

MENU

LIGHT BITES AND BRUNCH

SERVED TILL 11 AM / NOT AVAILABLE SUNDAYS

MIXED BEAN CHILLI

£9.50

Mildly Spiced and Smokey, Served with Salad along with a choice of bread roll or tortilla chips

Add Grated Cheese (CONTAINS MILK) or Plant Based Cheese £1.45

Add Chicken £1.70 / Add sliced avocado £1.45

ROLL CONTAINS WHEAT

MEXICAN EGGS

£9.95

2 Corn Tortillas Topped with Refried Black Beans with Roast Tomato Sauce, 2 Fried Eggs, Avocado Chunks, Feta and A Sprinkle of Fresh Coriander

CONTAINS EGG, SOYA, SULPHITES - Vegan Option with Falafel and Plant based feta

KEDGEREE

£9.50

Mild Curried Rice Served with Smoked Haddock and A Poached Egg

CONTAINS EGG, FISH, MILK

QUINOA SALAD

£9.95

Quinoa with Roast Veg, Squeeze of Lemon and Rocket Served Crispy Salad Leaf mix
Add Halloumi (CONTAINS MILK) or Feta or plant based feta £1.45 / add Chicken £1.70

FALAFEL SALAD

£10.95

Fresh Mixed Leaf Salad, Moroccan Falafel Served with Olives, Humous (CONTAINS SESEME) and 2 slices of toast.
(Brown, White or Gluten Free)

CONTAINS WHEAT (BREAD ONLY)

CHICKEN AND BACON SALAD

£9.75

Fresh Mixed Leaf Salad with Chicken and Bacon

SWAMP BREAKFAST

£10.95

2 Sausages, 2 Bacon, 2 Eggs, 1 Hash Brown, Beans, Grilled Tomatoes, Mushrooms, 1 Slice of Toast

CONTAINS WHEAT, EGGS (GLUTEN FREE AVAILABLE ON REQUEST)

SMALL SWAMP

£8.95

1 Sausage, 1 Bacon, 1 Egg, 1 Hash Brown, Beans, Grilled Tomatoes, Mushrooms, 1 Slice of Toast
CONTAINS WHEAT, EGGS (GLUTEN FREE AVAILABLE ON REQUEST)

PLANTED SWAMP

£10.95

2 Plant based Sausages, Tofu Scramble, 2 Hash Browns, Grilled Tomatoes, Mushrooms, Beans, Wilted Peppered Spinach, 1 slice of toast
CONTAINS WHEAT, (BREAD) (GLUTEN FREE AVAILABLE ON REQUEST)

SMALL PLANTED SWAMP

£8.95

1 Plant based Sausage, Tofu Scramble, 1 Hash Browns, Grilled Tomatoes, Mushrooms, Beans, Wilted Peppered Spinach, 1 slice of toast
CONTAINS WHEAT, (BREAD) (GLUTEN FREE AVAILABLE ON REQUEST)

BAGELS

Closed toasted bagel, Served with salad garnish

TUNA MELT

Tuna mayo, Red onion and melted cheese

£8.95

BACON, BRIE AND CRANBERRY

it is what it is!

£8.95

ROAST VEG AND CHEESE SUNDRIED TOMATO PASTE WITH ROAST VEG AND GOATS CHEESE OR PLANT BASED SLICE

£.95

CREAM CHEESE DAIRY OR PLANT BASED CREAM CHEESE TOPPED WITH TOMATO

£6.25

Add salmon £2.95 / Add chicken £1.70 / Add sliced Avocado £1.45

AVOCADO SMASHED AVOCADO WITH SLICED TOMATO

£6.95

Add fried egg £1.10 / Add hash brown £1.10

PESTO PESTO, ROAST PEPPER, OLIVES, AND SPINACH

£7.95

Add halloumi or plant based feta or plant based slice £1.45 / Add chicken £1.70

BREAKFAST SAUSAGE, BACON, EGG, GRILLED FRESH TOMATO, & HASH BROWN

£8.95

PLANT BREAKFAST

Plant bashed sausage, hash brown, grilled fresh tomato and mushrooms

£8.95

We can make all our dishes Gluten free.

Please be aware that, although we are extremely allergen conscious, our kitchen utilises all 14 allergens and therefore a small risk of cross contamination is possible. Please speak to your server about any allergies or dietary requirements before ordering.

SANDWICHES (COLD)

Choose either bread or roll

HAM	£5.95
HAM & CHEESE	£6.95
TUNA	£6.95
TUNA & CUCUMBER	£6.95
HUMOUS	£5.95
HUMOUS & ROASTED RED PEPPER	£6.95
CHEESE (plant based available)	£5.95
CHEESE & TOMATO (plant based available)	£6.25
CHEESE & ONION (plant based available)	£6.25
CHICKEN	£6.25
CHICKEN, AVOCADO, ROCKET & LEMON MAYO	£7.95
BLT (lightly toasted bread)	£7.95

TOASTIES (BREAD ONLY)

Served on Brown, White or Gluten free

HAM & CHEESE	£7.25
TUNA, RED ONION & CHEESE	£7.95
CHEESE (plant based available)	£6.25
CHEESE & ONION (plant based available)	£6.50
CHEESE & TOMATO (plant based available)	£6.50
ADD CHIPS (to meal)	£2.00
ADD SWEET POTATO FRIES (to meal)	£2.50
ADD TORTILLA CHIPS (to meal)	£1.50
ADD SIDE SALAD (to meal)	£0.50
BOWL OF CHIPS	£3.50
BOWL OF SWEET POTATO FRIES	£4.50
BOWL OF TORTILLA CHIPS	£2.25

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