

# MAINS

## AVAILABLE FROM 12PM

### **BRUNCH EGGS**

Rocket, cherry tomatoes, 2 poached eggs topped with a balsamic glaze

### VIETNAMESE RICE WRAPS (GF)

A trio of rice paper wraps, filled with either grilled Cajun tofu, prawns, or chicken, accompanied by a vibrant mix of carrot, cucumber, spinach, and onion. Served with a salad and your choice of hoisin, oyster, sweet chilli, or teriyaki sauce

### **GREEK SALAD (V)**

Cucumber, cherry tomatoes, sliced red onion topped with creamy feta, olives and

dressing. Comes with a side of houmous topped with smoked paprika, sumac &

pomegranate and pitta bread for dipping

VEGAN OPTION AVAILABLE

## RAINBOW TUNA SALAD (GF)

Vibrant salad comes with tuna, carrot, sweetcorn, beetroot, peppers, red onion, cherry tomatoes, cucumber topped with a balsamic glaze

### CHICKEN PASTA SALAD

Chicken, penne pasta, sweetcorn, tomatoes, cucumber, peppers and red onion tossed in a sweet and tangy honey and mustard dressing served on a bed of leaves

## FREE RANGE OMELETTE

Served with side salad. Choose 3 fillings:

cheddar | spinach | onion pepper | mushroom | chilli ham | tomato | chicken

## SMASHED AVOCADO

Toasted sourdough bread with creamy smashed avocado, topped with 2 poached eggs and garnished with rocket. Pick from the following:

- Smoked salmon, sliced tomato & sriracha £15.50	- Smoked salmon	sliced tomato & sriracha	£15.50
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- Feta, s	sliced to	mato	& swe	eet chilli	sauc	e	£13.90

- Bacon rashers, sliced tomato & balsamic glaze
  Grilled cajun tofu, sliced tomato, cucumber & £13.90
- cajun sauce

## WARM CIABATTA

A warm ciabatta with one of the following fillings served with fries and homemade coleslaw.

- Crispy chicken, smokey bacon, smashed avocado, rocket & light mayonnaise
- Spinach & falafel pattie, houmous, roasted veg & rocket (VG)
- Calamari, lettuce, fresh coriander salsa & lemon mayonnaise

## **STIR FRY**

£6.00

£10.50

£12.90

£13.90

£13.90

£8.50

£12.90

£12.90

£13.90

£10.95

A choice of chicken or soya pieces tossed in with vegetables, noodles and a chow mein sauce garnished with chillies & sesame seeds

### SPICY BURRITO

Our burrito is stuffed with spicy Cajun mince beef, peppers, onion, chillies, sweetcorn & coriander served with fries and homemade coleslaw

VEGAN OPTION AVAILABLE

### LOADED SWEET POTATO (GF)

Baked sweet potato loaded with kale, chilli feta, pickled red onions, rocket topped with fresh chillies & pumpkin seeds and balsamic glaze (GF)

VEGAN OPTION AVAILABLE

## JACKET POTATO

Our British jacket potato served with a crispy side salad. Pick from the following:

- Cheddar & baked beans (v/gf)
- Tuna, mayonnaise & sweetcorn (gf)
- Tuna, mayonnaise & cheddar (gf)
- Homemade coleslaw & cheddar (v/vg)

# SOURDOUGH PIZZA

## AVAILABLE FROM 12PM

MARGARITA Italian sauce base topped with mozzarella, cheddar, tomatoes & fresh basil leaves.	£10.50
<b>PEPPERONI</b> Italian sauce base topped with mozzarella, cheddar & pepperoni slices.	£11.25
<b>AMERICAN HOT</b> Italian sauce base topped with mozzarella, cheddar, pepperoni slices & jalapeños.	£11.25
SPICY CHIPOTLE CHICKEN Spicy chipotle sauce base topped with chicken, red onion, mushrooms, sweetcorn, mozzarella & cheddar.	£11.25
<b>THE GREENGROCER (VG)</b> Italian tomato sauce base topped with, plant- based cheese, soya pieces, red onion, peppers, mushrooms, sweetcorn, tomatoes & rocket	£11.25

## WANT A HEALTHIER PIZZA?

Ask for a tortilla base pizza that comes with a side salad

## £14.90



# HOW TO ORDER

- Head to the bar
- Scan your membership card
- Place your order with our team
- Grab your drinks and take a seat

Our team will deliver your meal as soon as it's ready!

## DON'T FORGET YOUR MEMBERSHIP CARD!

Members get 10% off their order when they scan their membership card at the bar

# BREAKFAST

## AVAILABLE FROM 8:00-11:45

<b>COLETS BREAKFAST</b> 2 rashers of bacon, 2 pork sausages, beans, mushrooms, 1 egg, 2 slices of seeded toast	£11.00
EGGS ON TOAST (V) Fried or poached eggs, seeded toast	£5.50
BEANS ON TOAST (V/VG) Baked beans, seeded bread	£5.00
<b>BREAKFAST BAP</b> Pork sausages or smoky bacon rashers	£5.50
<b>COLETS GRANOLA BOWL (V/VG)</b> Natural or soya yoghurt, granola, strawberries, grapes, raspberries, banana	£8.50
<b>SCRAMBLED EGG &amp; SMOKED SALMON</b> Egg, smoked salmon, sourdough, rocket	£13.50
<b>TOAST</b> Jam, peanut butter or chocolate spread	£3.00

# **PROTEIN PANCAKES**

# AVAILABLE ALL DAY

#### CHOCOLATE STACK

3 protein pancakes served with berries and slices of banana

### VANILLA STACK

3 protein pancakes served with berries and slices of banana

Feeling naughty? Add ice cream for £2.00

# **OPEN SOURDOUGH**

## AVAILABLE ALL DAY

### SOURDOUGH

Two slices of sourdough served with the following toppings:

- Chocolate spread, raspberries & chopped nuts
- Peanut butter, sliced apple & seeds
- Whipped natural yogurt, blueberries & granola
- Peanut butter, sliced banana & chocolate chips

# SIDES & ADD-ONS

SMOKED SALMON	£5.70
TUNA	£2.50
SLICED CHICKEN BREAST	£3.50
AVOCADO SLICES	£2.75
BOWL OF FRIES	£3.00
POT OF BAKED BEANS	£1.35
POT OF MUSHROOMS	£1.35
POT OF TOMATOES	£1.35
EXTRA BACON OR SAUSAGE	£1.35
POT OF CHEESE	£1.35
EGG	£1.35
VEG STICKS	£1.20
ICE LOLLY	£1.20
EXTRA HONEY	£1.20

£6.50

£9.95

£9.95