

CONTACT US IN ADVANCE TO ARRANGE A COLLECTION OR DELIVERY

INCLUDED IN MEAL DEAL OR TEAM LUNCHES

SOFT CIABATTA ROLLS

PULLED PORK & SLAW - (DF) 8.2
KOREAN BEEF BRISKET, KIMCHEE & ASIAN SLAW (DF) - 9.3
HALLOUMI, HARRISSA, SLAW, LEAVES & TOMATO - (V) 7.75
individually wrapped or halved & in large boxes

SOURDOUGH TOASTIES

BACON, AVO, TOMATO, ROCKET, MAYO (DF) - 8.8
CHORIZO, ONIONS, PEPPERS, CHEDDAR - 8.2
MISO, MUSHROOM, CHESTNUT, LEEK, PEPPERS, CHEDDAR - (V/VN) 8
MOZZARELLA, PESTO, ROCKET & TOMATO - (V) 7.75
cut in half then
individually wrapped & bagged up or in large boxess

BREAKFAST BUTTIES

ONE FILLING - 4.95
ADDITIONAL FILLINGS - 1.4
SOFT CIABATTA ROLLS,
SANDWICH OR WRAP WITH BUTTER
BACON, SAUSAGE, BLACKPUDDING
SCRAMBLED / FRIED EGG, MUSHROOMS, CHEESE (V)
HOMEMADE HASHBROWN, FRIED ONION, HECK VEGGIE SAUSAGE (VN)
individually wrapped then bagged up or in boxes

MEAL DEAL

YOUR CHOICE OF
ROLL, BAGEL, TOASTIE, BREAKFAST BUTTIE OR WRAP
WITH
(ANY OR ALL)
SWEETS ½ PRICE
HOT SIDES ½ PRICE
A SHAKE OR SMOOTHIE NORMALLY 6.8 ½ PRICE

BAGELS

SALMON, CREAM CHEESE, LEAVES & PICKLED RED ONION - 8.2
AMERICAN BACON, CREAM CHEESE, LETTUCE & TOMATO - 7.75
CHEDDAR, CHILLI JAM, CREAM CHEESE, LEAVES & TOMATO (VN OPTIONAL) - 7.75
(GLUTEN FREE OPTIONAL)
individually wrapped or halved & in large boxes

WRAPS

FALAFEL, PICKLED RED ONION, TAHINI, SALAD & COCONUT YOGHURT MINT (VN) - 8.5
FRIED CHICKEN, TONKATSU, MAYO, LETTUCE, TOMATO - (DF) 8.2
individually wrapped or halved & plattered

SWEETS

CHOC CHIP BROWNIE (GF OPTIONAL) - 3.9
OREO BROWNIE (DF & VN OPTIONAL) - 3.9
VANILLA BUTTER CREAM CAKE - 3.9
FLAPJACK (VN & GF OPTIONAL) - 3.9
individually wrapped or cut up bitesize in large boxes

HOT SIDES

SKIN ON FRIES 4.6
DIRTY FRIES - BACON & CHEESE 6.8
VEGGIE DIRTY FRIES - JALAPENO, PEPPERS & CHEDDAR 6.8
HOMEMADE HASHBROWNS 4.6
(ALL GF)

SMALL TEAM LUNCH FOR OVER 5 PEOPLE

YOUR CHOICE OF
LUNCH ROLL, BAGEL, WRAP
ACCOMPANIED BY EITHER A
BROWNIE, FLAPJACK OR CAKE
FOR £12.25 PER HEAD
(INCLUDING VAT & BOXED UP FOR SHARING)

ONLY AVAILABLE PRE ORDERED WITH 48H NOTICE

BENTO BOXES

CHIPOTLE CHICKEN - 14.95
WITH LIME RICE, SMOKEY BEANS, SMASHED AVO,
PICO SALAD, CHEESE & CILANTRO DRESSING
(GF)

