

BREAKFAST & BRUNCH UNTIL 1 PM

Connaught breakfast (v) <i>Poached egg, smoky beans, cherry tomatoes, mushroom croquette, baby spinach and feta with wholemeal toast</i>	9.95
Rosti, chorizo and eggs <i>Homemade potato rosti with egg, chorizo crumb and cherry tomatoes</i>	9.95
Rosti, halloumi and harissa (v) 🌶️ <i>With harissa sauce, egg, crispy onion, grilled halloumi and cherry tomatoes</i>	10.95
Scrambled eggs & smoked salmon <i>On wholemeal toast</i>	10.95
English breakfast <i>Choose sausage OR bacon, with poached egg, smoky beans, mushroom, cherry tomatoes, and wholemeal toast</i>	9.95
Big breakfast <i>As above with both sausage and bacon</i>	11.95
Poached eggs on toast with harissa (v) 🌶️	7.45
3-egg omelette <i>with cherry tomatoes and wholemeal toast</i> <i>Add ham, cheese or mushroom for £2 per item</i>	8.45

Lighter options

Granola <i>with yoghurt and berry compote</i>	5.95
Porridge <i>fresh berries, toasted almonds and honey</i>	6.45
Pancakes <i>a short-stack of American-style pancakes</i> <ul style="list-style-type: none"> ○ Summer berries, yoghurt & maple syrup OR ○ banana, chopped pecans, & chocolate hazelnut sauce 	8.45

Family breakfast

27.95

Great value and less waste, share a big breakfast platter and everyone gets more of the things they prefer - ideal for two adults and two kids (or three hungry adults!).

Poached eggs, scrambled eggs, sausage, bacon, tomato, mushroom, smoky beans with wholemeal toast. *Add 2 rosti for £4*

Veggie version swaps the sausage and bacon for spinach, feta and mushroom croquettes. *Add 2 rosti for £4*

LUNCH FROM 12

Courgette fritters, avocado and egg (v)	10.95
Tagine (vg) <i>Sweet potato and butternut squash tagine with citrus couscous</i>	10.95
Classic beef burger <i>crispy onion, fresh tom. harissa mayo</i>	10.95
Cajun bean burger (v) <i>crispy onion, houmous and leaves</i>	9.95
Deli salad your way <i>Choose either tuna, halloumi (v) or falafel and houmous (vg)</i>	8.95
Melts/Hot - GF bread available -	
Tuna and black olive melt	7.45
Ham and mature cheddar melt	7.45
Mozzarella and pesto melt	7.45
Buffalo chicken in hot crisp tortilla 🌶️	8.45
Falafel and houmous wrap (vg)	7.95
Bacon or sausage butty	5.75

Sandwiches - GF bread available -

Chicken and bacon	7.45
Halloumi and pickled red cabbage (v) 🌶️	7.45
Chicken, houmous and beetroot	7.45
Brie and chilli jam baguette (v) 🌶️	6.45

Toasts, on five-grain sourdough

Avocado with feta, lemon and chilli (v)	8.45
Sweet cure bacon & Emmental	8.45
Mushroom and Emmental (v)	7.45

Soup: fresh choice daily *with five-grain sourdough* 6.95

(v) Vegetarian (vg) Vegan 🌶️ Mildly spicy

If you have allergies, please tell us before ordering

AFTERNOON TEA

From 2pm, subject to availability of fresh breads & scones.

Not a traditional dainty afternoon tea, we use our rough-cut artisan breads and home-made cakes.

Minimum 2 adults. We add 12.5% service charge

Afternoon Tea per person 19.95
Pot of tea, sandwich selection, cake selection, home-baked scone with clotted cream & jam

Cream Tea per person 5.95
Pot of tea with scone, clotted cream & jam

Or pre-book afternoon tea at thefastfoodie.co.uk

KIDS

Porridge bowl with honey <i>until 1pm</i>	4.45
Small fry <i>until 1pm</i> <i>Poached or scrambled egg on one toast with bacon</i>	6.45
Sausage, peas and wedges <i>from 12pm</i>	6.45
Ham, cheese, tuna or houmous sandwich <i>on brown</i>	2.95
Kids picnic bag <i>Choice of sandwich, see above, plus a juice with pom bears or a half-brownie</i>	5.75
Babyccino small/large	0.60 / 1.00
Kids hot chocolate	2.35

Add cream and marshmallow 1.00