

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

HOT DRINKS

Regular 8oz | Large 12oz

Flat white	128 kcal	£3.40
Americano	24 kcal 48 kcal	£3.20 £3.40
Cappuccino	110 kcal 220 kcal	£3.30 £3.55
Latte	104 kcal 214 kcal	£3.30 £3.55
Chai latte	103 kcal 206 kcal	£3.40 £3.75
Mocha	197 kcal 280 kcal	£3.30 £3.65
Hot chocolate	190 kcal 321 kcal	£3.30 £3.65
Luxury hot chocolate	392 kcal	£4.25
Whipped cream & marshmallows.		
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		40p 50p
Oat Soya Coconut		
Coffee syrup		75p
Vanilla Hazelnut 31 kcal Caramel 60 kcal		
All above available sugar free		

SOFT DRINKS

Coca Cola Fanta Bottle Sprite	£3.20
Diet Coke Coke Zero	£3.10
Fentiman's Appletiser Bottle	£3.20
Canned soft drinks	£2.95
Orange Apple juice	£3.25
Still Sparkling water	£2.60
Fruit Shoot Glass of milk	£1.60
Juice carton	£1.30
Smoothies	£4.95
Berry Go Round 154 kcal Pash N Shoot 185 kcal Strawberry Split 193 kcal	
Milkshakes	£4.95
Served with whipped cream	
Strawberry 390 kcal Vanilla 383 kcal Chocolate 461 kcal	

ALCOHOLIC DRINKS

Wine 187ml	£4.95
White Rosé Red	
Prosecco 200ml	£5.95
Peroni 330ml	£4.45
Old Mout 500ml	£4.95

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



CHELMSFORD



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BREAKFAST

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

Traditional breakfast 901 kcal	£10.25
Fried egg, bacon, sausage, baked beans, hash brown, grilled tomato, mushrooms and white or brown toast.	
Vegetarian breakfast 880 kcal 	£10.25
Fried egg, meat free sausage, baked beans, grilled tomato, hash brown, half avocado, butternut squash, mushrooms and toast.	
Eggs benedict 737 kcal	£8.95
Toasted English muffin topped with back bacon, poached eggs and hollandaise sauce.	
Bacon 601 kcal or sausage 751 kcal sandwich	£5.95
Choose from: white, brown or gluten free.	
Add a fried egg 120 kcal £1.25	
Breakfast muffin 948 kcal	£7.65
Melted cheese on toasted English muffin with bacon, sausage, egg and hash brown.	
Eggs your way! 	£6.95
Choose from poached 568 kcal, fried 731 kcal or scrambled 721 kcal eggs, served on freshly toasted white, brown or gluten free bread.	
Pancakes with bacon 519 kcal	£9.45
Two American style pancakes topped with crispy streaky bacon served with maple syrup.	
Avocado brunch 757 kcal 	£9.95
Toasted ciabatta, topped with a mix of tomato and avocado chunks, poached egg, red chilli marinated in lemon oil, served with a lime wedge.	
Toast with butter 344 kcal 	£2.65
Add strawberry jam 67 kcal or marmalade 68 kcal 75p	
Toasted tea cake 348 kcal 	£2.95
Add strawberry jam 67 kcal or marmalade 68 kcal 75p	
Cheese & ham toastie 481 kcal	£8.25
Cheese & tomato toastie 440 kcal 	£7.95
Cheese & onion toastie 448 kcal 	£7.95

Kids' Breakfast

For ages 12 and under only

Mini breakfast	£5.95
Choose 3 items from: Bacon 75 kcal, sausage 176 kcal, beans 89 kcal, hash brown 90 kcal, fried egg 120 kcal. <i>Served with white</i> 120 kcal <i>or brown</i> 122 kcal toast	
Kids' pancakes	£5.25
One pancake 132 kcal with banana 53 kcal	
Choose from: Maple syrup or chocolate sauce	
Beans on toast with fried egg 331 kcal	£5.25

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LUNCH

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


SANDWICHES

Choose from white or brown bread, served with garden salad, dressed in ranch sauce.

Ham, cheese & pickle 540 kcal	£7.95
BLT 627 kcal	£8.55
Warm crispy bacon, lettuce, sliced tomato and mayonnaise.	
Tuna & cucumber 502 kcal	£8.65
Tuna & mayonnaise with sliced cucumber.	
Coronation chicken 548 kcal	£8.65
Roasted chicken breast mixed with a mild curry & mayonnaise dressing.	
Prawn & avocado 645 kcal	£9.45
Prawns in a Marie Rose sauce with sliced avocado.	
Falafel, avocado & rocket 560 kcal 	£8.65

TOASTED SANDWICHES & PANINIS

Served with garden salad, dressed in ranch sauce

Ham and cheese toastie 481 kcal	£8.25
Cheese and tomato or cheese and onion toastie 440 kcal 	£7.95
Veggie Delight panini 798 kcal	£8.55
Roasted vegetables, pesto & mozzarella.	
Tuna melt panini 634 kcal	£8.95
Tuna, mayonnaise & Cheddar cheese.	
Chicken club panini 815 kcal	£9.25
Roasted chicken, crispy bacon, cheddar cheese, sliced tomato, spinach and mayonnaise.	
Brie & bacon panini 671 kcal	£9.25
Back bacon & brie served with cranberry sauce on the side.	

JACKET POTATOES

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

Baked beans and cheese 476 kcal 	£8.95
Tuna mayonnaise 452 kcal	£9.25
Chilli con carne 526 kcal	£9.45
Coronation chicken 602 kcal	£9.25
Prawns with Marie Rose sauce 575 kcal	£9.95

SALADS

Goat's cheese & beetroot 756 kcal	£12.95
Goat's cheese, beetroot, rocket, red onion, squash & walnuts, topped with balsamic glaze.	
Chicken, bacon & avocado 1092 kcal	£13.95
Chicken, bacon, avocado, mixed leaves, cherry tomatoes, honey mustard dressing and shaved parmesan.	

 = vegetarian

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CHEF'S FAVOURITES

Pie of the day	£12.95
Served with mashed potatoes, seasonal vegetables and gravy.	
Soup of the day	£6.95
Served with white or brown bread.	
Gammon, egg & chips 1064 kcal	£14.95
Scampi & chips 1197 kcal	£13.95
Breaded scampi, chips, salad, tartare sauce and a wedge of lemon.	
Chilli con carne 535 kcal	£12.95
Mild chilli con carne served with rice, sour cream and toasted naan bread.	
Cheese burger 1411 kcal	£14.95
Grass-fed burger, lettuce, tomato, onion, relish & mayonnaise served in toasted brioche bun with a side of chunky chips.	
Chicken burger 1387 kcal	£14.95
Breaded buttermilk chicken, lettuce, tomato, red onion, mayonnaise-maple syrup sauce, served in toasted brioche bun with a side of chunky chips.	

HOT SAVOURIES / SIDES

Meat & vegetable pasty 781 kcal	£5.45
Served with garden salad, dressed in ranch sauce.	
Sausage roll 706 kcal	£4.65
Served with garden salad, dressed in ranch sauce.	
Side salad 121 kcal	£4.55
Chunky chips 428 kcal	£4.25
Loaded chips with chilli con carne and cheese 753 kcal	£8.95

Kids' Lunch

For ages 12 and under only

£7.25

Two sausages, chips and peas 655 kcal
Chicken nuggets, chips and peas 727 kcal
Kids' lunch box

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

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

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