EGYPTIAN FALAFEL - 14.95
WITH LENTIL RICE, TOMATO SALAD, HALLUMI,
HUMMUS, TAHINI DRESSING, PICKLES &
COCONUT YOGHURT MINT
(VN OPTIONAL)

KATSU CHICKEN - 14.95
WITH MAYO, TONKATSU SAUCE,
ASIAN SLAW, GREEN SALAD & KIMCHEE
(DAIRY FREE)

COLD SIDES

FRESH FRUIT SALAD - 6.8
MELONS, PINEAPPLES, BERRIES (VN & GF)
SALADS - 6.8
ROMAINE LETTUCE, CUCUMBER, TOMATO & LEMON DRESSING
WITH YOUR CHOICE OF ROLL, BAGEL, TOASTIE OR WRAP FILLING
individually boxed or large sharing boxes

LARGE TEAM LUNCH FOR OVER 10 PEOPLE

YOUR CHOICE OF
LUNCH ROLL, BAGEL, WRAP
ACCOMPANIED BY EITHER A
BROWNIE, FLAPJACK, CAKE OR COLD SIDE
FOR £12.25 PER HEAD
(INCLUDING VAT & BOXED UP FOR SHARING)

DELIVERIES MUST BE CONFIRMED BY EMAIL IN ADVANCE
MINIMUM ORDER FOR DELIVERIES £60 - ALL PRICES INCLUDE VAT

BOOKINGS@RICHFIELDSDELI.CO.UK / 01189 391144

CONTACT US IN ADVANCE TO ARRANGE A COLLECTION OR DELIVERY

FIREY BENNIE

PANKO-CRUMBED POACHED EGGS,
SESAME & ONION SPINACH,
SRIRACHA HOLLANDAISE ON
HASHBROWN WITH:
bacon 14.2
mushrooms 14.2 (V)
salmon 15.5

EGGS BENNIE

POACHED EGGS,
SPINACH,
HOLLANDAISE ON MUFFIN WITH:
bacon 11.2
salmon 12.4

UP & AT 'EM

AMERICAN BACON, SMASHED AVO,
TOMATO, POACHED EGGS,
JALAPENO, CILANTRO SAUCE ON
SOURDOUGH OR HASHBROWN (GF)
13.2

SMASHED AVO

SMASHED AVO, FETA, CHILLI, MINT,
LEMON ON SOURDOUGH OR
HASHBROWN (GF) 10.85
THEN ADD ANY OF THESE:

smashed avo toppings:
4 american bacon + 3.5
poached egg +2.3
dukka & pomegranete +2.3

PANCAKE STACK

5 FRESHLY MADE VANILLA
PANCAKES WITH MAPLE SYRUP 10.85
available vegan
THEN
ADD ANY OF THESE:

pancake toppings:
american bacon +3.5
grilled banana +1.3
blueberry +1.3
nutella +1.3
biscoff +1.3
whipped cream +1.3
toffee sauce +1.3
ice cream +1.3

