

## BREAKFAST

Served till 1:30pm. All of our dishes are freshly prepared and served as soon as ready

## FRESHLY SQUEEZED JUICES

All of our juices are freshly pressed to order

<b>Sweet Surprise</b> - Orange, Apple and Pineapple	4.00
<b>Sunrise</b> - Apple, Pineapple, Grapes and Ginger	4.00
<b>Bugbuster</b> - Orange, Apple, Lime and Ginger	4.00
<b>GI Juice</b> - Apple Pear, Orange and Grapes	4.00
<b>I Got Juiced</b> - Apple, Pear, Kiwi and Lime	4.00
<b>Root Juice</b> - Carrots, Apple, Beetroot and Ginger	4.00

## SMOOTHIES

All of our smoothies are made with fresh apple juice

<b>Berry Crazy</b> - Strawberry, Raspberry and Blackberry	3.00
<b>Razzman</b> - Raspberry and Mango	3.00
<b>Vitalize</b> - Pineapple, Spinach and Kale	3.00
<b>Pineapple Sunset</b> - Pineapple, Banana and Mango	3.00
<b>Blueberry Hill</b> - Blueberry and Banana	3.00

*Add frozen yogurt for a creamy flavour* 50p

<b>Matcha Green Tea Smoothie</b> - Freshly pressed Apple and Pear blended with Fresh Banana, Mint and Organic Matcha Powder	4.00
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## COFFEES

	Reg	Large
Espresso	1.75	1.95
Machiato	1.85	2.00
Americano	2.30	2.30
Flat White	2.50	
Cappuccino	2.60	2.90
Latte	2.60	2.90

*Add flavour syrup 30p*

## COOKED BREAKFAST

**122 Big Breakfast** - Two Pork Sausages, Two Rashers of Back Bacon, Two Poached Eggs, Heinz Baked Beans, Grilled Tomato and White or Granary Toast 8.50

**122 Breakfast** - One Pork Sausage, One Rasher of Back Bacon, One Poached Egg, Heinz Baked Beans, Grilled Tomato and White or Granary Toast 7.00

**122 Veggie Breakfast** - Two Vegan Sausages, Two Poached Eggs, Roasted Tomatoes, Heinz Baked Beans and White or Granary Toast 7.00

**122 Vegan Breakfast** - Two Vegan Sausages, Roasted Tomatoes, Roasted Mushrooms, Avocado, Heinz Baked Beans and White or Granary Toast 7.00

**Beans on Toast** - Two Slices of Freshly Toasted Bread and Heinz Baked Beans 5.00

## BREAKFAST SANDWICHES

Two Pork Sausages or Two Rashers of Back Bacon 4.00  
 + Poached Egg 1.50  
 + Scrambled Egg 1.50  
 + Mushrooms 1.00  
 + Tomato 1.00

**On The Side** - Two Slices of Buttered Toast served with a choice of, Country Strawberry Jam, Old Times' Marmalade, Crunchy Peanut Butter, Marmite, Nuttella or Honey 2.00

## HOT DRINKS

Tea 1.75  
 Herbal Tea 1.95  
 Spiced Chai Latte 4.00  
 Baby Chino 50p  
 Hot Chocolate (Milk or Dark Chocolate) 3.50  
*Add Cream or Marshmallows* 50p

## EGGS YOUR WAY

Two Poached or Scrambled Eggs with Two Slices of Toast or a Bagel 4.00

+ One Sausage	1.50	+ Avocado	1.50
+ Bacon	1.50	+ Beans	1.50
+ Smoked Salmon	1.50	+ Mushrooms	1.50
+ Vegan Sausage	1.50	+ Tomatoes	1.50

## BREAKFAST CREPES

English Mature Cheddar or Brie, Fresh Tomato and Wild Mushrooms 5.50

Two Scrambled Eggs with English Mature Cheddar and Spinach 5.50

+ One Sausage	1.50
+ Bacon	1.50

## SAVORY CREPES

Cheddar, Spinach, Mushrooms & Tomatoes 6.50

Mozzarella, Italian Basil Pesto & Sundried Tomatoes 6.50

Goats Cheese, Mushrooms & Garlic Chives 6.50

Honey Roast Ham, Cheddar & Sunblushed Tomatoes 6.50

Smoked Ham, Cheddar, Tomatoes, Mushrooms & Spinach 6.50

Chicken, Bacon, Cheddar & Mushrooms 7.00

Scrambled Egg, Bacon, Sausage & Cheddar 7.00

Tuna Mayo, Cheddar, Sweetcorn & Red Onion 6.00

## FRAPPUCCINOS

Espresso	3.75
Vanilla Latte	3.75
Caramel Latte	3.75
Chocolate Mint Espresso	3.75
Spiced Latte	3.75

