

DRINKS

HOT BEVERAGES

All our coffees use our very own Blue Diamond blend made from 100% arabica beans grown in South and Central America.

Skimmed, soya and premium dairy-free milks available upon request at 30p extra.

Americano	Reg £2.95	Lrg £3.25
Cappuccino	Reg £3.25	Lrg £3.45
Espresso	Sgle £2.30	Dble £2.65
Flat white (double shot)		£3.20
Latte	Reg £3.25	Lrg £3.45
Mocha		£3.55
Flavoured syrup		£0.80
Hot chocolate		£3.45
Hot chocolate with cream		£3.90
Luxury hot chocolate with cream and marshmallows		£4.40
Chai latte		£4.25

Made using black tea and a milk of your choice.

Matcha latte £4.25

Made using green tea and a milk of your choice.

Pot of tea for one £2.40

Our Blue Diamond blend is made from the finest Ceylon, Kenyan and Assam tea.

Pot of Speciality loose leaf tea for one £2.85

Earl grey, Orange pekoe, Darjeeling, Raspberry and rosehip, Ginger and apple, Strawberry and kiwi, Pure peppermint, Japanese sencha green tea and Pure chamomile.

COLD BEVERAGES

Coca-Cola	£3.00	Fanta Orange	£3.00
Diet Coke	£3.00	Sprite Zero	£3.00
Coke Zero	£3.00	Still/Sparkling water	£2.00
Posh Pop			£3.20

Choose from: Ginger beer with chilli, Cream soda, Plum and cherry, Dandelion and burdock. Sugar-free options: Strawberry and rhubarb, Cloudy lemonade or Elderflower.

Daymer Bay fruit juice £3.25

Choose from: Apple, Cranberry, Orange or Pineapple.

LUNCH

SOUP

Served 11am - 4pm

Soup of the day £6.95

Please ask a member of the team for today's choice.

ROAST DINNER & HOT FOOD

Served 12pm - 3:30pm

All roast dinners served with mixed vegetables, thyme roast potatoes, Yorkshire pudding and red wine gravy

Roast meat of the day £14.95

Please ask a member of the team for today's choice and KCALS.

Homemade pie of the day £14.95

Please ask a member of the team for today's choice and KCALS.

Vegetarian dish of the day £14.95

Please ask a member of the team for today's choice and KCALS.

Sides

Roasted seasonal vegetables (V) 261KCAL £3.50

Thyme roast potatoes 184KCAL £3.50

Yorkshire pudding and red wine gravy 173KCAL £3.50

HOMEMADE MAINS

Served 12pm - 3pm

Turkey roulade 1007KCAL £15.95

Served with creamy mash, braised cabbage and cranberry gravy

Beef bourguignon 884KCAL £13.95

Slow braised beef bourguignon with herb roasted new potatoes, seasonal vegetables and bacon lardons.

Classic fish and chips (GF) 1060KCAL £14.95

Sustainably sourced fresh hand-battered fish served with gourmet chips, peas of your choice, tartare sauce, and a lemon wedge.

Maple glazed ham (GF) 708KCAL £13.45

Two fried eggs, gourmet chips, golden beetroot piccalilli, homemade red cabbage and caraway salad.

Triple egg omelette with three fillings (GF) 826KCAL £11.95

Choose from: ham, bacon, goats' cheese, mature cheddar, sun dried tomato, mushroom, spinach, spring onions, served with gourmet chips and dressed watercress

PLEASE ASK A MEMBER OF OUR TEAM FOR OUR SEASONAL DRINKS* AND ALCOHOL LISTING

KCALs and allergy information available upon request.

*Available at selected centres.

CHEF'S RECOMMENDATIONS

Served 11am - 4pm

Festive club sandwich 1207KCAL £12.95

Breaded turkey, gherkins, brie, fried egg, spinach, mayonnaise and cranberry sauce, with gourmet chips and a choice of deli salad.

Chicken Caesar salad 776KCAL £12.45

Roast chicken breast, crispy bacon, cos lettuce, anchovies, sourdough croutons, Parmesan and Caesar dressing.

Glazed goat's cheese and roasted beetroot salad (V/GF) 495KCAL £12.45

Caramelised walnuts, dressed watercress and pomegranate.

SIDES

Served 11am - 4pm

Gourmet chips (V/VG/GF) 314KCAL £3.75

Cheesy gourmet chips (V/GF) 559KCAL £4.25

Garlic ciabatta with dressed watercress (V) 335KCAL £3.95

Seasonal salad (V/VG/GF) 273KCAL £3.25

CHOOSE YOUR SALAD

Served 11am - 4pm

Did you know that all of our Deli counters are nutrient-rich and include ingredients you must have in your daily diet?

One salad: £3.25 Two salads: £5.95 Three salads: £7.95

Garden leaf salad, tomato, cucumber and spring onion (V/VG/GF) 46KCAL

Moroccan couscous salad with pomegranate (V/VG) 271KCAL

Pasta with sundried tomato, broccoli, pesto and red onion 406KCAL

HOMEMADE DELI OPTION

Why not add any of the above salads to accompany your dish?

Homemade quiche of the day £7.95

Please ask a member of the team for today's choice.

