



Temporary menu (new menu soon to be revealed)

**Breakfasts served
9am-3pm Monday- Saturday and
Sunday 9-12pm**

FULL ENGLISH £7
local sausage, 2 slices of back bacon, black pudding, 2 eggs if your choice, hash brown, mushrooms, grilled tomatoes, backed beans and thick toast.

FULL VEGGIE (V) £7
Veggie sausage, 2 smoky vegan bacon, hash brown, 2 eggs of your choice, mushrooms, grilled tomatoes, beans and thick toast.

FULL VEGAN £7
Vegan sausage, smokey vegan bacon, hash brown, scrambled tofu, mushrooms, grilled tomatoes, beans and thick toast.

SKINNY BREAKFAST £6
Cooked in one cal spray – bacon with the fat cut off, mushrooms, grilled tomatoes, 2 poached eggs, and baked beans.

NO CARBS HERE £7
Scrambled eggs, avocado, cherry tomatoes, horseradish and either smoked salmon or halloumi.

BREAKFAST SANDWICHES £4
Bacon/egg/sausage/hash brown extra items 50p

OUR BELTA £6
Aka bacon, egg, lettuce, tomatoes, and avocado on a toasted bagel

HALLOUMI & AVOCADO (V) £6
On a toasted ciabatta or bagel with poached eggs and cherry tomatoes

VEGAN BLT (VE) £6
Vegan smokey bacon with lettuce, vegan mayo and tomato on toast of your choice

TOASTED WAFFLES £5
Homemade waffles with fresh strawberries and either maple syrup or chocolate spread

EGGS BENEDICT £7
All served with with poached eggs on a toasted muffin and homemade hollandaise
Bacon/ smoked salmon/ avocado/ spinach

Toast £1.50
2 slices of thick buttered toast

Toasted tea cake £2
Scone with jam and cream £2.50
Cake of the day £2.50

Lunch menu

BEER BATTERED COD £9
With hand cut chips, mushy peas, and bone made tartar, vegan option available (ve)

RISE & GRIND CLASSIC BURGER £9
Our classic burger with cheese & pickles served with hand-cut chips and homemade coleslaw

VEGAN BURGER £9
Spicy or none spicy served with hand-cut chips and homemade coleslaw

RISE & GRIND CHICKEN BURGER £9
Our secret recipe chicken served with hand-cut chips and homemade coleslaw

HAM & EGGS £7
Thick cut ham with fried eggs, hand-cut chips, mushy peas and homemade coleslaw

TRIPLE DECKER CLASSIC £9
Grilled chicken breast, avocado, tomatoes, lettuce and mayo all Served within 3 pieces of toast and either chips or salad

FISH FINGER BUTTY £8
Beer battered cod goujons with mushy peas on toast or a butty and home made tartar. Comes with chips or salad

GOATS CHEESE CIABATTA £7
Goats cheese and caramelised onions served on a ciabatta with hand cut chips or skinny fries. Swap chips for a salad if you wish.

SWEET CHILLI KING PRAWN BRUSCHETTA £7

BACON BRIE CRANBERRY CIABATTA £7
Served with cranberry sauce, coleslaw & fries

SALT & PEPPER CALAMARI £6

CHICKEN & CHORIZO PASTA £8
Penne pasta in a creamy sauce

SALMON FARFALLE £8
Farfalle pasta in a creamy sauce

CARBONARA £8
Spaghetti carbonara in a rich creamy sauce topped with pancetta

CHICKEN CAESAR SALAD £7
Tossed in our homemade caesar dressing, iceberg lettuce, bacon, anchovies and croutons

SPICY TUNA AND AVOCADO SALAD £7
Tossed with green leaves, cherry tomatoes, red onion, sweetcorn, cucumber, feta cheese and a balsamic dressing



Afternoon Tea Menu

Available Mon-Sun 9am-5pm

Our Afternoon teas are freshly prepared to order using the finest, local produce available.

We offer Gluten Free, Vegetarian & Pescatarian options to suit your requirements.

All Afternoon Teas include a selection of bite-sized cakes, a freshly baked scone, fresh cream & jam, a slice of homemade quiche, a selection of sandwiches & salad garnish.

Sandwich Selections

Standard: Ham & Mustard, Tuna Mayo, Egg Mayo, Cheese & Onion, Chicken & Stuffing

Vegetarian: Hummus & Cucumber, Egg Mayo, Vegetarian Ham & Mayo, Cheese & Onion

Pescatarian: Tuna Mayo, Egg Mayo, Vegetarian Ham & Mayo, Cheese & Onion, Hummus & Cucumber

Our Afternoon Teas are £12.50 PP and we recommend pre-booking as demand is often high.

We offer free local delivery & we will include any messages you would like to be sent to your loved ones.

Sunday lunch 1-5pm

Temporary menu

Starters £3.95

Soup of the day served with warm crusty bread (v) (gf)

Garlic mushrooms served on sourdough bread (v)

Pate served with melba toast and home made caramelised onion chutney

Mains £9.95

Traditional roast (gf) chicken, beef, pork or gammon served with all the trimmings

Vegan roast, home made nut roast of beetroot wellington

Sides £2

Creamed cabbage and bacon

Stuffing (vegan option available)

Creamy mash

Desserts £3.95

Old school sponge cake with custard

Chocolate fudge cake with ice cream

Vegan cake

Victoria sponge with fresh cream

Carrot cake with cream or ice cream