BREAKFAST BURRITO

AMERICAN BACON,
JALAPENO CILANTRO SAUCE,
SCRAMBLED EGGS,
BLACKBEAN SALSA, 12.95
CHEESE & HASHBROWNS

HOT MESS BURRITO

CHORIZO, TOMATO, ONION,
SMOKEY BEANS, SPINACH,
EGGS, CHIPOTLE,
CHEESE & HASHBROWNS 12.95

CHORIZO HASH

CHORIZO, HALLUMI, SPINACH,
POTATO, ONION, POACHED EGGS &
HOLLANDAISE 15.5

FRY UP

2 BACON, 1 SAUSAGE, 1 FRIED EGG,
MUSHROOM, 11.5
BEANS & TOAST

FULL & PROPER

2 BACON, 2 SAUSAGE, 2 FRIED EGGS,
BLACKPUDDING, MUSHROOM,
HASHBROWN, BEANS & TOAST 15.5

VEGAN FRY UP

2 VEGAN SAUSAGE, MUSHROOM,
TOMATO, HASHBROWN, BEANS &
AVO TOAST 13.5

VEGGIE FRY UP

1 VEGGIE SAUSAGE, 2 SCRAMBLED
EGGS, MUSHROOM, TOMATO,
HASHBROWN, BEANS & TOAST 13.5

EARLY BIRD

1 BACON, 1 SAUSAGE, 1 FRIED EGG,
BEANS & TOAST 7.5

fry up additions:
bacon + 2
sausages + 2
4 american bacon + 3.5
homemade hashbrown + 2.3
veggie sausage + 2
black pudding +2
mushrooms +2
halloumi +2

ALLERGIES? LET US KNOW!!

OUR KITCHEN DOES HANDLE MULTIPLE ALLERGENS, AND WE CANT 100% GUARENTEE
OUR FOOD IS NUT OR SESAME FREE

(DF) - DAIRY FREE
(VN) - VEGAN

(GF) - GLUTEN FREE
(V) - VEGGIE

FOR OUR FULL MENU VISIT OUR WEBSITE

INCLUDING OUR GLUTEN FREE, VEGGIE, VEGAN & KIDS MENUS

SOFT CIABATTA ROLLS

BBQ PULLED PORK & SLAW ROLL (DAIRY FREE)

wheat flour, pork, spices, **paprika**, **eggs**, cabbage, carrot, onion

BEEF BRISKET & ASIAN SLAW ROLL (DAIRY FREE)

wheat flour, beef brisket, pear,**sesame**, **soy beans**, **wheat**, red pepper, garlic, onions, cabbage, carrot, onion, rice vinegar, **sesame** oil, garlic, kimchee, **chilli**

HALLOUMI HARRISSA & SLAW ROLL (VEGGIE)

wheat flour, halloumi, harrissa, **chilli**, **egg**, **milk**, cabbage, carrot, onion leaves & tomato

SOURDOUGH TOASTIES

BACON TOASTE

wheat flour, sourdough, bacon, (pork) mayo, **egg**, avocado, rocket, tomatoes

CHORIZO TOASTE

wheat flour, sourdough, mature cheddar, **milk**, chorizo, (**pork**), paprika, **peppers** & red **onion**

SHROOMIE TOASTE (V)

wheat flour, sourdough, mature cheddar, **milk**, mushrooms, **garlic**, miso paste, **soya**, leeks, breadcrumbs

SHROOMIE TOASTE (VN)

wheat flour, sourdough, vegan cheddar, **coconut oil**, **oat**, mushrooms, **garlic**, miso paste, **soya**, leeks, **breadcrumbs**

MOZZARELLA TOASTIE

wheat flour, sourdough, mozzarella cheese, **milk**, pesto, basil, garlic, hard cheese, **milk**, **cashew nuts**, tomato, rocket

BREAKFAST BUTTIES

SOFT CIABATTA ROLLS

SANDWICH OR WRAP WITH BUTTER **wheat flour**, **milk**

BACON pork

SAUSAGE pork, **sulphur dioxide**

BLACKPUDDING pork, wheat, barley,oatmeal, **gluten**, dried **pork** blood

SCRAMBLED egg, butter, **milk**

FRIED EGG egg, rapeseed oil

MUSHROOMS mushrooms, butter, **milk**, rapeseed oil

CHEESE (V) milk

HOMEMADE HASHBROWN potato, rapeseed oil, salt

FRIED ONION onion rapeseed oil

HECK VEGGIE SAUSAGE (VN) **wheat** protein, **soya**

ICED COFFEE (AVAILABLE VN WITH OAT MILK)

ICED LATTE

cold double espresso, ice & **milk**

ICED VANILLA CAPPUCCINO

cold double espresso, vanilla ice cream, **milk**, whipped cream

ICED MOCHA

cold double espresso, ice, cocoa, sugar, vanilla, **milk**

BAGELS

SALMON CREAM CHEESE POPPY SEEDS BAGEL

wheat flour, bagel, cream cheese, **milk**, smoked salmon, **fish**, pickled red onion, leaves, poppyseed

