



BREAKFAST MENU

Served daily until 11:30am

BREAKFASTS

Full English Breakfast (1149Kcal) £10.95

Two free-range eggs of your choice, two rashers of bacon, two breakfast sausages, two hash browns, black pudding, roasted tomatoes, flat mushroom, baked beans and toast.

Light Breakfast (673Kcal) £8.95

One free-range egg of your choice, one rasher of bacon, breakfast sausage, hash brown, roasted tomato, flat mushroom, baked beans and toast.

Vegetarian Breakfast (592Kcal) £8.95

One free-range egg of your choice, grilled halloumi, crushed avocado, hash brown, roasted tomato, flat mushroom, baked beans and toast.

Truffle Eggs (1067Kcal) £9.45

Free-range eggs scrambled with truffle oil and feta, served with avocado on sourdough toast.

Breakfast Bruschetta (VG) (1140Kcal) £8.45

Grilled sourdough toast, fresh spinach, roasted tomatoes, avocado, toasted mixed seeds, basil oil, micro basil.

American Style Pancakes (441Kcal) £8.95

With rhubarb compote and coconut yogurt.

Eggs on Toast (from 416Kcal to 573Kcal) £6.45

Two free-range eggs of your choice served on white, brown or sourdough toast.
Add any side 1.50.

Breakfast Cob (475Kcal) £6.45

Served on a buttered cob with your choice of sausage (529Kcal), bacon (376Kcal), fried free-range egg (327Kcal) or grilled halloumi (V) (469Kcal)
Add any side £1.95 (salmon £2.95)

Child's Breakfast (533Kcal) £6.95

Fried free-range egg, breakfast sausage, baked beans, hash brown and toast.

MEET THE BENEDICT'S...

Eggs Benedict (469Kcal) £8.95

Roast ham, toasted English muffin, poached free-range eggs, hollandaise.

Eggs Florentine (V) (286Kcal) £8.45

Spinach, toasted English muffin, poached free-range eggs, hollandaise.

Eggs Royale (485Kcal) £9.95

Smoked salmon, toasted English muffin, poached free-range eggs, hollandaise.

Eggs Cypriot (569Kcal) £8.95

Pan-fried halloumi and avocado, toasted English muffin, poached free-range eggs, hollandaise.

SIDES

Grilled bacon (150Kcal), Breakfast sausage (176Kcal), Black pudding (157Kcal), Sliced ham (122Kcal), Smoked salmon 76Kcal **£2.95**), Hash browns (259Kcal), Avocado (187Kcal), Halloumi (257Kcal), Roast tomatoes (91Kcal), Flat mushrooms 87Kcal), Sautéed spinach (80Kcal), Baked beans (95Kcal), Hollandaise (80Kcal), Egg of your choice (67Kcal poached, 112Kcal Fried, 257Kcal scrambled)

All £1.95

Toast and preserve (285Kcal) £3.45

White or brown toast with your choice of preserve (gluten-free bread available).

Toasted teacake (250Kcal) £2.95

Selection of Bonne Maman preserves (70 to 75 Kcal) £0.85 each

Choice of: strawberry, raspberry, blackcurrant, orange marmalade or honey.

FOOD ALLERGIES AND INTOLERANCES

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(V) Vegetarian • (VG) Vegan • (GF) Gluten free • (N) Contains nuts

LUNCH

SOUP

Served 11am - 4pm

Served with a warm white, brown or GF bread roll.

Swap your roll for a cheese scone £1.50

Soup of the day £6.95

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

Roasted tomato and basil soup (V/VG) 247KCAL £6.95

BAKED POTATOES

Served 11am - 4pm

Served with salad garnish

Baked beans and mature Cheddar cheese £7.95

(V/GF) 776KCAL

(Vegan cheese available)

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

Add cheese 248KCAL £1.95

Prawn Marie Rose (GF) 557KCAL £9.95

Classic Coronation chicken (GF) 735KCAL £8.95

Fresh arugula.

Beef chilli con carne 804KCAL £9.95

Crushed avocado and sour cream.

Add cheese 248KCAL £1.95

CHEF'S RECOMMENDATIONS

Served 11am - 4pm

Glazed goat's cheese and roasted £12.45

beetroot salad (V/GF) 495KCAL

Caramelised walnuts, dressed watercress and pomegranate.

