

## PANINIS

our paninis are served with a salad garnish & a few fries

HAM & CHEESE MELT ... 969kcal	8.95
TUNA & CHEESE MELT ... 898kcal	8.95
PESTO CHICKEN, TOMATO & MOZZARELLA ... 967kcal	9.50
BRIE, BACON & CRANBERRY PANINI ... 859kcal	9.75
<b>V VEGAN</b> ROASTED VEGETABLE, PESTO & MOZZARELLA* PANINI ... Veggie 986kcal/Vegan 824kcal served with vegan Applewood cheese	8.95

## SANDWICHES / WRAPS

served with a salad garnish & a few fries

<b>V</b> CHEESE & PICKLE SANDWICH ... Cheddar cheese, on white bread 682kcal	7.50
<b>V</b> EGG MAYONNAISE SANDWICH ... on grainy bread, fresh rocket 661kcal	7.50
THE B.L.T. SANDWICH ... on grainy bread with classic bacon, lettuce & tomato filling - lashings of mayo 822kcal	8.50
SMOKED SALMON & CREAM CHEESE SANDWICH ... on grainy bread, fresh rocket 644kcal	8.50
<b>VEGAN</b> FALAFEL & HUMMUS WRAP ... lettuce, cucumber, red onion, Sriracha mayo 679kcal	8.50

## JACKET POTATOES FILLED WITH:

our jackets are served with a salad garnish

TUNA MAYONNAISE ... 567kcal	8.50
<b>V</b> CHEDDAR CHEESE & BAKED BEANS ... 579kcal	8.50
CHILLI CON CARNE & SOUR CREAM ... 710kcal	8.95
<b>VEGAN</b> HUMMUS & ROASTED VEGETABLES, CHILLI FLAKES ... 634kcal	8.95

## SUPER SOUPS

<b>V</b> CAULIFLOWER CHEESE SOUP ... creamy & delicious - topped with croutons & a sprinkling of Cheddar cheese, sourdough bread 676kcal	6.95
<b>VEGAN</b> LEEK & POTATO SOUP ... with sourdough bread 280kcal	6.95

## EXTRAS

CHILLI CHEESY CHIPS ... with cheese, spicy beef chilli, jalapeños, firecracker sauce 732kcal	7.95
<b>V</b> CHEESY CHIPS - PLAIN OR SPICY ... choose from plain cheesy chips or spicy Cajun fries topped with melted cheese, jalapeños & firecracker sauce 593/632kcal	5.95/6.95
SKIN-ON FRIES ... 369kcal	3.50
ONION RINGS / SIDE SALAD ... 287kcal / 174kcal	3.50
HOMEMADE COLESLAW ... 75kcal	1.95

## FOR YOUR POOCH

SAUSAGE FOR THE DOG (NGCI)	1.50
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Adults need around 2000kcal a day.

## BURGERS

BACON & CHEESE BURGER ... smoked streaky bacon, melting Cheddar cheese, burger sauce, 'slaw & skin-on fries 1012kcal	13.95
MEXICAN HOT BURGER ... cheese, jalapeños & firecracker sauce, tomato, lettuce, red onion & gherkin, burger sauce, 'slaw & skin-on fries 1092kcal	13.75
CHICKEN, BACON & CHEESE BURGER ... smoked streaky bacon, melting Cheddar cheese, burger sauce, 'slaw & skin-on fries 1021kcal	14.50
<b>V</b> VEGGIE STACK BURGER ... halloumi, pesto, mushroom, roasted peppers & guacamole, coleslaw, skin-on fries 1106kcal	13.50
<b>VEGAN</b> THE VEGAN BURGER ... plant-based burger topped with vegan Applewood cheese, mushrooms & fried onions, vegan coleslaw & skin-on fries 1127kcal	13.95

