

# BREAKFAST MENU

## BUILD YOUR OWN BAP

Two items

£3.50

Three items

£4.00

Four items

£4.50

## BUILD YOUR OWN BREAKFAST

Three items

£4.50

Four items

£5.00

Five items

£5.50

## ITEMS

Eggs sunny side up   
GF - 66 kcal

Scrambled egg   
GF - 83 kcal

Grilled Jolly Hog bacon   
GF - 143 kcal

English pork breakfast sausage   
180 kcal

Plant based sausage   
VG - 104 kcal

Hash brown   
VG - 80 kcal

Grilled plum tomato   
GF, VG - 45 kcal

Grilled Portobello mushroom   
GF, VG - 58 kcal

Baked beans   
VG - 111 kcal

Avocado   
GF, VG - 71 kcal



**STEP ONE**  
**PICK A SPUD**

**STEP TWO**  
**LOAD YOUR TOPPINGS**

**CHOOSE FROM THE FOLLOWING TOPPINGS**

**ONE TOPPING**  
**£6.50**

**EXTRA TOPPING**  
**£2.00**

**ALL SPUDS ARE SERVED WITH A SIDE SALAD**

-  **PANEER JALFREZI**  V. GF 759 KCALS
-  **CHEESE**  GF 450 KCALS
-  **BEEF MASSAMAN**  845 KCALS
-  **BAKED BEANS**  GF VG 590 KCALS
-  **COLESLAW**  173 KCALS
-  **CHEF'S SPECIAL**
-  **CHICKEN, TOMATO, BASIL & MASCARPONE**  GF 1103 KCALS
-  **TUNA MAYO**  GF 335 KCALS
-  **LEEK, MUSHROOM & SPINACH & PESTO**  GF DF V 677 KCALS

**11.30AM - 2PM | MONDAY - FRIDAY**

**SERIOUS SPUDS**

# BANGIN.

## BOWLS



Mince beef and onion pie with spring vegetables and gravy

548 kcals | Carbon rating B

9.95

Chicken and mushroom pie with spring onions and gravy

548 kcals | Carbon rating C

8.95

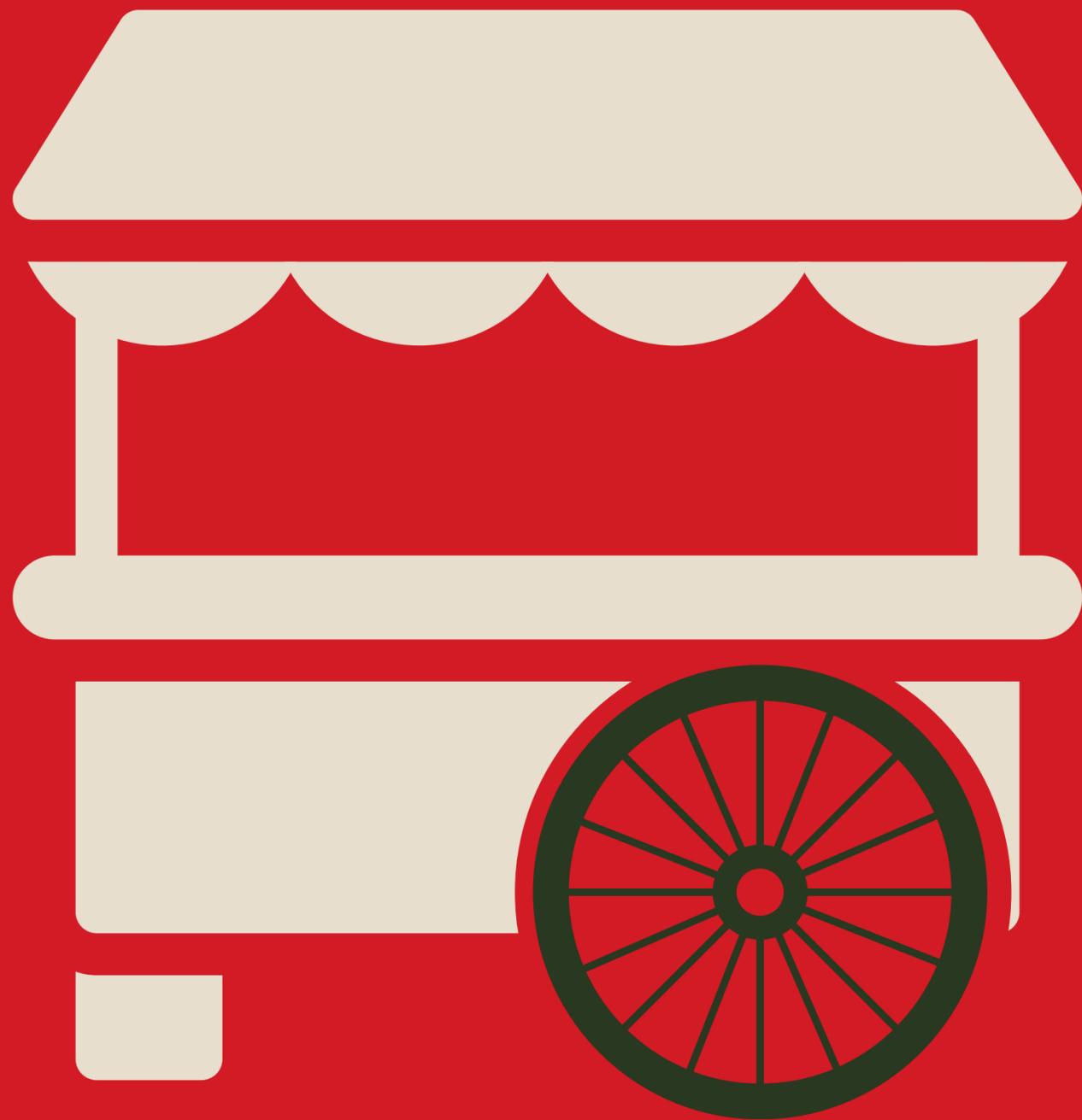
Squash and bean pie with spring vegetables and gravy

832 kcals | Carbon rating A

7.95

Your Bowl,  
Your World

11.30am - 2pm | Monday - Thursday



# BAMBOO BIKE

**STICKY BBQ MANDARIN PORK,  
PINEAPPLE FRIED RICE WITH  
SPRING ONION, GINGER & SESAME**

**£8.95**

992 KCALS - CARBON RATING B

**SZECHUAN CHICKEN, PINEAPPLE  
FRIED RICE WITH SPRING ONION,  
GINGER & SESAME**

**£8.95**

819 KCALS - CARBON RATING B

**VEGETABLE SINGAPORE FRIED  
NOODLE, MINI VEGETABLE SPRING  
ROLLS**

**£7.95**

623 KCALS - CARBON RATING B

**11.30AM - 2PM | TUESDAY - FRIDAY**

# THE ART OF DOUGH AND THE FIERY HEAT

## Margherita (v)

497 KCALS - CARBON RATING E

HALF

WHOLE

6.50

8.95

## Ham & Mushroom

659 KCALS - CARBON RATING C

6.95

9.95

## Pepperoni

659 KCALS - CARBON RATING D

6.95

9.95

## Spinach & Ricotta (v)

497 KCALS - CARBON RATING E

6.95

9.95

## Chilli Chicken & Chorizo

497 KCALS - CARBON RATING E

7.50

10.95



GLUTEN FREE BASES & VEGAN CHEESE AVAILABLE

11.30AM - 2PM | MONDAY - FRIDAY