

Creamy scrambled Egg V VEGAN  Creamy scrambled egg on toast  Vegan and gluten free option available  Add bacon for £1.50	£6.75
Omelette as you like it <b>V GF</b> Choose fillings of cheese, sauteed onion, tomato, Mushrooms or bacon	£6.75
Old Fashioned Blueberry Pancakes Served with bacon, maple syrup and cream	\$9.00
Brioche French Toast V  Topped with cream, blueberries and maple syrup  Vegan and gluten free option available	00.03
Super Food Porridge V GF  Crammed with oats, chia and flax seeds and served with a pot of honey and fresh blueberries  Vegan option available	£4.50







#### **Bruschetta**

### Chorizo & Avocado

£11.95

Toasted sourdough topped with crushed avocado & chorizo, garlic, basil & Isle of Wight tomatoes, with a balsamic glaze Gluten free option available

# Isle of Wight Tomatoes VEGAN



£11.95

Toasted sourdough topped with Isle of Wight tomatoes marinated in garlic and basil with a balsamic glaze Gluten free option available

#### Seasonal Salads

## Superfood Salad VEGAN GF V



£13.95

Salad leaves with flax seeds, pumpkin seeds, chia seeds, walnuts, grapes and blueberries topped with half an avocado with a balsamic drizzle.

## lewelled Couscous Vegan V



£12.95

Couscous with pomegranate seeds, red onion, cranberries, chickpeas, fresh coriander and pistachios, crusty sourdough and a salad garnish Grilled halloumi for £2

### Lemon & Herb Roasted Chicken GF

£14 95

A lemon and herb roasted chicken breast on the bone served on top of seasonal salad leaves, IOW tomatoes, cucumber and red onion with a lemon and garlic dressing



Classic Ploughman's  Honey roast gammon, Cheddar, Isle of Wight blue cheese, grapes, apple, gherkins, home made slaw, salad leaves & sourdough with onion marmalade  Gluten free option available	£15.95
Barra Galeta Crusty Baguette Served with seasonal salad garnish and sea salt crisps	
Honey Roast Gammon  Gammon with Dijon mustard  Gluten free option available	£11.95
Cheese & Chutney VEGAN V Cheddar cheese and onion marmalade Vegan and gluten free option available	£11.95
Falafel & Hummus VEGAN V Falafel with hummus and sweet chilli	£11.95
<b>Quiche</b> Served with seasonal salad garnish	
Mediterranean Vegetable V  An individual home made Mediterranean vegetable quiche	£11.95
Chorizo & Feta An individual home made chorizo and feta quiche	£11.95









# Drinks

Folkington's Juices
Cloudy Apple, Cranberry, Orange,
Summer Berries Elderflower or Pineapple

£	3		1	5
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Americano	£3.25	Tea	£2.90
Cappuccino	£3.45	Earl Grey Tea	£2.95
Latte	£3.45	Peppermint Tea	£2.95
Mocha	£3.65	Green Tea	£2.95
Flat White	£3.40		
Double Espresso	£2.85	Dairy Free Milk	£0.75
Macchiato	£2.95	Oat or Soya	
Babyccino	£0.95		
Extra Shot	£0.95	Syrup Shot	£0.95
		Vanilla, Caramel or Haz	elnut
Hot Chocolate	£3.45		
Deluxe Hot Chocolate	£3.95		

Loose Leaf Tea	£3.55
Tropical Green Blueberry Rooibos English Breakfast Peppermint Berry Hibiscus	Rooibos Organic Jasmine Organic Turmeric & Cocoa Chamomile & Citrus Masala Chai