



The Rural Brunch/Lunch Menu

Brunch Menu

- A Selection of 4 Mini Pastries £2.00
- Fresh Mixed Berry Compote, Organic Granola, Honey, Chai Seeds & Natural Yoghurt Pot £2.00
- Crispy Smoked Bacon & Butter Roll £3.00
- Outdoor Bred Sausage & Butter Roll £3.00
- Hashbrowns, Mushrooms, Butter & Fried Egg Roll £3.00

Full English Breakfast £7.50

- 2 x Outdoor Bred Pork Sausages/Veggie Sausages
- 2 x Smoked Bacon
- Heinz Baked Beans
- Cherry Tomatoes
- Mushrooms
- 2 x Hash Browns
- Scrambled Eggs or Fried Egg
- Toasted Buttered Sour Dough
- Fresh Orange Juice

Lunch Menu

Fresh Salads £4.95 - *** Slimming World Friendly

- Chicken Caesar Salad with Roasted Red Peppers & Pistachio Nuts
- Goats Cheese, Bacon & Beetroot Salad with a Balsamic Dressing
- Chicken Pesto Pasta Salad ***
- Moroccan Veggie Salad with a Fat Free Yoghurt Dressing ****
- Or Create Your Own

Toasted Sandwiches £3.75

- Grilled Halloumi, Tomato Chutney, Spinach, Mayo & Roasted Red Peppers
- Honey Roast Ham, Applewood Smoked Cheddar, Mayo & Sun Dried Tomato
- Grilled Bacon, Mayo & Avocado
- Pulled Pesto Mayo Chicken, Roasted Red Peppers & Mature Cheddar Melt

Or

Create Your Own from the Fillings Available – Choose up to 5 ingredients

Filled Rolls (Soft White or 7 Cereal Granary) - £3.50

Large White Baguette - £3.95

7 Cereal Sandwich (Toasted or untoasted) £3.75

Large White Wrap £3.75

Create Your Own Salad £5.00 – Choose up to 10 ingredients to make up your Salad

Pick & Mix Ingredients –

- Sliced Chicken Breast
- Smoked Bacon
- Outdoor Bred Sausage
- Sliced Turkey
- Honey Roasted Ham
- Sliced Roast Beef
- Fresh Prawns
- Tuna Mayo Mix
- Boiled Egg, Egg Mayo
- Fried Egg, Scrambled Eggs
- Mature Cheddar
- Grilled Halloumi
- Applewood
- Goats Cheese
- French Brie
- Feta
- Chickpea Falafels
- Mixed Beans
- Mixed Leaves or Spinach
- Cherry Tomatoes
- Cucumber
- Mixed Peppers
- Red Onion
- Olives
- Croutons
- Roasted Red Peppers
- Mushrooms
- Butter
- Mayo or low fat mayo
- Red Onion Chutney
- Tomato & Chilli Chutney
- BBQ, HP, Ketchup
- Cranberry Sauce
- Homemade Coleslaw
- Dijon, Wholegrain or English Mustard
- Hummus or Pesto

Salad Dressings –

***Low Fat Caesar or Regular Caesar**

***Balsamic**

***Olive Oil**

***Lemon Juice**

***Fat Free Vinaigrette**

***Fat Free Tzatziki**

Creamy Lemon & Dill Dressing

Extras –

- Fresh Prawns, Avocado, Spinach & Marie Rose Protein Pot £2.95
- Teriyaki Chicken, Roasted Veggies, Spinach & Tzatziki £3.00
- Moroccan Mini Salad with Yoghurt £2.75
- Fresh Fruit Salad Pot £2.25
- Bates Butchers Sausage Roll £1.20
- Large Slice of Chocolate Fudge Cake £2.50
- Belgium Chocolate Shortbread Slice £1.50
- Diet Coke £1.00
- Limon or orange £1.00
- Fresh Orange Juice £1.50