

OPEN 7 DAYS A WEEK

Monday - Friday 7:30am - 6:00pm

Saturday 8:00am - 6:00pm

Sunday 9:00am - 6:00pm

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GARDEN
BREAKFAST
CAFÉ

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LUNCH MENU

MEAT / GRILLS

LAMB CHOPS

Served with green beans, new potatoes, carrots, peppers, courgettes and rosemary

BEEF BURGER ANGUS

Brioche bun, lettuce, pickled gherkin, tomato, cheese, mayo, onion and chips
Add Bacon £2

MEDITERRANEAN CHICKEN BREAST **new**

Grilled chicken breast, served with green beans, new potatoes, carrots, peppers, courgettes and mushroom sauces

CHICKEN ESCALOPE

Succulent breaded chicken breast. Served with chips and salad

CHICKEN OR HALLOUMI & AVOCADO WRAP

Marinated Grilled Chicken • Crushed Avocado • Mixed Peppers and Cheddar Cheese in a 12inch Tortilla Wrap.
Served with chips or salad garnish

15.5

FISH

SEA BASS FILLET

Served with green beans, new potatoes, carrots, peppers, courgettes, lemon butter and parsley sauce

GRILLED SALMON STEAK

Served with green beans, new potatoes, carrots, peppers, courgettes, lemon butter and parsley sauce

SIDE ORDERS

FRENCH FRIES

4

HASH BROWN

4

SAUTÉED SPINACH

4

AVOCADO

3

MUSHROOMS

4

HALLOUMI / FETA

4

PASTAS

SPAGHETTI POMODORO (V)

Spaghetti with homemade tomato and basil sauce

PENNE ARRABIATA (V)

Penne with homemade spicy tomato sauce, fresh chillies and parsley

SPAGHETTI BOLOGNESE

Minced beef, herbs and rich tomato sauce

SALMON TAGLIATELLE

Smoked salmon, spinach and cream sauce

TAGLIATELLE CARBONARA

Smoky pancetta, egg, cream, parmesan and parsley

SEAFOOD TAGLIATELLE

Squid, prawns, mussel, garlic and in a tomato based sauce

CHICKEN MUSHROOM PENNE

Wild mushrooms, parmesan, cream sauce and fresh herbs

SALADS

Cold pressed olive oil and dressing.

GREEK FETA OR HALLOUMI (V)

Seasonal mixed salad leaves, cherry tomatoes, grilled halloumi or feta cheese, green olives and pomegranate dressing

CHICKEN CAESAR

Grilled chicken with crispy lettuce, parmesan, sourdough toast and Caesar dressing

SALMON CAESAR

Grilled fillet salmon with crispy lettuce, parmesan, sourdough toast and Caesar dressing

CHICKEN OR SALMON AVOCADO

Grilled chicken breast or smoked salmon on salad leaves with tomatoes and house dressing

SOFT DRINKS

COKE / DIET COKE

2.8

STILL WATER (330ml)

2.8

SAN PELLEGRINO

2.8

SPARKLING WATER (330ml)

2.8

Lemon or Orange

SMOOTHIES (475ml)

6

BEERS

PERONI (BOTTLE)

5.5

WINES

HOUSE WHITE

A delightful dry wine with lots of fruit flavours

GLASS

5.9

BOTTLE

24

HOUSE RED

Nice soft medium bodied fruity red wine. Very easy drinking

5.9

24

KIDS MENU

8.5

FISH FINGER & CHIPS

Served with chips and peas

CHICKEN BREAST NUGGETS

Served with chips and peas

PASTA IN TOMATO SAUCE

Penne in a home-made tomato sauce

PANCAKE

1 Stack nutella & strawberries pancake

BREAKFAST / BRUNCH

All Day

1 item can be swapped from breakfast menu. FREE RANGE EGGS

GRANOLA (V) 9.2
Greek yoghurt, nuts, coconut, blueberry,
strawberry, banana and organic honey

PORRIDGE (V) 9.5
Blueberry, strawberry, banana,
organic honey and cinnamon

GREEK YOGHURT & BERRIES (V) 9.2
Organic honey, goji berries,
strawberry and mixed seeds

CAN BE GLUTEN FREE

Gluten Free Bread supplement £1.5

MUSHROOMS & SCRAMBLED EGGS (V) new 14
Seasoned mushrooms, poach eggs on sourdough with salad leaves

SALMON & SCRAMBLED EGGS 14.5
Sustainable smoked salmon and scrambled eggs on sourdough toast

ANA CAPRI 14.5
Scrambled eggs, mozzarella, tomato, Parma ham,
fresh basil sauce on sourdough toast

SMASHED AVOCADO ON GLUTEN FREE TOAST (VG) GF 13.5
With mixed seed, goji berries, salad leaves and organic Modena balsamic

AVOCADO & GREEK FETA ON SOURDOUGH TOAST (V) 14
With grilled cherry tomato and organic Modena balsamic

AVOCADO, EGG & CHORIZO 14.5
Smashed avocado on sourdough toast with
poached eggs and grilled Spanish chorizo

EGGS BENEDICT 14.5
Poached eggs, streaky bacon, hollandaise sauce
on organic English muffin

