



# **BREAKFAST**

Till 11:30

Rustic Toast with butter and jam  
(v) ~ **£2.50**

French croissant with a light buttery flakey  
pastry with butter and jam (v) ~ **£2.30**

Crushed avocado with tomato and poached free  
range egg with rocket served on rustic toast  
(v) ~ **£6.95**

Plain and simple Toast and scrambled egg (v)  
~ **£4.95**

*(extra crispy bacon £1.50)*

For the cheeky sweet; Belgian waffle - light  
and fluffy with a sweet and crunchy sugar  
finish with bananas, blueberries and warm  
syrup (v) ~ **£5.95**

# AFTERNOON

From 12noon-4pm

**Soup of the day** with crusty Bread and Butter ~ **£4.95**

## WRAPS BAR

- Grilled Chicken, Spinach, Cucumbers, Red Onion and Tomatoes with Yoghurt and Sweet Chilli Sauce ~ **£7.50**
- Smoked Salmon, Guacamole, Cucumber and Rocket ~ **£7.95**
- Tuna, Cucumber, Red Onion and Rocket ~ **£6.95**
- Beetroot, Humus, Feta Cheese, Avocado and Spinach(v) ~ **£6.95**
- Mozzarella, Tomatoes, Pesto, Rocket and a touch of Basil (v) ~ **£6.50**

**All Served with a Cup of Crisps and Mixed Pickles**

**Also Available in the following:**

**Glass Bread:** a long flat ciabatta with a light crust and a splash of olive oil or on **Brown Malted Bloomer**

**Toasted Bagel** with Cream Cheese and Smoked Salmon ~ **£8.95**

**Toasted Bagel** with Bacon and Cream Cheese ~ **£6.95**

## SALAD BAR

- **Fagioli E Tonno** - Cannellini Beans with Tuna mixed with Red Onion, Celery, Garlic, Apple, Grapes and Fresh Flat-Leaf Parsley drizzled in Red Wine Vinegar and Olive Oil laid on Little Gem ~ **£9.95**
- **The Waldorf** - Baked Walnuts with Cayenne Pepper and Olive Oil in a mix of Celery, Apple, Seedless Grapes, Spring Onions & Mayonnaise. Sprinkled with Fresh Tarragon and Chives laying on Little Gem Lettuce (v) ~ **£9.50**
- **Watermelon & Feta** - A very grown up fruit salad! Watermelon and crumbled Feta with Marinated Red Onions topped off with Toasted Pumpkin Seeds and Black Olives served on a bed of Rocket and Fresh Mint, Salt and Fresh Ground Black Pepper drizzled with Extra Virgin Olive Oil (v) ~ **£9.50**
- **Red Cabbage with Bacon & Feta** - Cooked Red Cabbage with Marinated Red Onion, Apples, Toasted Walnuts, Flat-Leaf Parsley and crumbled Feta Cheese ~ **£9.95**

### **THE CUP&SAUCER CLUB**

*Served warm on tasty soft sweet squares of dimpled Artic Flatbread with Wheat and Rye Flour, light in texture without compromising flavour! Filled with hot Chicken, Crispy Bacon, Salad, Egg Mayo Cress with a hint of Red Onion with a Cup of Potato Crisp ~ £9.95*

### **ANTIPASTI FOR 2**

*Selection of Cheese, Salami and Ham served with Olives, Sweet Pickles, Balsamic Onions and a basket of crunchy bread and butter - £27.50*

### **THE MEDITERRANEAN FOR TWO**

*Large Tomatoes covered in Parma Ham with a Parmesan basket filled with Buffalo Mozzarella slightly drizzles with Balsamic glaze with Fresh Mint and Basil included with Basket of Bread and butter - £27.50*

### **THE KIDS CUP**

**Sandwiches or Wrap - £2.50** - Choice of chicken, cheese or ham (salad optional)

*Sandwich choices made on brown malted bloomer or khobez wrap*

**Cup of Soup - £3.50**

## DRINKS

### Hot Drinks

|               |   |         |       |        |       |
|---------------|---|---------|-------|--------|-------|
| Cappuccino    | ~ | Regular | £2.60 | Large  | £2.95 |
| Flat White    | ~ | Regular | £2.65 |        |       |
| Latte         | ~ | Regular | £2.70 | Large  | £2.95 |
| Americano     | ~ | Regular | £2.40 | Large  | £2.50 |
| Espresso      | ~ | Single  | £1.75 | Double | £2    |
| Mocha         | ~ | Regular | £2.80 | Large  | £2.95 |
| Cortado       | ~ | Regular | £2.25 |        |       |
| Hot Chocolate | ~ | Regular | £2.70 | Large  | £2.95 |