Grilled chicken cob salad (GF) 564KCAL £13.45

Maple-glazed bacon, soft boiled egg, avocado and Inca tomatoes with Dijon mustard dressing.

Blue Diamond club sandwich 1043KCAL £12.95

Roast chicken, grilled back bacon, baby gem, tomato, fried egg and lemon and tarragon mayonnaise served with gourmet chips and choice of deli salad.

Three cheese rarebit 1050KCAL £11.95

Sautéed wild mushrooms, cheese scone, spiced cheese sauce made with real ale and mustard, topped with poached egg and served with green salad and tomato relish.

WRAPS

Served 11am - 4pm

Served with salad garnish and crisps.

Swap your salad and crisps for chips: £2.50

Mediterranean vegetable wrap with £9.45
Tzatziki sauce (V/VG) 645KCAL

Southern fried chicken wrap £9.95
with BBQ sauce 629KCAL

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

Egg mayonnaise and chive (V) 912KCAL £8.45

Tuna crème fraîche and cucumber 865KCAL £9.45

Prawn Marie Rose 923KCAL £9.95

Classic Coronation chicken (GF) 947KCAL £9.45

Fresh arugula.

Grilled chicken, avocado and tomato 960KCAL £9.95

Tarragon mayonnaise.

FRESHLY MADE TOASTED CIABATTAS

Served 11am - 4pm

Served with salad garnish and crisps.

Swap your salad and crisps for chips: £2.50

Smoked applewood, tomato and basil (V/VG) 683KCAL £8.95

Tuna, black pepper mayonnaise £8.95
and Cheddar melt 862KCAL

Grilled back bacon, brie and cranberry sauce 841KCAL £8.95

Glazed ham, mature Cheddar and tomato 818KCAL £8.95

Ranch chicken and maple-glazed bacon £9.50
with Cheddar cheese 834KCAL

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LUNCH

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 (V/VG/GF) 46KCAL

Tomato, cucumber and spring onion.

Curried cauliflower and chickpea salad (V/VG) 121KCAL

Pasta salad (V) 406KCAL

Sundried tomato, fresh rocket, broccoli, pesto and red onion.

Rainbow slaw salad (V/VG/GF) 88KCAL

Pickled red and white cabbage, carrots, kale and shallots.

Roasted carrots and beetroot salad (V/VG) 199KCAL

Kale pesto, tahini coconut dressing, topped with toasted mix seeds.

HOMEMADE DELI OPTION

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

Homemade roasted vegetable quiche (V) 652KCAL £7.95

Homemade Quiche Lorraine 716KCAL £7.95

Homemade sweet potato, spinach and chickpea sausage roll (V/VG) 532KCAL £6.95

Homemade sausage roll of the day £6.95

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

Homemade pork, chorizo and chive scotch egg 435KCAL £6.95

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

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

Teriyaki-glazed salmon with caramelised lime 357KCAL £8.95

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

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

To find out more about our Eat Right Deli concept, along with its benefits, scan the QR code or visit www.bluediamond.gg/eat-right-deli



HOMEMADE MAINS

Served 12pm - 3pm

Classic fish and chips (GF) 1060KCAL £15.50

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

Homemade lasagne 1350KCAL £14.45

Gourmet salad and garlic bread.

Chicken shawarma 775KCAL £14.45

Sourdough pitta bread with chickpea and red onion salad, pickled red cabbage, harissa houmous and dressed with chilli and herb oil.

Maple-glazed ham (GF) 727KCAL £12.95

Two free-ranged fried eggs, gourmet chips, golden beetroot piccalilli and homemade pickled cabbage.

Signature burger 1546KCAL £14.95

Homemade 8oz beef burger served with maple-glazed bacon, melted Monterey Jack cheese, gourmet chips, homemade onion rings and our own cherry tomato relish served in a toasted brioche bun with gherkins, beef tomato, red onions and gem lettuce.

Triple egg omelette with three fillings (GF) 826KCAL £12.95

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

RISOTTO BAR

Served 12pm - 3pm

All our risottos are made to bring the garden to your plate.

Beetroot risotto (V) 739KCAL £10.95

Roasted cauliflower florets, freshly-grated parmesan and watercress oil.