EGGS FLORENTINE (V) 14.5
Sautéed spinach, poached eggs, hollandaise sauce
on organic English muffin

EGGS ROYALE 14.5
Sustainable smoked salmon, poached eggs,
hollandaise sauce on organic English muffin

EARLY BIRD
2 Fried Eggs
Bacon • Sausage
Chips • Beans
Sourdough Toast
14.5

VEGETARIAN (V)
2 Fried Eggs
Vegetarian Sausage • Beans
Roast Tomato • Hash Brown
Mushrooms • Sourdough Toast
14.5

SHAKSHUKA (V) new
Free range eggs slowly
cooked in a fiery tomato sauce,
with peppers, spices and
feta cheese, served with sourdough
15.5

OTTOMAN EGGS new
(ÇILBIR) (V)
Poach eggs served over a bed of thick
garlicky yoghurt, drizzled with warm
butter, Aleppo pepper and sourdough
16.5

VEGAN (VG)
Mushrooms • Beans • Sautéed Spinach
Roast Tomato • Sweet Potato
Smashed Avocado • Vegan Sausage • Butter
Sourdough Toast
15.5

FULL ENGLISH
2 Fried Eggs • Bacon • Cumberland Sausage
Mushrooms • Beans • Roast Tomato
Hash Brown • Sourdough Toast
AMERICANO & ORANGE JUICE
19

VEGGIE (V)
2 Poached Eggs • Grilled Halloumi
Smashed Avocado • Mushrooms
Roast Tomato • Hash Brown
Sautéed Spinach • Beans • Sourdough Toast
16.5

PANCAKES

AMERICAN STYLE 15.5
Pancakes, scrambled eggs, Cumberland sausage, beans, hash brown,
bacon and Canadian organic maple syrup

AMERICAN VEGGIE (V) 15.5
Pancakes, scrambled eggs, veggie sausage, beans, hash brown,
mushrooms and Canadian organic maple syrup

PANCAKES & BACON 15
With Canadian organic maple syrup, strawberry and blueberry

PANCAKES FRUIT (V) 15.5
Blueberry, strawberry, banana, caster sugar and Canadian organic maple syrup

NUTELLA & STRAWBERRIES (V) 15
With caster sugar

FRENCH TOAST (V)
Butter brioche topped with banana, blueberry, strawberries,
clotted cream, almond flakes and mapple syrup
16.5

OMELETTES

All served with chips or salad.

MUSHROOM & CHEESE (V) 13.5
Mushrooms and cheddar cheese

SPANISH (V) 14.5
New potatoes, peas and onions

SALMON & SPINACH 14.5
Filled with sustainable
smoked salmon and baby spinach

HAM & CHEESE 14.5
Cheddar and honey roast ham

VEGETARIAN (V) 14.5
Mushroom, onion, bell peppers
and tomatoes

GREEK OMELETTE (V) 14.5
Feta cheese, cherry tomatoes,
parsley and olives

CHORIZO 14.5
Spanish Chorizo and cheese

EXTRA FILLING 2

Egg white only supplement £2.50

FRESHLY PRESSED JUICES

FRESHLY SQUEEZED JUICE Orange or Apple 4.5

SUPER POSITIVE Orange, Celery, Apple, Cucumber and Lime 6.2

POWER PEAR Kiwi, Pear, Orange and Apple 6.2

SUPER GREEN Apple, Cucumber, Celery and Kiwi 6.2

CITRUS DETOX Apple, Cucumber, Lime and Orange 6.2

SOURDOUGH CIABATTA

MOZZARELLA, TOMATO & PESTO (V) 9.5

CHICKEN, MOZZARELLA, SMASHED AVOCADO & TOMATO 9.5

MOZZARELLA & PARMA HAM 9.5

BRIE, SPINACH, SMASHED AVOCADO & TOMATO (V) 9.5

HALLOUMI, GRILLED VEGETABLES & BALSAMIC (V) 9.5

TUNA MELT, MAYO & CHEDDAR CHEESE 9.5

Add Chips OR Salad £4.00

SANDWICHES

BACON, LETTUCE & TOMATO 8.5

FRIED EGG & SAUSAGE 8.5

FRIED EGG & HOT BACON 8.5

COFFEES MONMOUTH COFFEE COMPANY

AMERICANO 3.6

ESPRESSO 2.5 / 2.7

MACCHIATO 2.6 / 2.8

CAPPUCCINO 3.9

FLAT WHITE 3.9

LATTE 3.9

MOCHA 3.9

HOT CHOCOLATE 3.9

ICED LATTE 4.5

CHAI LATTE 4.2

MATCHA LATTE 4.2

TURMERIC LATTE 4.2

Decaffeinated Available. Soya, Oat, Coconut and Almond Milk Extra 40p.

TEAS

ENGLISH BREAKFAST TEA (Decaffeinated Available) 3.4

ORGANIC ROOIBOS TEA (Decaffeinated) 3.4

HOT WATER LEMON 2.6

FRESH MINT 3.4

TEA PIGS HERBAL TEAS 3.4

• Camomile Flowers • Peppermint • Darjeeling Earl Grey

• Mao Feng Green Tea • Jasmine Pearls • Lemon and Ginger • Super Fruit

POT OF TEA (For 1 or 2) 4.5 / 5.5