**Breakfast 10am – 11:00am**

Vegetarian breakfast – vegan sausage, hash brown, herb roasted tomato, baked beans, roasted peeled mushroom - 600.48kcal | £12.50 PP

Full English - Cumberland sausage, back bacon, herb roasted tomato, baked beans, roasted peeled mushroom and eggs your way - 524.97kcal | £14.00

Crushed avocado on sourdough toast - 291.64kcal | £10.00 PP

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**Tea and Coffee**

**Tea** | 4.95

- The full English
  A well-rounded blend with a full flavour

- Earl Grey
  This sublime Earl Grey blends Chinese black loose-leaf tea with the wonderfully citrusy flavour of bergamot

- Assam
  Smooth, rich & full bodied with an unmistakable malty punch

**Coffee**

- **Espresso** | 3.10
- **Double espresso** | 3.30
- **Macchiato** | 3.20
- **Double macchiato** | 3.75
- **Americano** | 3.75
- **Cappuccino** | 3.95
- **Latte** | 3.95
- **Flat white** | 3.95
- **Mocha** | 4.20
- **Hot chocolate** | 4.60

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**Lunch Menu 12:00pm – 3:00pm**

**Starters**

- **Pistou soup** 431 kcal | £9.50 PP
  *Root vegetables are nutrient rich and has a low carbon footprint. They are one of the most sustainable options among all types of produce.*

- **Beetroot carpaccio, rosemary vegan goat’s cheese, hazelnuts, watercress** 210 kcal | £12.50 PP
  Beetroot is a strong and resilient crop that readily takes after itself. As it doesn’t need many inputs from the grower, beetroot is easier to farm in a sustainable way and works with the environment.

- **Smoked mackrel, fennel, orange & pomegranate salad** - 287 kcal | £14.50 PP
  Orange production is sustainable as there is no pesticide damage to air, water, land, soil and has a relatively low carbon footprint.

- **Confit heritage tomato, mozzarella, and basil pesto** - (V) 295 kcal | £13.50
  Tomatoes require relatively low amounts of water and fertilizer compared to other crops, making them a more sustainable choice.

**Mains**

- **Pea & mint risotto, preserved lemon, Prosciolang** 560kcal | £19.50 PP
  Peas require less water and are drought tolerant, reducing the need for nitrogen fertilizers because they take nitrogen gas from the air and store in their roots and make perfect candidates for crop rotation.

- **Roasted courgette, artichoke, sweet pepper & olive tart with vegan feta, lovage** - 405 kcal | £19.50 PP
  Lovage is a draw pollinator, which is very beneficial to the garden. Courgette production is sustainable since there is no pesticide damage to air, water, land, soil and has a relatively low carbon footprint.

- **Chicken Caesar salad** - 332 kcal | £22.00 PP
  Poultry is one of the most sustainable protein choices and has a lower environmental footprint.

- **Scorched sea bass, confit fennel, samphire, brown shrimp, beurre noisette** 473 kcal | £28 PP
  Scorched seafood base is one of the most sustainable protein choices. It has a high biological value and is grown in the UK.

- **Tender stem broccoli, Jersey royales, sautéed green beans**
  Broccoli require a little water and fertilizer compared to other crops, making them a more sustainable choice.

**Sides**

- **Sautéed green beans** – 151Kcal | £5 PP
- **Jersey royales - 214Kcal | £5 PP
- **Tender stem broccolli - 198Kcal | £5 PP
- **Bread & Butter - 388Kcal | £5**

**Desserts**

- **Strawberry mousse, basilic Semillon, crottled cream, and sweet basil dressing** – 258kcal | £9.50 PP
- **Grilled peach with vegan vanilla ice cream** - 124 kcal - £9.50 PP
- **Rich chocolate brownie with vanilla pod ice cream and chocolate sauce** 598 kcal | £9.50
- **Ice cream | 2 scoops | £7.20, 3 scoops | £9.00 (Calories available on request)**

**Kids menu**

- **Pesto pasta** - 418kcal | £12.50
- **Pesto pasta with chicken** 500kcal | £14.50
- **Chicken nuggets, with chips, sweet corn, garden peas** - 313kcal | £12.50

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**Afternoon Tea from 3:00pm**

**Classic** - 1080.6 kcal | 37.50

- **Finger Sandwiches**
  - Free range egg mayo & cress
  - Ham & English Mustard
  - Coronation chicken

- **Cucumber & mint cream cheese**

- **Scone**
  - English Tiptree jam & clotted cream

**Today's Mini Tea Cakes**

**Vegetarian** - 1131.5 kcal | 37.50

- **Finger Sandwiches**
  - Beetroot hummus & carrot PP
  - Onion bhaji, spinach, vegan mayo PP
  - Mixed bean & sweet potato wrap PP

- **Plant-based cheese & sundried tomato PP**

- **Scone**
  - English Tiptree jam & clotted cream

**Today's Mini Tea Cakes**

**With Afternoon Tea only**

Add a glass of:

- **Prosecco** | 9.50

**Cream tea** - 396.9 kcal | 15.00

Scone served with English Tiptree jam & clotted cream with your choice of tea