Butternut squash risotto (VG) 685KCAL £10.95

Coconut cream, mixed seeds and crispy carrot skins.

Pea and sun-dried tomato risotto (V) 696KCAL £10.95

Freshly-grated parmesan, crispy kale and watercress oil.

Roasted vine tomato risotto (VG) 552KCAL £10.95

Crispy kale and confit cherry tomatoes.

Why not add one of the below to your risotto?

Charred Feta 302KCAL £3.95

Roasted chicken 211KCAL £3.95

Poached salmon 255KCAL £5.95

SUNDAY LUNCH

CHOOSE YOUR SALAD

Served 11am - 4pm

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Garden leaf salad (V/VG/GF) 46KCAL

Tomato, cucumber and spring onion.

Curried cauliflower and chickpea salad (V/VG) 121KCAL

Pasta salad (V) 406KCAL

Sundried tomato, fresh rocket, broccoli, pesto and red onion.

Rainbow slaw salad (V/VG/GF) 88KCAL

Pickled red and white cabbage, carrots, kale and shallots.

Roasted carrots and beetroot salad (V/VG) 199KCAL

Kale pesto, tahini coconut dressing, topped with toasted mix seeds.

HOMEMADE DELI OPTION

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

Homemade roasted vegetable quiche (V) 652KCAL £7.95

Homemade Quiche Lorraine 716KCAL £7.95

Homemade sweet potato, spinach and chickpea sausage roll (V/VG) 532KCAL £6.95

Homemade sausage roll of the day £6.95

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

Homemade pork, chorizo and chive scotch egg 435KCAL £6.95

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

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

Teriyaki-glazed salmon with caramelised lime 357KCAL £8.95

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

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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 squash tart with chimichurri (V/VG) 822KCAL £14.95

Classic fish and chips (GF) 1070KCAL £15.50

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

Garlic and thyme roast chicken supreme 919KCAL £15.95

Roast loin of pork 1187KCAL £14.95

Roast topside of beef 1028KCAL £15.95

Three meats 1323KCAL £18.95

SIDES

Served 11am - 4pm

Seasonal mixed vegetables (V) 261KCAL £3.50

Thyme roast potatoes 184KCAL £3.50

Yorkshire pudding and red wine gravy 173KCAL £3.50

CHILDREN'S ROAST DINNER

Served 12pm - 3:30pm

Children's roast squash tart with chimichurri (V/VG) 674KCAL £9.50

Children's roast chicken 560KCAL £9.50

Children's roast pork loin 722KCAL £9.50

Children's roast beef 624KCAL £9.50

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DRINKS

COFFEE

All our coffees are hand crafted by expert baristas using our very own Blue Diamond blend made from 100% arabica beans grown in South and Central America.

Skimmed and soya milk available upon request.

Premium dairy free milks available upon request, please speak to a member of the team - These will incur a 30p surcharge.

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

Hot chocolate	£3.45
Hot chocolate with cream	£3.90
Luxury hot chocolate with cream and marshmallows	£4.40

TEA

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

Please ask for our in-house selection of the finest black teas, flavoured black teas, infusions and green tea.

BOTTLED COLD BEVERAGES

Coca-Cola	£3.00
Diet Coke	£3.00
Coke Zero	£3.00
Fanta Orange	£3.00
Sprite Zero	£3.00
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.	
Still or sparkling water	£2.00

ALCOHOLIC BEVERAGES

London Pride Ale 500ml bottle	£5.00
Gluten-free Peroni 330ml bottle	£4.25
Roquette Cider 500ml bottle	£5.00
Becks Blue (Alcohol free) 275ml bottle	£4.00
White wine: Sauvignon Blanc or Pinot Grigio Red wine: Merlot or Cabernet Sauvignon Rose	
125ml glass	£5.45
175ml glass	£6.25
250ml glass	£8.00
75cl bottle	£20.00
Italia Prosecco 200ml piccolo bottle	£6.80

PLEASE ASK FOR OUR SEASONAL HOT AND COLD DRINKS, INCLUDING SMOOTHIES AND MILKSHAKES*

SPEAK TO A MEMBER OF OUR TEAM FOR KCAL AND ALLERGY INFORMATION. *AVAILABLE AT SELECTED CENTRES.

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