**LIGHT BITES**

 **Eat In or out**

Selection of Danish Pastries £2.40 £2.00

Bacon roll£4.90 £3.90 with melted cheese & fried egg £5.90 £4.70

Ham and cheese croissant £4.00 £3.20

Cheese and tomato croissant £4.00 £3.20

Sourdough with avocado, tomato, £6.90 £5.50

2 poached eggs

Sourdough with smoked salmon, £7.50 £6.00

avocado, 2 poached eggs

Staffordshire Oatcakes with £6.50 £5.20

bacon, cheese, fried egg £6.50

**BREAKFAST & BRUNCH SERVED ALL DAY**

**Three eggs omelette with**: Mushrooms, onions & cheese £6.00 £4.80

Spinach & feta £6.00 £4.80

Smoked salmon & dill £6.50 £5.20

Smoked ham & cheese £6.00 £4.80

**Three free range scrambled eggs served on toasted English muffin with**

Crispy bacon and maple syrup £6.90 £5.50

Mushrooms & sautéed onions £6.50 £5.20

Tomatoes & avocado £6.50 £5.20

 Plain £4.90 £3.90

**On The Hoof big breakfast** £9.50 £7.60

2slices of bacon, 2fried eggs,

2 sausages, sautéed potatoes and baked beans

**On The Hoof big veggie** £9.00 £7.20

Grilled haloumi, 2 fried eggs, mushrooms, sautéed potatoes, avocado and baked beans

**On The Hoof big vegan** £9.00 £7.20

Grilled tofu, mushrooms, bean hash, sautéed sweet potatoes, avocado and baked beans

**2 Poached Eggs on toasted English muffin served with hand made fresh hollandaise sauce**

Eggs Benedict with bacon £6.90 £5.90

Eggs Royale with smoked salmon £7.50 £6.50

Eggs Florentine with spinach £6.50 £5.50

**FOOD MENU**



**TRADITIONAL LUNCH CHOICES SERVED FROM 12PM**

 **Eat In or out**

Soup of the day with toast £5.50 £4.50

Homemade salmon fishcakes £7.50 £6.00

served with hollandaise sauce and mixed leaf salad

Salad of the day £7.50 £6.00

Bell peppers stuffed with mince turkey £8.50 £6.80

mushrooms & rice

Meat Lasagne £8.50 £6.80

**VEGETERIAN & VEGAN**

Spicy bean burger served £8.50 £6.80

with fries or salad

Bell peppers stuffed with butternut £8.50 £6.80

squash, red onion, mushrooms, beans & courgettes

Vegetable Lasagne £8.50 £6.80

Five vegetable gyozas 10pcs £6.00 £5.00

served with Edamame 15pcs £8.00 £6.50

Sauerkraut & mushrooms stew £8.50 £6.80

served with sourdough

**THE BURGERS served with French fries or mixed salad**

Classic beef burger, gherkins £8.50 £6.80

red onions, tomatoes

Hot beef burger served with jalapenos £8.50 £6.80

chilli jam, gherkins & red onions

The Full Monty beef burger served £10.00 £8.00

with cheese, bacon, gherkin & tomatoes

Skinny beef burger served with £8.50 £6.80

avocado & mixed salad

French fries £3.50 Sweet potato fries £4.00

*Add: bacon £1.00 sausage £1.50 avocado £1.50 egg £1.00 mushrooms £1.00 cheese £1.00 toast £1.00 haloumi £1.00 smoked salmon £2.00 sautéed potatoes £2.00 black pudding £1.00*

**All prices include VAT**

**Service not included**

**Management advises that food prepared here may contain traces of peanuts, tree nuts, soya, milk, wheat, shellfish**

**TEAS AND COFFEES**

Selection of Monmouth espresso based coffees

Latte/Cappuccino £2.60

Flat white/Filter £2.50

Black/Espresso £2.30

Mocha/Chai Latte £2.80

Hot Chocolate £2.60

Iced Coffee £2.80

Extra shot/Syrup 50p

Soya/oat/almond/coconut milk 30p

Babyccino £1.00

Tea/Earl Grey £2.20

Herbal Tea £2.60

**SELECTION OF CAKES** £2.90/£3.50

**FRESH FRUIT JUICES** £2.90

Choose mixed or single fruit from oranges, carrots, apples, beetroot and ginger

**FROZEN FRUIT SMOOTHES** £2.90

**Tropical**: mango, pineapple, banana

**Mixed Berries**: strawberries, blueberries, blackberries, blackcurrants

**Peach Melba**: peach, mango, banana

Add extra fruit, coconut water, kefir 50p

**MILKSHAKES** £3.90

Any two of our ice cream flavours

Add blueberries/strawberries £4.50

bananas, mixed berries, pina colada

Oreo, Aero Mint, Crunchie, Bounty, Snickers

Kinder Bueno, Milky Bar, Maltesers, Daim

**ICE CREAM**

1 scoop £2.50

2 scoops £3.70

3 scoops £5.00

**DRINKS & DESSERT MENU**



Italian Gelato flavours:

vanilla, chocolate, strawberry, pistachio, bubble gum, cookies & cream, mint choc, mango

**ICE CREAM DESSERTS**

OREO VANILLA £5.50

scoop of vanilla, chocolate and cookies and cream with Oreo biscuit, chocolate sauce and whipped cream

MARINGUE FANTASY £5.50

scoop of vanilla, mango and strawberry with strawberry sauce and meringue sauce

CHOCOLATE KING £5.90

scoop of vanilla, chocolate and chocolate @ orange with chocolate sauce, walnuts and whipped cream

COOL MINT £5.50

Scoop of mint choc, vanilla and chocolate with chocolate sauce and whipped cream

AFFOGATO £5.90

Scoop of vanilla, chocolate and cookies & cream with a shot of espresso and whipped cream

ADVOCAAT £6.50

scoop of vanilla and chocolate with walnuts, raisins and shot of advocaat liqueur

BAILEYS £6.50

scoop of vanilla and chocolate with walnuts, raisins and shot of Baileys liqueur

**SOFT DRINKS**

Still/sparkling water £2.10

San Pellegrino orange/lemon £2.10

Coke/diet coke £2.10

Ginger beer/Rose lemonade £2.50

**SELECTION OF HOUSE WINE, BEER, SPIRITS AND MIXERS AVAILABLE**