

## BRUNCH FAVOURITES

Most of our brunch favourites can also be prepared in gluten-free versions. Please ask your server for details

**Spicy scrambled eggs** w/ jalapeños, avocado, pesto-marinated tomatoes, baby spinach, sautéed red onion, cheddar, feta, rocket on poppy & rye sourdough toast **£8.50** V ...add: smoked salmon **£3.95**; grilled bacon or Cumberland sausage **£1.50**

**Full English** grilled bacon, Cumberland sausage, two eggs (any style), fried potatoes, tomatoes, mushrooms, baked beans & sourdough toast **£10.25** ...add: black pudding **£2.00**; hash brown **£1.50**

**Full Mediterranean** two poached eggs, grilled halloumi, peppers, mushrooms, pesto-marinated tomatoes, avocado, spinach, rocket & toasted focaccia **£8.95** V

**Smashed avocado & poached eggs** w/ chilli & herb seasoning on sourdough toast **£8.95** V  
Add: smoked salmon **£3.95**; grilled bacon, Cumberland sausage **£1.50**

**Shakshuka** two baked eggs, spicy tomato sauce, roasted peppers, grilled aubergine, tahini & sourdough toast **£9.25**  
Add chorizo **£2.00**

**Pancake stack** w/ maple syrup, Cumberland sausage, grilled bacon, potatoes & fried egg **£8.95**

**Eggs Benedict** toasted English muffin topped w/ poached eggs, hollandaise & your choice of sausage, bacon or ham **£8.75**; spinach & vine tomatoes **£9.25** V; or smoked salmon **£10.50**

**Fluffy pancakes** w/ maple syrup & your choice of fresh blueberries & berry compote **£6.75** V or grilled bacon **£6.75**

## SALADS

**Superfood salad** roasted butternut squash, grilled peppers, avocado, tomato, asparagus, tenderstem broccoli, baby gem, quinoa, mango salsa, chia & flax seeds **£6.95 / £10.95** V

**Warm goats' cheese salad** w/ sun-blushed tomatoes, avocado, grilled peppers, figs, pecan nuts, beetroot, baby gem, caramelised onion, pesto & balsamic dressing **£11.95** V/N

**Sweet chilli chicken salad** w/ halloumi, roasted butternut squash, tomatoes, avocado & peppadews **£12.25**

**House salad** baby gem, avocado, tomatoes, olives, French dressing, chia & flax seeds, parmesan **£5.25 / £8.95** V  
...add: feta, grilled halloumi, or grilled goat's cheese **£1.75**; or lemon & herb chicken **£3.95**

**Grilled lemon & herb chicken salad** w/ baby gem, roasted butternut squash, tomatoes, avocado & feta **£11.50**

**Seared beef fillet salad** w/ rocket, baby spinach, tomatoes, parmesan, pickled shiitake mushrooms, croutons, caramelised onions, olive oil & a balsamic glaze **£14.95**

## CLEAN EATING

Ask about the kitchen's soup of the day **£5.95**

**Vegetable curry** w/ cauliflower, spinach, sweet potato, aubergine, butternut squash, basmati rice & mango salsa **£11.50** V

**Veggie Buddha bowl** w/ raw courgettes, grilled aubergine, chimmichurri, avocado, beetroot, kale, apple, olives, houmous, mixed seeds **£9.25** V/DF...add: lemon & herb chicken **£3.95**; baked salmon **£4.50**; or 6oz sirloin steak **£7.50**

**Raw salmon poke bowl** w/ mango, cucumber, avocado, pickled ginger, teriyaki, coriander & basmati rice **£12.95** DF

**Coconut & cashew protein bowl** w/ banana, berries, soya milk & date purée **£8.95** V/DF/N ...add whey protein **£2.50**

## WRAPS

**Breakfast burrito** w/ scrambled egg, chorizo, jalapeños, beans, cheddar, avocado, peppadew & coriander yoghurt **£8.95**

**Halloumi & avocado wrap** w/ sun-blushed tomatoes, rocket & pesto mayo **£8.75** V

**Crunchy chicken wrap** crumbed chicken fillets, baby gem, tomato, cheddar, mango salsa, & sweet chilli mayo on the side **£8.95**

**Roasted lamb wrap** w/ houmous, sun-blushed tomato purée, peppers, rocket, peppadew & coriander yoghurt **£8.95**



## SANDWICHES

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**Fego club** roast chicken breast, bacon, avocado, tomatoes & lettuce on white or brown **£8.50**

**Goat's cheese & rosemary focaccia** w/ roasted butternut squash, grilled peppers, caramelised onions, pesto & rocket **£7.75**

**Triple cheese & ham toastie** Monterey Jack, cheddar, mozzarella, ham & tomato on grilled focaccia **£6.95**

**Sirloin steak panini** grilled sirloin steak w/ sun-blushed tomatoes, caramelised onion, rocket & fries **£12.95**

**Brie, bacon & avocado panini** w/ caramelised onion **£8.50**

## BURGERS & HOT DOGS

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*Order these how you like: with or without a brioche bun, with fries or house salad*

**Cheeseburger** beef patty w/ Monterey Jack, cheddar, baby gem, tomato, onion & gherkin relish **£11.95**

**Fried chicken burger** parmesan-crumbed fillet, cheddar, tomato, mango salsa, lettuce, mayo **£12.95**

**Chorizo & smoked cheddar beef burger** w/ baby gem, tomato, mozzarella, peppers, avocado, jalapeños & chimichurri **£13.50**

**Bockwurst hot dog** smoked German sausage in a white roll w/ cheddar, crispy onion, bacon, mustard sauce, tomato, gherkin & onion relish **£9.95**

*Add bacon, avocado, cheddar or jalapeños, or swap classic fries for sweet potato fries £1 each*

## LUNCH CLASSICS

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**Spaghetti** w/ fresh cherry tomatoes, pesto-infused olive oil, chilli sea salt & parmesan **£8.95** V

**Roasted lamb shoulder bruschetta** w/ raw courgette, rocket, sun-blushed tomato purée, houmous & tomato chill jam **£11.75**

**Grilled 6oz sirloin** w/ vine tomatoes, rocket, béarnaise sauce & fries **£14.95**

**Grilled salmon** w/ bok choy, mango salsa, curried coconut sauce, basmati rice, coriander & pepperdew yoghurt **£14.95**

**Sticky chicken thighs** w/ corn on the cob, pesto grilled corn salsa, sour cream w/ tomato chilli jam **£11.95**

## SIDES

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**Classic French fries** **£2.95** V

**Sweet potato fries** **£3.95** V

**Kale, broccoli & asparagus**  
w/ mixed seeds **£4.75** V

**Fried halloumi** w/ crispy onions & sweet chilli sauce **£4.95**

**New potatoes** w/ garlic, rosemary & sea salt **£3.75** V

**Chicken strips** w/ chilli mayo dressing **£5.95**

**Corn on the cob** w/ chilli butter **£3.75**

**House salad** **£5.25** V

**Marinated mixed olives** **£3.95** V

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Use your phone to scan this code and leave us feedback about your meal experience today. You will also be entered in to our monthly draw to win £100 worth of Fego vouchers.

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V - suitable for vegetarians \* DF - dairy free \* N - contains nuts although some products may also contain traces of nuts \* Please ask a member of staff for our gluten-free options \* All our eggs are free-range \* All products are subject to availability \* An optional service charge of 12.5% may be added to your bill \* Prices include VAT at the current rate \* Allergen information available upon request