

Please make a note of your **table number** before you order.

BREAKFAST

Served 8:30 – 11:30 | Sunday 10 – 11:30

Traditional breakfast 901 kcal Fried egg, bacon, sausage, baked beans, hash brown, grilled tomato, white, brown or gluten free toast	£10.25
Vegetarian breakfast 880 kcal  Fried egg, meat free sausage, baked beans, grilled tomato, hash brown, half avocado, white, brown or gluten free toast	£10.25
Eggs benedict 737kcal Toasted English muffin topped with back bacon, poached eggs and hollandaise sauce	£8.95
Bacon 601 kcal or sausage 751 kcal sandwich Choose from: white, brown or gluten free. Add a fried egg 120 kcal £1.25	£5.95
Breakfast muffin 948 kcal Melted cheese on toasted English muffin with bacon, sausage, egg and hash brown	£7.65
Eggs your way!  Choose from poached 568 kcal , fried 731 kcal or scrambled 721 kcal eggs, served on freshly toasted white, brown or gluten free bread	£6.95
Pancakes with berries 398 kcal  Two American style pancakes topped with seasonal fresh berries, Greek yoghurt and served with maple syrup	£8.95
Pancakes with bacon 519 kcal Two American style pancakes topped with crispy streaky bacon and served with maple syrup	£8.95
Avocado brunch 757 kcal  Toasted ciabatta with tomato, avocado & red chilli mix topped with lemon oil dressing and a poached egg	£8.95
Toast with butter 344 kcal  Add strawberry jam 67 kcal or marmalade 68 kcal £0.75	£2.65
Toasted tea cake 348 kcal  Served with butter & jam 67 kcal or marmalade 68 kcal	£2.95
Summer granola 616 kcal  Raisins, honey & almond crunchy oats served with seasonal berries and Greek yoghurt	£6.95
Cheese & ham toastie 481 kcal	£7.45
Cheese & tomato toastie 440 kcal 	£7.25
Cheese & onion toastie 448 kcal 	£7.25

CHILDREN’S BREAKFAST

Children under 12 years old

Mini breakfast Choose 3 items from: Bacon 75 kcal, sausage 176 kcal, beans 89 kcal, hash brown 90 kcal, fried egg 120 kcal. Served with white 120 kcal or brown 122 kcal toast	£5.25
Kid’s pancakes Choose from: One pancake 132 kcal with banana 53 kcal or strawberries 14 kcal and maple syrup 147 kcal Or One pancake 132 kcal with Nutella 80 kcal and banana 53 kcal or strawberries 14 kcal	£5.25

If you have any **allergies** or **intolerances**, please ask for assistance.

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HOT DRINKS

Regular 8oz Large 12oz	
Flat white 128 kcal	£3.20
Americano 24 kcal 48 kcal	£2.90 £3.20
Cappuccino 110 kcal 220 kcal	£3.20 £3.40
Latte 104 kcal 214 kcal	£3.20 £3.40
Chai latte 103 kcal 206 kcal	£3.30 £3.65
Mocha 197 kcal 280 kcal	£3.20 £3.65
Hot chocolate 190 kcal 321 kcal	£3.30 £3.65
Luxury hot chocolate 392 kcal Whipped cream & marshmallows	£4.25
Espresso 24 kcal	£1.95
Double espresso 48 kcal	£2.45
Babyccino 82 kcal	95p
Pot of English breakfast tea 2 kcal	£2.40
Pot of tea for two 4 kcal	£4.50
Pot of loose-leaf tea	£2.75
Non-dairy milk Oat Soya Coconut	40p 50p
Coffee syrup Vanilla Hazelnut 31 kcal Caramel 60 kcal All above available sugar free	70p

SOFT DRINKS

Coca Cola Fanta Bottle	£2.95
Diet Coke Zero Bottle Sprite Zero	£2.85
Fentiman’s Appletiser Bottle	£2.95
Canned soft drinks	£2.50
Orange Apple juice	£2.95
Still Sparkling water	£2.60
Fruit Shoot Glass of milk	£1.60
Juice carton	£1.30
Smoothies Berry Go Round 154 kcal Pash N Shoot 185 kcal Strawberry Split 193 kcal	£4.95
Milkshakes Served with whipped cream Strawberry 390 kcal Banana 383 kcal Chocolate 461 kcal	£4.95

ALCOHOLIC DRINKS

Wine 187ml White Rose Red	£4.95
Prosecco 200ml	£5.95
Peroni 330ml	£4.25
Old Mout 500ml	£4.95



CHELMSFORD





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LUNCH

Served 11:30 – 16:00 | Sunday 11:30 – 15:30



SANDWICHES

Served with a garden salad, dressed in a ranch sauce.
Choose from: white, brown or gluten free.

