea

Pot of Tea for one Our Blue Diamond blend is made from the finest Ceylon, Kenyan and Assam tea.	£2.70
Chai Latte  Made using Japanese black tea and a milk of your choice.	£4.35
Matcha Latte  Made using green tea and a milk of your choice.	£4.35
Pot of Speciality Tea for One Choose from popular blends - Earl Grey, Orange Pekoe, Darjeeling, Raspberry & Rosehip, Apple & Ginger, Strawberry & Kiwi, Pure Peppermint, Japanese Sencha Green Tea and Pure Chamomile. Or ask for our in-house selection of the finest black teas, flavoured black teas, infusions and green teas.	£2.95