## LUNCH

Served till 3pm. All of our dishes are freshly prepared and served as soon as ready

## SOUP OF THE DAY

**Homemade Seasonal Soup** - Served with our warm homemade bread & butter. 4.50

## SALADS

Mozzarella, Vine Tomatoes & Garlic Olives 7.20  
 Feta, Sunblushed Tomatoes, Garlic Olives & Baby Artichokes 7.20  
 Goats Cheese, Vine Tomatoes, Italian Balsamic Onions & Garlic Olives 7.20  
 Smoked Salmon, Artichokes, Vine Tomatoes & Basil Pesto 7.80  
 Fresh Chicken Breast, Sunblushed Tomatoes & Basil Pesto 7.80  
 Tuna Mayo, Red Onion, Sweetcorn, Fresh Tomatoes and Cucumber 7.20

*All served with Balsamic Vinegar and Olive Oil dressing.*

## JACKET POTATOES

*All served with a Side Salad*

Mature Farmhouse Cheddar 6.00  
 Heinz Baked Beans 6.00  
 Tuna Mayo - (Optional) Add Sweetcorn and Red Onion 6.00  
 Ham & Mature Farmhouse Cheddar 7.00  
 Parma Ham, Sunblushed Tomatoes & Mozzarella 8.00  
 Chicken Mayo 7.50

**Extras**

Beans 1.50  
 Cheese 1.50  
 Coleslaw 1.50

Why not try one of Bridgett's Famous Homemade Sausage Rolls - 2.80

## SANDWICHES

Served on a selection of freshly baked breads.  
 All sandwiches can be made to variation.  
 You name it, if we have it, we will make it.

Wild Mushroom, Artichokes, Sundried Tomatoes & Vegan Pesto 4.75  
 Fresh Mozzarella, Fresh Tomatoes, Garlic Olives & Vegan Pesto 4.75  
 Mature English Cheddar, Fresh Tomatoes, Spinach & Carved Angel Chutney 4.75  
 Feta or Goats Cheese, Sunblushed Tomatoes & Spinach 4.75  
**Veggie Mega** - Fresh Mozzarella, Sunblushed Tomatoes, Chilli Olives, Artichokes, Wild Mushrooms, Baby Spinach & Vegan Pesto 7.20  
 Tuna Mayonaise, Fresh Tomatoes & Cucumber (Optional) Add Red Onion and Sweetcorn 5.00  
 Smoked Salmon, Cream Cheese & Spinach 5.40  
 Fresh Roasted Chicken, Tomatoes, Cucumber & Mayonaise 5.40  
 Fresh Roasted Chicken, Chilli Olives & Spicy Peanut Dressing 5.40  
 Honey Roasted Ham, Creamy Taleggio & Sundried Tomatoes 5.40  
**BLT** - Our best Back Bacon, Lettuce, Fresh Tomatoes & Mayo 4.75  
 Warm Pastrami, Fresh Gerkins & Tangy Mustard Mayo 5.40  
 Peppered Beef, Italian Balsamic Onions & Horse Raddish Mayo 5.40  
**Mega** - Smoked Ham, Peppered Beef, Chilli Salami, Taleggio, Garlic Olives, Mixed Leaves & Tangy Mustard Mayo 7.20

Come and see our board for our choice of delicious homemade cake.

## TOASTED SANDWICHES

Goats Cheese or Feta, Spinach, Roasted Peppers & Roasted Onions 4.50  
 Goats Cheese or Feta, Caramelised Onions & Spinach 4.50  
 Tuna Melt with Red Onion & Mature Cheddar 4.50  
 Roast Chicken, Mozzarella, Red Onion & Pesto 4.50  
 Roast Chicken, Bacon & Mozzarella 5.00  
 Honey Roasted or Smoked Ham, Cheddar Cheese, Sunblushed or Fresh Tomatoes 5.00

## TODAYS SPECIALS

See our board for fresh homemade dishes, including Vegan and Vegetarian offerings

## DESSERTS

## Crepes

Lemon & Sugar 3.50  
 Nutella 4.00  
 Banana 4.00  
 + Butter 50p + Ice cream 1.50  
 + Maple Syrup 1.00 + Nutella 1.50  
 + Cream 1.00 + Banana 1.50

## Ice cream - Ask about availability of flavours

+ 1 Scoop 1.50  
 + 2 Scoop 3.00

## PASTRIES

Plain All Butter Croissant 2.00  
 Fruit Scone 2.50  
 Toasted Teacake served with Butter & Jam 2.00