BLT CREAM CHEESE POPPY SEEDS BAGEL

wheat flour, bagel, cream cheese, **milk**, american streaky bacon, leaves, tomato, poppyseed

MATURE CHEDDAR CREAM CHEESE CHILLI JAM BAGEL (VEGGIE)

wheat flour, mature cheddar,cream cheese, **milk**, **chilli** jam, red wine vinegar, red pepper, onion, limes, sugar,**garlic**, lettuce, spinach, rocket, tomato

WRAPS

FALAFEL & TAHINI SLAW WRAP (VN)

wheat flour, chickpeas, split broad beans, coriander, parsley ,tahini, **sesame**, cabbage, carrot, onion, pickled onion & coconut yoghurt mint

FRIED CHICKEN WRAP (DAIRY FREE)

wheat flour, chicken, **egg**, breadcrumbs, **wheat**, mixed vegetables and spices, **soy**, mayo, **egg**, lettuce, tomato

SWEETS

CHOC CHIP & OREO BROWNIES

wheat flour, **milk**, chocolate, **eggs**, **soya**, cocoa powder

DAIRY FREE OREO BROWNIES

wheat flour, plant based butter, dark chocolate, **eggs**, **soya**, cocoa powder, oreos

VEGAN OREO BROWNIES

wheat flour, plant based butter, dark chocolate, **eggs**, **soya**, cocoa powder, oreos

VANILLA BUTTER CREAM CAKE

butter, **milk**, flour, **gluten**, sugar,

FLAPJACK

oats, **gluten**, golden syrup, cinnamon, butter, **milk**

FLAPJACK (VEGAN & GLUTEN FREE)

Gluten free oats, golden syrup, cinnamon, sunflower and rapeseed oils, coconut fat, water, and faba bean preparation

HOT SIDES

SKIN ON FRIES

potato, sunflower oil, rapeseed oil, salt

DIRTY FRIES WITH BACON & CHEESE

potato, sunflower oil, rapeseed oil, bacon, cheese, **milk**, salt

DIRTY FRIES WITH JALAPENOS, PEPPERS & CHEESE

potato, sunflower oil, rapeseed oil, jalapeno **chilli**, peppers, cheese, **milk**, salt

HOMEMADE HASHBROWNS

potato, rapeseed oil, salt

SPICED PUMPKIN COCONUT SOUP

pumpkin, squashes, coconut milk, red thai

BENTO BOXES

CHIPOTLE CHICKEN

chicken, mexican chillis, rice, lime, avocado, smokey beans, pinto beans, **barley**, **soya**, **wheat**, **paprika**, **pepper**, **garlic**, **mustard**, tomato, onion, cucumber, cheddar, **milk**, **coriander**, **honey**, garlic, soured cream, **milk**, mayonnaise, **egg**

EGYPTIAN FALAFEL

falafel, chickpeas, coriander, parsley, spices, garlic, lentil rice, hummus, tahini, **sesame**,pickled **chilli**, pickled onion, coconut yoghurt mint

KATSU CHICKEN

panko breadcrumbs, **wheat**, chicken, rapeseed oil, **egg**, mayonnaise, **egg**, mixed vegetables and spices, **soy**, carrot, cabbage, onion , **soy**, **sesame oil**, **sesame seeds**, lettuce, tomato, leaves, kimchee, chilli, mixes seed, spring onion

COLD SIDES

FRESH FRUIT SALADS

melons, pineapple, berries

SALADS

allergen info for salads is the same as the lunch items allergen without wheat flour and additional lettuce, cucumber, tomato, lemon, olive oil, salt & pepper