Parmesan and herb crusted chicken breast (GF) 387KCAL £7.45

Herb and lemon poached salmon (GF) 271KCAL £8.95

Greek style stuffed aubergine (V/GF) 206KCAL £6.45

Red onion, peppers, courgettes, black olives, fresh parsley, oregano and Feta cheese. (Vegan cheese available)

Homemade goat's cheese and vegetable fritatta 472KCAL £6.45

BAKED POTATOES

Served 11am - 4pm

Served with salad garnish

Beef chilli con carne with crushed avocado and sour cream 804KCAL £9.95

Prawn Marie Rose (GF) 557KCAL £9.95

Tuna and lemon crème fraîche (GF) 656KCAL £8.95

Classic Coronation chicken (GF) 735KCAL £8.95

Baked beans and mature Cheddar cheese £7.95

(V/GF) 776KCAL
(Vegan cheese available)

Chickpea and spinach curry (V/VG) 781KCAL £8.95

Add cheese 248KCAL £1.95

BETWEEN THE BREADS

Served 11am - 4pm

*Choice of baguette, multi-seed roll or bloomer bread.
Served with salad garnish and crisps (GF bread available)
Swap your salad and crisps for chips: £2.50*

Roast meat of the day £9.95

Please ask a member of the team for today's choice and KCALS.

Prawn Marie Rose 923KCAL £9.95

Tuna crème fraîche and cucumber 865KCAL £9.45

Classic coronation chicken and fresh arugula 947KCAL £9.45

Egg mayonnaise and chive (V) 912KCAL £8.45

FRESHLY MADE TOASTED CIABATTAS

Served 11am - 4pm

*Served with salad garnish and crisps.
Swap your salad and crisps for chips: £2.50*

Turkey, cranberry sauce and Monterey Jack 1120KCAL £8.95

Grilled back bacon, brie and cranberry sauce 1098KCAL £8.95

Tuna, black pepper mayonnaise and Cheddar melt 848KCAL £8.95

Glazed ham, mature Cheddar and tomato 798KCAL £8.95

Smoked applewood, tomato and basil (V/VG) 702KCAL £8.95

Caramelised onion, spinach and goat's cheese (V) 867KCAL £8.95

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Chai latte		£4.25
Made using black tea and a milk of your choice.		
Matcha latte		£4.25
Made using green tea and a milk of your choice.		
Pot of tea for one		£2.40
Our Blue Diamond blend is made from the finest Ceylon, Kenyan and Assam tea.		
Pot of Speciality loose leaf tea for one		£2.85
Earl grey, Orange pekoe, Darjeeling, Raspberry and rosehip, Ginger and apple, Strawberry and kiwi, Pure peppermint, Japanese sencha green tea and Pure chamomile.		

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Choose from: Ginger beer with chilli, Cream soda, Plum and cherry, Dandelion and burdock. Sugar-free options: Strawberry and rhubarb, Cloudy lemonade or Elderflower.			
Daymer Bay fruit juice			£3.25
Choose from: Apple, Cranberry, Orange or Pineapple.			

SUNDAY LUNCH

SOUP

Served 11am - 4pm

Soup of the day £6.95

Please ask a member of the team for today's choice.

ROAST DINNER & HOT FOOD

Served 12pm - 3:30pm

All roast dinners served with mixed vegetables, thyme roast potatoes, Yorkshire pudding and red wine gravy

Three meats ^{1298KCAL} £18.95

Roast meat of the day £14.95

Please ask a member of the team for today's choice and KCALS.

Vegetarian dish of the day £14.95

Please ask a member of the team for today's choice and KCALS.

Sides

Roasted seasonal vegetables (V) ^{261KCAL} £3.50

Thyme roast potatoes ^{184KCAL} £3.50

Yorkshire pudding and red wine gravy ^{173KCAL} £3.50

CHEF'S RECOMMENDATIONS

Served 11am - 4pm

Chicken Caesar salad ^{776KCAL} £12.45

Roast chicken breast, crispy bacon, cos lettuce, anchovies, sourdough croutons, Parmesan and Caesar dressing.

Glazed goat's cheese and roasted beetroot salad (V/GF) ^{495KCAL} £12.45

Caramelised walnuts, dressed watercress and pomegranate.

Festive club sandwich ^{1207KCAL} £12.95

Breaded turkey, gherkins, brie, fried egg, spinach, mayonnaise and cranberry sauce, with gourmet chips and a choice of deli salad.

HOMEMADE MAINS

Served 12pm - 3pm

Classic fish and chips (GF) ^{1060KCAL} £14.95

Sustainably sourced fresh hand-battered fish served with gourmet chips, peas of your choice, tartare sauce, and a lemon wedge.

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Add cheese 248KCAL	£1.95

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Choice of baguette, multi-seed roll or bloomer bread.
Served with salad garnish and crisps (GF bread available)
Swap your salad and crisps for chips: £2.50

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Please ask a member of the team for today's choice and KCALS.	
Classic coronation chicken and fresh arugula 947KCAL	£9.45
Egg mayonnaise and chive (V) 912KCAL	£8.45
Tuna crème fraîche and cucumber 865KCAL	£9.45
Prawn Marie Rose 923KCAL	£9.95

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