*(Decaf Available)*

Pot of Tea - *English Breakfast* ~ £2.10

Speciality Teas - *Earl Grey, Green Tea, Lemon&Ginger, Strawberry&Raspberry, Spiced Ginger, Pure Chamomile, Green Tea Mint and Orange&Coconut* ~ £2.30

### Cold Drinks

Still or Sparkling Water ~ 250ml £1.60 500ml £2.75  
San Pellegrino ~ £2.20  
Coke, Diet Coke & 7Up ~ £2.10

### Milkshakes - £3.75

*Vanilla, Chocolate & Strawberry*

### Healthy Smoothies - £4.25

- **Acai Kick** ~ Acai, Strawberry, Blueberry, Mango
- **Power Granate** ~ Pomegranate, Apple, Blackcurrant, Strawberry
- **Pink Supernova** ~ Grapefruit, Strawberry, Raspberry, Mango, Sunflower Seeds, Oats and Honey
- **Green Goodness** ~ Spinach, Banana, Lime, Mango, Pumpkin Seeds, Apple, Matcha Green Tea, Oats and Honey
- **Purple Power** ~ Blueberry, Strawberry, Banana, Apple, Quinoa, Cocoa, Oats and Honey

# WINE BAR

## WHITE

**Lamberti Santepietre Pinot Grigio, Italy** £16.95

Crisp and Lively with a fruity palate and a dry citrusy finish

**Mcpherson Family Chardonnay, Australia** £21.95

A Delightful, fruit driven wine displaying aromas of tropical fruits and peaches

**Anapai River Sauvignon Blanc, New Zealand** £21.95

A Vibrant, citrusy wine with an aroma of fresh gooseberries and packed with tropical fruit flavours

**Picpoul de pinet,  
baron de badassiere, France** £23.95

Pale with green tints, with fresh fruit aromas of citrus and some floral notes, such as rose petal. It is refined and elegant on the palate, well balanced with lemon/lime finish

## BLUSH

**Vendemia Pinot Grigio Blush, Italy** £16.95

Pale pink in colour, with delicate flavours of red berries and a subtle dry finish

## RED

**Ramon Bilbao Crianza Rioja, Spain** £21.95

Bright, deep, cherry-red. Intense aromas of ripe black berries to the nose accompanied with Balsamic touches which are reminiscent of coconut and liquorice

**Paula Malbec, Argentina** £20.95

Intense purplish red colour. Sweet, spicy and intense aromas, with notes of red fruits and herbs (such as Herbes de Provence).

In the mouth, this wine is soft, velvety and fresh.

**Mcpherson Family Merlot, Australia** £19.95

A smooth, rich wine offering intergrated flavours of plums and blackberries with notes of spice and fruitcake

## **PROSECCO**

**Truli Prosecco, Italy.** £24.95

From the northern nice coast of Adriatic Sea.  
Truli Prosecco is equally distinctive packed full of soft fruit flavours. Hints of peachy fruit and with fine delicate bubbles.

**Maschio Dei Cavalieri Rose Spumante, Italy** £24.95

Fresh and full flavoured with notes of strawberry and raspberries

## **BY THE GLASS**

### **WHITE**

**Oliver & Greg's Pinot Grigio, 187ml** £4.95

*Refreshing, Light & Crisp*

**Oliver & Greg's Sauvignon Blanc, 187ml** £4.95

*Stylish, Dry & Crisp*

### **RED**

**Oliver & Greg's Merlot, 187ml** £4.95

*Voluptuous, Soft & Lingering*

### **PROSECCO**

**Trulli Prosecco, 20cl** £6.50

## **BEER BAR**

|                      |              |
|----------------------|--------------|
| <b>PERONI</b>        | <b>£3.95</b> |
| <b>BIRRA MORETTI</b> | <b>£3.95</b> |
| <b>STELLA ARTOIS</b> | <b>£3.95</b> |
| <b>CORONA</b>        | <b>£3.95</b> |

## **SPIRITS BAR**

|                       |              |
|-----------------------|--------------|
| <b>Gordon's Gin.</b>  | <b>£3.20</b> |
| <b>Hendrick's Gin</b> | <b>£3.40</b> |
| <b>Vodka</b>          | <b>£3.20</b> |
| <b>Bacardi</b>        | <b>£3.20</b> |

## **APEROL SPRITZ ~ £6.95**

**A Mix of Aperol with Prosecco  
& Soda**