SMOOTHIES

RECOVERY

mango, pineapple, apple, ginger, tumeric, lemon

ENERGISER

strawberry, banana, apple

TROPICAL CRUSH

pineapple, mango, strawberry

LEAN GREEN

mango, pineapple, apple, banana, spinach mint

SUPERBERRY

cherry, strawberry, blueberry, apple, ginger, tumeric, coconut milk

PEANUT BOOST

peanut butter, **oat milk**, **gluten**, granola, **sulphur dioxide**, **almonds**, **oat**, sunflower seeds, banana, maple syrup

SHAKES (AVAILABLE VN)

STRAWBERRY & VANILLA SHAKE

strawberry, ice cream, **milk**, vanilla, whipped cream

BANANA & HONEY SHAKE

banana, honey, cinnamon, ice cream, **milk**, whipped cream

CHOCOLATE OREO SHAKE

oreos, **soya**, **wheat**, cocoa, **milk**, ice cream, whipped cream

VEGAN SHAKES

allergen info for shakes is the same as the regular shakes allergens without milk for the ice cream and additional coconut oil, natural colours & flavours for the vegan ice cream, and vegan whipped cream with UHT vegatable fat & palm oil & oat milk with very small traces of gluten from production

BRUNCH

SALMON FIERY EGGS BENNIE

panko breadcrumbs, **wheat flour, eggs, sesame**, spinach, **onion**, potato, rapeseed oil, salmon, **fish**, hollandaise, **milk, egg, barley, less than 20 PPM gluten, pickled red chilli, spices, nori, seeds, pepper**, citrus

BACON FIERY EGGS BENNIE

panko breadcrumbs, **wheat flour, eggs, sesame**, spinach, **onion**, potato, rapeseed oil, bacon, **pork**, hollandaise, **milk, egg, barley, less than 20 PPM gluten, pickled red chilli, spices, nori, seeds, pepper**, citrus

MUSHROOM FIERY EGGS BENNIE

panko breadcrumbs, **wheat flour, eggs, sesame**, spinach, **onion**, potato, rapeseed oil, mushrooms, butter, **milk**, hollandaise, **milk, egg, barley, less than 20 PPM gluten, pickled red chilli, spices, nori, seeds, pepper**, citrus

SAMON EGGS BENNIE

eggs, cider vinegar, spinach, rapeseed oil, salmon, fish, muffin, **soya, wheat flour**, hollandaise, **milk, egg, barley, less than 20 PPM gluten**

BACON EGGS BENNIE

eggs, cider vinegar, spinach, rapeseed oil, bacon, **pork**, muffin, **soya, wheat flour**, hollandaise, **milk, egg, barley, less than 20 PPM gluten**

UP & AT 'EM

wheat flour, sourdough, avocado, **eggs**, cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, garlic, american streaky bacon, **pork**, tomato

GLUTEN FREE UP & AT 'EM ON HASHBROWN

potato, salt, rapeseed oil, avocado, **eggs**, cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, garlic, american streaky bacon, **pork**, tomato

SMASHED AVO

wheat flour, sourdough, avocado, feta, **sheep & goats milk**, mint, olive oil, **chilli**, lemon

GLUTEN FREE SMASHED AVO ON HASHBROWN

potato, rapeseed oil, salt, avocado, feta, **sheep & goats milk**, mint, olive oil, **chilli**, lemon

SMASHED AVO WITH AMERICAN BACON & POACHED EGGS

wheat flour, sourdough, avocado, feta, **sheep & goats milk**, mint, olive oil, **chilli**, lemon, american streaky bacon, **pork, eggs**

VEGAN SMASHED AVO DUKKA & POMEGRANATE

wheat flour, sourdough, avocado, mint, olive oil, garlic, lemon, dukka, **sesame, hazelnuts**, coriander, cumin, pomegranate

PANCAKE STACK

butter, **milk, eggs**, sugar, vanilla, **wheat flour**, bicarb, maple syrup

PANCAKE STACK WITH ALL TOPPING

butter, **milk, eggs**, sugar, vanilla, **wheat flour**, bicarb, maple syrup *american bacon, **pork, grilled banana**, sugar, rapeseed oil, **blueberries, nutella, hazelnuts, soya, biscoff, soya, wheat flour, whipped cream, milk**, sugar, **toffee sauce, milk, ice cream milk***

