

Breakfast

Our breakfast selections are served on Sourdough Toast

FULL ENGLISH BREAKFAST

Poached Eggs with Grilled Bacon, Baked Beans, Mushrooms & Cumberland Sausage & Hashbrown **£14.90**

VEGETARIAN BREAKFAST

Grilled Halloumi, Free Range Poached Eggs, Mushrooms, Baked Beans & Veggi Sausages & Hashbrown **£14.90**

MORNING RUSHER

Two Free Range Fried Eggs with Grilled Bacon & Grilled Tomatoes **£9.90**

SORENTO

Free Range Scrambled Eggs & Smoked Salmon on Sourdough Toast **£14.90**

EGGS ROYALE

Free Range Poached Eggs on a Toasted Brioche Bun with Smoked Salmon & Hollandaise Sauce **£14.90**

EGGS FLORENTINE

Free Range Poached Eggs on a Toasted Brioche Bun with Spinach, Hollandais Sauce **£12.90**

FREE RANGE POACHED EGGS AND MASHED AVOCADO

Served on Sourdough Bread With Garnish Salad & Chilli Flakes **£13.00**

OMELETTES SERVED WITH BREAD OR SIDE SALAD

With a Choice of One Topping: Cheese, Ham, Mushrooms or Spinach **£13.00**

FREE RANGE FRIED EGGS

£8.95

POACHED EGGS

£8.95

FREE RANGE SCRAMBLED EGGS

£8.95

PORRIDGE

Served with Seasonal Fruits & Honey **£8.95**

GRANOLA

Served with Honey & Low Fat Yoghurt and Seasonal Fruits **£8.95**

SELECTION OF PASTRIES

Plain Croissant **£3.00**
Chocolate Croissant **£3.50**
Almond **£4.00**
Pain au Raisin **£4.00**

French Toast

Challah Bread Soaked in Our Homemade Egg Batter of Vanilla Syrup and Cinnamon Served With Seasonal Fruits & Maple Syrup **£13.00**

LOTUS FRENCH TOAST

Challah bread, Biscoff cream, crushed biscuit, seasonal fruits topped with caramel drizzle **£14.50**

MEDITERRANEAN BREAKFAST **£18.00**

Choice of free range eggs (poached, fried or scrambled), turkey rashers, chicken sausage, feta cheese, hash brown, mushrooms, baked beans, served on sourdough toast

SHAKSHUKA **£14.90**

The base of shakshuka is a mix of sautéed onions, red peppers, yellow peppers, garlic, plum tomatoes, spices, cumin, paprika powder, free-range eggs gently poached and topped with fresh herbs, parsley, coriander and feta cheese.

American Pancakes

CREAM AND BERRIES PANCAKE

American pancake, fresh berries, and vanilla topped with maple syrup **£14.00**

BANANA BLISS WAFFLES

American waffles topped with vanilla cream, crushed lotus biscuit and banana slices **£13.00**

CRISPY BACON PANCAKES

American pancakes, crispy bacon, maple syrup topped with vanilla cream **£14.50**

Sandwiches

Served on a selection of toasted Italian Ciabatta bread, Soughdough bread or Focaccia bread

CLUB SANDWICH

Grilled chicken, bacon, fresh tomato, fried free-range eggs and fries **£14.00**

SALT BEEF SANDWICH

Served with pickled gherkins and English mustard **£9.50**

GRILLED HALLOUMI, AVOCADO FRESH TOMATO & PESTO

£7.95

CHICKEN ESCALOPE WITH PESTO

Tomatoes & Mayonnaise **£7.00**

MOZZARELLA CHEESE & TOMATO

Fresh Pesto – Add vegetables for - £2.00 **£7.00**

HAM & CHEESE

£7.00

FRIED EGG & BACON

£7.00

GOAT CHEESE

Goats Cheese served with Tomato & Fresh Pesto **£7.95**

BLT

Smoked Bacon, Fresh Lettuce, Tomato & Mayonnaise **£7.00**

SMOKED SALMON & CREAM CHEESE **£7.95**

EXTRA FILLING

£2.00

Cheese, Ham, Grilled Vegetable, Avocado, Bacon, Hummus

Jacket Potatoes

£9.00

JACKET POTATO & SALAD

A choice of one topping: Cheese, Sweet Corn, Ham or Beans
Grilled Chicken Extra - 5.00

