



Allergen list Menu

Gluten

Text in red items fried in oil which may contain gluten (from batter etc), if you tell us you're coeliac we will use the no gluten fryer

Eggs Fish Celery Milk

Mustard Nuts Peanuts Sesame seeds Soya Sulphur dioxide

Nothing on this menu contains:

Lupin, Crustaceans, Molluscs

Breakfast served all day (ask for our low/no gci breakfast menu)

Hearty English

Pork sausage, bacon rashers, fried egg, 2 buttered toast, beans, mushrooms, cherry tomatoes & hash brown £6.90

Hearty Veggie

Linda McCartney sausage, grilled halloumi, fried egg, beans, mushrooms, 2 buttered toast, cherry tomatoes & hash brown £6.90

Hearty Vegan

Linda McCartney sausage, deep fried tofu, beans, mushrooms, spinach 2 plain toast, vegan spread, cherry tomatoes & hash brown £6.90

Diddy English or Veggie

Pork sausage, bacon, egg, toast & beans £4.50
Linda McCartney sausage, halloumi, egg, toast & beans £4.50

Add extra Joy...

Pork or Linda McCartney sausage, halloumi, deep fried tofu, at £1.25
Bacon rasher, Black pudding, Scrambled Egg, Strawberry Jam, Nutella at £1
Fried Egg, Beans, Mushrooms, Cherry Tomatoes, Spinach, Hash brown, trade up to Scrambled egg at 75p

Breakfast Sandwiches or on Toast buttered ask for vegan spread

Choose a Granary Sandwich, Wrap, or have it on Granary Toast ...or add 75p for a Wholewheat Muffin, Bagel or NGCI bread

Peanut butter, nutella or strawberry jam	£2
Thick cut Bacon rashers	£3
Pork or Linda McCartney's veg Sausages	£3.50
Halloumi & Mushroom	£3.50
Scrambled egg & chive	£2.50

Trade up to a ngci bread for 75p

The 'Big Red' Bagel stacked on a toasted & buttered bagel £5.50df

Pork sausage, bacon & fried egg
Linda McCartney sausage, halloumi & fried egg

American style Pancakes served all day

Simply with maple syrup £4.50

Blueberries & whipped cream £6.50

Banana, vanilla ice cream & nutella £7.50

Scrambled egg & bacon rashers £7.50

The 'Big Red' Pancake breakfast £9.50

Two Pork sausages, bacon, scrambled egg & 2 hash browns piled on a stack of our homemade pancakes with an extra jug of maple syrup

Porridge with strawberry jam or maple syrup £3.50 (can use soya milk)

Matcha Porridge with pumpkin seeds, chia, banana & blueberries £5.50

Sandwich, Jacket or Salad...

Choose a **Granary sandwich**, **Wrap**, or on a **Salad**

...or add 75p for a **Jacket Potato**, **Bagel** or **NGCI bread**

Salads and garnishes are mixed leaf, cherry tomato, cucumber and **balsamic** dressing

Grilled **Halloumi** with **balsamic** roasted beetroot £4.75

Fish fingers & tartare **sauce** £4

Turkey, **Brie** & cranberry sauce £5

Classic **Tuna mayo** £4

Homemade Falafel with fresh salsa & **houmous** £4.50

Fajita Steak with roasted peppers & sour **cream** £5

Chicken breast, thick cut bacon & **mayo** £5

Roast **Balsamic** Beetroot & peppers with **houmous**, spinach & seeds £4.50

Please note we
butter our jackets
and sarnies, ask
for vegan spread



Sides

Sweet potato wedges £3 * **Proper chips** £2.70 * **BBQ sauce**

/**sweet chilli** dip £1 **Roast** Beetroot £3 * **Beer battered** onion rings £2

Burgers with **proper chips** & **salad** in a **granary bun** (NGCI bread instead 75p)

Chicken fillet, lettuce & **mayo** burger £8.50

Chicken breast, **brie** & red onion chutney £9.50

Homemade Beef **burger** with **cheddar** £8.50

The 'Big Red' Beef **Burger** with bacon, **cheese**, **BBQ sauce** and **beer battered** onion rings with gherkins £12

Falafel burger with fresh tomato salsa £8.50

Falafel, **halloumi**, **sweet chilli** £9.50

Bar Snacks

Pork **scratchings** £1

Pipers Crisps £1 – vary please ask

Olives £2.50

Rosemary & **chilli** nuts £2

Chilli Puffs £2

Main plates

Freshly **Beer battered** **Fish** & **chips** with mushy peas & tartare **sauce** £9

Veg option available with **battered** **halloumi**

Homemade **Cashew** & **walnut** Loaf with chia and pumpkin seeds served on skin on mash & broccoli with gravy £9

Pork & sage **Sausages** on skin-on **mash**, broccoli & red onion gravy £10

Vegan option with **Linda's** **sausages** £8.50

Sweet chilli grilled **Salmon** fillet **salad** with sweet **potato chunks**, roast peppers, cucumber & spinach £10

8oz Sirloin Steak cooked as you like with **proper chips**, beer **battered** onion rings & **salad** £12

Sharers

Houmous pot, mixed garlic & herb pitted olives, cucumber & carrot sticks, **bread** & **balsamic** oil £6

Veg Platter with Falafel, olives, **houmous**, salsa, red pepper & **halloumi** skewer, crudites, **bread** & **proper chips** £13

Mixed Platter with steak strips, **beer battered** onion rings, **brie**, red onion chutney, fajita Chicken & pepper skewer, **bread** and **proper chips** £14

Nachos with **cheddar**, jalapenos, salsa & sour **cream** £7

FAQs

- Please be prepared to distinguish with us whether you are **coeliac or avoiding gluten**. Special precautions are made for coeliac disease sufferers which we are happy to do but they slow us down
- Our regular NGCI bread is vegan but always ask
- Our regular gravy has NGCI but always ask
- Our soya milk is alpro (contains apple juice)
- NGCI = no gluten containing ingredients, we are now obliged to say this as we use gluten containing ingredients in our kitchen