VEGAN PANCAKES (NOT ALWAYS ON MENU)

oat milk, gluten, sugar, vanilla, **wheat flour**, baking powder, rapeseed oil, maple syrup

ALL AMERICAN

butter, **milk, eggs**, sugar, vanilla, **wheat flour**, bicarb, maple syrup, american streaky bacon

CINNAMON SWIRLS

butter, **milk, eggs**, sugar, vanilla, **wheat flour**, bicarb, maple syrup, cinnamon, butter, **milk**, sugar, toffee sauce, **milk**,

BANANARAMA

butter, **milk, eggs**, sugar, vanilla, **wheat flour**, bicarb, maple syrup, grilled banana, sugar, rapeseed oil, whipped cream, milk, toffee sauce, milk

BISCOFF

butter, **milk, eggs**, sugar, vanilla, **wheat flour**, bicarb, maple syrup, biscoff, whipped cream, **milk**

PORRIDGE WITH GRILLED BANANA BLUEBERRIES & MAPLE SYRUP

oats, **gluten, milk**, pumpkin seeds, sunflower seeds, cinnamon, grilled banana, sugar, rapeseed oil, blueberries, maple syrup

BREAKFAST BURRITO

wheat flour, tortilla wrap, cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, **garlic, egg, butter, milk**, potato, salt, rapeseed oil, cheddar, **milk**, bacon, **pork**, black bean, tomato, **onion, garlic**

VEGGIE BREAKFAST BURRITO

wheat flour, tortilla wrap, cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, **garlic, egg, butter, milk**, potato, salt, rapeseed oil, cheddar, **milk**, veggie sausage, **soya & wheat** proteins, black bean, tomato, **onion, garlic**

VEGAN BREAKFAST BURRITO

wheat flour, tortilla wrap, cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, **garlic**, avocado, potato, salt, rapeseed oil, veggie sausage, soya & wheat proteins , black bean, tomato, **onion, garlic**

GLUTEN FREE BREAKFAST BURRITO BOWL

cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, **garlic, egg, butter, milk**, potato, salt, rapeseed oil, cheddar, **milk**, bacon, **pork**, black bean, tomato, **onion, garlic** with bacon, **pork or** mushrooms, butter, **milk**

BREAKFAST WRAP (NOT ALWAYS ON THE MENU)

wheat flour, tortilla wrap, sausage, **pork**, sulphur dioxide, bacon, **pork**, fried **egg**, rapeseed oil, mushrooms, butter, **milk**, rapeseed oil, hashbrown, potato, rapeseed oil, salt, black pudding, **pork, wheat, barley, oatmeal**, gluten, **dried pork blood**

RISE & SHINE BURRITO (V) (NOT ALWAYS ON THE MENU)

wheat flour, tortilla wrap, **egg**, butter, milk pesto, basil, garlic, hard cheese, **milk, cashew nuts**, tomato, rocket, spinach, jalapenos, **chilli pepper**, avocado, feta, **sheep & goats milk**

GLUTEN FREE RISE & SHINE ON HASHBROWN (NOT ALWAYS MENU)

potato, salt , rapeseed oil, **egg**, butter, milk pesto, basil, garlic, hard cheese, **milk, cashew nuts**, tomato, rocket, spinach, jalapenos, **chilli pepper**, avocado, feta, **sheep & goats milk**

HUEVOS RANCHEROS (NOT ALWAYS ON THE MENU)

wheat flour, tortilla wrap, fried **eggs**, cilantro jalapeno sauce, coriander, rapeseed oil, jalapenos, **chilli peppers**, cider vinegar, **garlic**, cheddar, **milk**, black bean, tomato, onion, garlic, avocado