Egg mayonnaise 566 kcal 	£6.95
Free range egg & mayonnaise	
BLT 627 kcal	£7.95
Warm crispy bacon, lettuce, sliced tomato and mayonnaise	
Tuna & cucumber 459 kcal	£7.95
Tuna & mayonnaise with sliced cucumber	
Coronation chicken 548 kcal	£7.95
Roasted chicken breast mixed with a mild curry & mayonnaise dressing	
Prawn & avocado 645 kcal	£8.25
Prawns in a Marie Rose sauce with sliced avocado	
Hummus & avocado 527 kcal 	£7.95
Hummus, avocado, tomato and lettuce	
Fish finger 725 kcal	£8.25
Crumbed fish fingers with tartare sauce & lettuce	


TOASTED SANDWICHES

Served with a garden salad, dressed in a ranch sauce.
Choose from: white, brown or gluten free.


Melted cheese and Wiltshire ham 481 kcal	£7.45
Melted cheese and sliced tomato 440 kcal 	£7.25
Melted cheese and red onion 448 kcal 	£7.25

TOASTED PANINIS

Served with a garden salad, dressed in a ranch sauce.

Italian Delight 763 kcal 	£7.95
Fresh mozzarella, sliced tomato and fresh basil	
Tuna melt 634 kcal	£8.75
Tuna, mayonnaise & shredded mozzarella	
Chicken club 815 kcal	£8.95
Roasted chicken, crispy bacon, cheddar cheese, sliced tomato, spinach and mayonnaise	
Brie & bacon 671 kcal	£8.45
Back bacon & brie served with cranberry sauce on the side	

SALADS


Greek 621 kcal 	£10.95
Lettuce, cherry tomatoes, cucumber, olives, feta cheese, red onion, drizzled with olive oil and sprinkled with oregano	
Chicken, bacon & avocado 1092 kcal	£11.95
Chicken, bacon, avocado, mixed leaves, cherry tomatoes, honey mustard dressing and shaved parmesan	

Gluten free and vegan menu available,
please ask a member of staff for a copy

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JACKET POTATOES

Served with a garden salad, dressed in a ranch sauce.

Cheese 536 kcal 	£7.95
Baked beans and cheese 476 kcal 	£8.75
Tuna mayonnaise 452 kcal	£8.95
Chilli con carne 526 kcal	£8.95
Coronation chicken 602 kcal	£8.95
Prawns with Marie Rose sauce 575 kcal	£9.25

MAINS

Gammon, egg & chips 1064 kcal	£13.95
Grilled gammon, two eggs & a pineapple ring	
Chilli con carne 535 kcal	£10.95
A mild chilli con carne served with rice, yoghurt and a toasted naan bread	
Scampi & chips 1197 kcal	£12.95
Breaded scampi, salad, tartare sauce and a wedge of lemon	
Cheese Burger 1411 kcal	£13.95
Beef burger, lettuce, tomato, onion, relish & mayonnaise served in a toasted brioche bun with a side of chunky chips	
Chicken Burger 1187 kcal	£13.95
Herbed chicken breast, avocado, lettuce, tomato, red onion, relish and garlic mayonnaise, served in toasted brioche bun with a side of chunky chips	

HOT SAVOURIES

Served with a garden salad, dressed in a ranch sauce.

Meat & vegetable pasty 781 kcal	£4.95
Sausage roll 706 kcal	£3.95
Soup of the day	£5.95
Served with white, brown or gluten free bread	

SIDE ORDERS

Side salad 74 kcal 	£3.95
Chunky chips 428 kcal 	£3.85
Cheesy chips 578 kcal 	£4.85

CHILDREN'S LUNCH

Served 11:30 – 16:00 | Sunday 11:30 – 15:30
Children under 12 years old

Two sausages, chips and beans 655 kcal	£6.95
Chicken nuggets, chips and beans 727 kcal	£6.95
Fish fingers, chips and beans 572 kcal	£6.95
Kids' lunch box	£6.95
Choose three items from the counter & pick a sandwich, choose from: ham 374 kcal, cheese 514 kcal, ham & cheese 539 kcal, jam 342 kcal, tuna and mayonnaise 375 kcal, hummus and avocado 421 kcal	

 = vegetarian

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