Gourmet Burgers

£14.00

BEEF OR CHICKEN BURGER

Served on a brioche bun with pickled cucumber, tomatoes, lettuce and a portion of chips
Add Cheese or Bacon - £2.00

Wraps

ALL WRAPS SERVED IN 12 INCH TORTILLA WRAP AND A SALAD GARNISH

1 - Grilled Chicken Crushed Avocado, Tomato & Lettuce - **£13.00** 
2 - Grilled Halloumi, Crushed Avocado, Tomato & Lettuce - **£13.00** 
3 - Falafel & Spinach, Hummus, Crushed Avocado Tomatoes & Lettuce - **£13.00** 

Salads

All salads are made on a layer of cucumber, olives, tomato's, beetroot and mix leaves with a dressing of balsamic glaze

GRILLED CHICKEN SALAD **£14.50**

Grilled chicken breast served on a layer of cucumber, olives, tomato's, beetroot and mix leaves with a dressing of balsamic glaze

GRILLED CHICKEN CAESAR SALAD **£14.50**

Grilled chicken, Romaine lettuce, Tomatoes, Crotons as well as a Parmesan cheese & Cesar dressing

TRICOLORE **£9.95**

Mozzarella, Tomato & Avocado served on a layer of cucumber, olives, tomato's, beetroot and mix leaves with a dressing of balsamic glaze

SALAD DE CHEVRE **£14.50**

Grilled goats cheese and grilled vegetables served on a layer of cucumber, olives, tomato's, beetroot and mix leaves with a dressing of balsamic glaze

GRILLED HALLOUMI & AVOCADO **£14.00**

Served on a Bed of Leafy Salad, Olives & Tomatoes

Vegan Corner

VEGAN BURGER **£14.00**

A vegan patty served on a vegan bun with pickled cucumber, tomatoes, lettuce and a portion of chips

FALAFEL & SPINACH BURGER **£14.00**

Served on a vegan bun with pickled cucumber, tomatoes, lettuce and a portion

Fish & Chips

£11.95

Battered cod served with golden chips and tartar sauce



 HALAL  Vegetarian

** Please be sure let the staff know about any dietary requirements

Beverages

	Regular	Large
CAPPUCCINO	£3.75	£4.00
DECAF CAPPUCCINO	£3.75	£4.00
AMERICANO	£3.75	£4.00
ESPRESSO	£2.50	£2.50
MACCHIATO	£3.00	£3.50
CAFFE LATTE	£3.75	
FLAT WHITE	£3.75	
MOCHA	£4.50	
HOT CHOCOLATE	£3.75	
SPICED CHAI LATTE	£4.50	
TURMERIC LATTE	£4.50	
GREEN MATCHA LATTE	£4.50	
BABYCCINO	£2.00	
EXTRA SHOT COFFEE	£1.00	
TEA		
English Breakfast or Earl Grey		£3.50
Fresh Mint Tea		£3.50
Fresh Ginger & Lemon		£3.50
HERBAL TEA (POT LOOSE LEAF TEA)		
Green Tea / Peppermint / Camomile / Redberry & Flower		£3.50

Soft Drinks

COKE / DIET COKE / ZERO SUGAR		£3.00
SAN PELLEGRINO BLOOD ORANGE OR LEMON		£3.00
STILL / SPARKLING WATER 500ML		£3.00
FRUIT JUICES		
Pear	£4.00	
Peach	£4.00	
Pineapple	£4.00	
Apple	£4.00	
Fresh Orange Juice	£6.00	
FRESHLY PRESSED JUICES		
Orange		£6.00
Apple		£6.00
Carrot & Ginger		£6.00
Apple, Carrot, Orange & Ginger		£6.00
Beetroot, Carrot, Orange & Ginger		£6.00
Lime, Celery, Mint & Apple		£6.00
SMOOTHIES		
Selection from Smoothies Menu	£6.00	
ICED FRAPPE	£5.50	
ICED MATCHA LATTE		£5.50
ICED MATCHA STRAWBERRY		£6.50
ICED MATCHA BLUEBERRY		£6.50
ICED DOUBLE BERRY MATCHA		£6.50



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