HOT MESS BURRITO

wheat flour, scrambled **egg**, pinto beans, **onion, pepper, garlic, mustard**, tomato, vinegar, spices, onion, chorizo, **pork**, paprika, spinach, cheddar, **milk**, hashbrown, potato, salt, rapeseed oil, chipotle **chilli pepper**, spices, vinegar, spices

VEGGIE HOT MESS BURRITO

wheat flour, scrambled **egg**, pinto beans, **onion, pepper, garlic, mustard**, tomato, vinegar, spices, **onion**, veggie sausage, **wheat & soya protein**, paprika, spinach, cheddar, **milk**, hashbrown, potato, salt, rapeseed oil, chipotle **chilli pepper**, spices, vinegar, spices

GLUTEN FREE HOT MESS ON HASHBROWN

scrambled **egg**, pinto beans, **onion, pepper, garlic, mustard**, tomato, vinegar, spices, onion, chorizo, **pork**, paprika, spinach, cheddar, **milk**, hashbrown, potato, salt, rapeseed oil, chipotle **chilli pepper**, spices, vinegar, spices

CHORIZO HASH

potato, rapeseed oil, halloumi, **cows, goats & sheeps milk**, spinach, onion, chorizo, **pork**, poached **eggs**, cider vinegar, hollandaise, **milk, egg, barley, less than 20 PPM gluten**

VEGGIE CHORIZO HASH

potato, rapeseed oil, halloumi, **cows, goats & sheeps milk**, spinach, onion, veggie sausage, **wheat & soya protein**, poached **eggs**, cider vinegar, hollandaise, **milk, egg, barley, less than 20 PPM gluten**

FRY UP

bacon, **pork**, sausage, **pork, sulphur dioxide, egg**, mushrooms, butter, **milk**, rapeseed oil, baked beans, haricot beans, tomato, spices, toast, **soya**, butter, **milk**

FULL & PROPER

bacon, **pork**, sausage, **pork, sulphur dioxide, egg**, mushrooms, butter, **milk**, rapeseed oil, hashbrown, potato, salt, rapeseed oil, black pudding, **pork, wheat, barley, oatmeal, gluten, dried pork blood**, baked beans, haricot beans, tomato, spices, toast, **soya**, butter, **milk**

VEGAN FRY UP

veggie sausage, **wheat & soya protein**, mushrooms, **garlic**, rapeseed oil, tomato, hashbrown, potato, salt, rapeseed oil, avocado, toast, **soya**, baked beans, haricot beans, tomato, spices

VEGGIE FRY UP

veggie sausage, **wheat & soya protein, eggs**, mushrooms, butter, milk, rapeseed oil, tomato, hashbrown, potato, salt, rapeseed oil,, toast, **soya**,baked beans, haricot beans, tomato, spices

EARLY BIRD

bacon, **pork**, sausage, **pork, sulphur dioxide, egg**, baked beans, haricot beans, tomato, spices, **soya**, butter, **milk**

EGGS ON TOAST

*scrambled **egg***, butter, milk, rapeseed oil, *poached **egg***, cider vinegar, *fried **egg***, rapeseed oil, *toast*, butter, **milk**

OUR COFFEE

an independently sourced arabica & robusta blend - strong and rounded

OUR MILKS

Our milks are whole milk, semi skimmed & oat milk -traces of **gluten**

OUR JUICES

We serve fresh orange juice, apple juice & rubicon mango juice

OUR SOFT DRINKS

we serve coca cola, diet coke, sprite, orange fanta, still & sparkling water

OUR KITCHEN DOES HANDLE MULTIPLE ALLERGENS, AND WE CANT 100% GUARENTEE OUR FOOD IS NUT OR SESAME FREE

ALL OUR FOOD IS HANDMADE SO WE CAN MAKE MOST OF YOUR FOOD TO ORDER SO FEEL FREE TO ASK FOR SPECIAL REQUESTS AND WE WILL TRY TO ACCOMODATE