## CHEF'S FAVOURITES

WHOLETAIL BREADED SCAMPI ... with skin-on fries, peas & homemade tartare sauce 747kcal	12.50
GRILLED CHICKEN CAESAR SALAD ... with croutons, parmesan & anchovies 506kcal	12.95
HAM & CHEESE OMELETTE ... served with a mixed salad garnish 644kcal add hash browns 90kcal 1.00 each or fries 369kcal 3.50	9.95
<b>V</b> MUSHROOM, CHEESE & SPINACH OMELETTE ... served with a mixed salad garnish 575kcal add hash browns 90kcal 1.00 each or fries 369kcal 3.50	9.95
GIANT YORKSHIRE PUDDING ... homemade Yorkie filled with a Cumberland sausage ring, mash, gravy, broccoli & carrots, crispy onions 959kcal	11.95
HAM, EGG & CHIPS ... home-cooked honey-glazed ham, skin-on fries, 2 eggs 771kcal	9.95
<b>V</b> GOATS CHEESE SALAD ... with honey, walnuts, roasted Mediterranean vegetables, NGCI croûte 653kcal	12.95
CHILLI CON CARNE ... with basmati rice, tortilla chips, topped with sour cream, homemade guacamole, coriander & diced tomato 732kcal	11.95
<b>V</b> ROASTED VEGETABLE, SPINACH & CAMELISED ONION QUICHE ... with Cheddar cheese, wholemeal pastry, mixed leaf salad & crunchy coleslaw 739kcal	9.95

## MILKSHAKES

COOKIES 'N' CREAM MILKSHAKE ... a delicious blend of cookie, ice cold milk & choccy ice cream, topped with whipped cream & cookie crumb 695kcal	4.75
STRAWBERRY SHORTBREAD MILKSHAKE ... fresh strawberries, strawberry ice cream blended with crumbly shortbread, topped with whipped cream 489kcal	4.75
TOFFEE BANANA MILKSHAKE ... fresh banana with vanilla ice cream & lashings of toffee sauce with whipped cream 605kcal	4.50
<b>VEGAN</b> VANILLA CARAMEL MILKSHAKE ... vegan vanilla ice cream blended with soya milk, topped with vegan whipped cream & caramel 517kcal	4.50

## SMOOTHIES

cool & refreshing

<b>VEGAN</b> MANGO MISSION ... mango all the way! 124kcal	4.50
<b>VEGAN</b> SUMMER FRUITS ... strawberries, raspberries & blackberries 220kcal	4.50

Adults need around 2000kcal a day.

# Heather Farm Café Menu

## AFTERNOON TEA

served from 2pm

HEATHER FARM AFTERNOON TEA ... 2 pots of tea, freshly made finger sandwiches - ham & mustard & egg mayo with rocket, sausage roll, sultana scones with clotted cream & strawberry jam, rich chocolate brownies & 2 slices of our delicious cake	1915kcal	SERVES 2 OR MORE	29.95
<b>V</b> CREAM TEA FOR ONE ... fresh sultana scone with clotted cream, strawberry jam & butter with a pot of English breakfast or Earl Grey tea	420kcal		6.50

## HOT DRINKS

We have oat milk, almond milk & soya milk available on request

CAFÉ LATTE / ICED LATTE ... with frothed milk	156kcal, oat 160kcal, almond 88kcal, soya 113kcal		3.20
CAPPUCCINO ... freshly ground beans with hot milk	142kcal, oat 162kcal, almond 72kcal, soya 132kcal		3.20
FLAT WHITE ... milk	135kcal, oat 122kcal, almond 100kcal, soya 94kcal		3.20
CHAI LATTE ... milk	168kcal, oat 141kcal, almond 120kcal, soya 110kcal		3.20
AMERICANO / DECAF ... served in a mug	7kcal		2.85
ESPRESSO / DOUBLE ESPRESSO ... freshly brewed	6kcal / 11kcal		2.35/2.90
FLAVOURED LATTE / ICED LATTE ... vanilla	289kcal, caramel 106kcal, hazelnut 283kcal or sugar-free caramel		3.75
HOT CHOCOLATE / MOCHA ... 244kcal add whipped cream	30kcal 0.30, marshmallows 35kcal 0.30 both 65kcal 0.50		3.25
MUG OR POT OF TEA ... choose from English breakfast, green tea, peppermint, lemon & ginger, Earl Grey or fruit teas	0kcal		2.50/3.20
EXTRA SHOT / FLAVOURED SYRUP			0.55

## CHILLED DRINKS

FRESHLY SQUEEZED ORANGE JUICE ...	82kcal		2.95
FROBISHERS FRUIT JUICES 250ML ... orange	21kcal, mango 130kcal, apple 21kcal or cranberry 105kcal		2.95
COKE / DIET COKE / SPRITE 330ML / ORANGINA 250ML ...	140kcal / 0kcal / 44kcal / 15kcal		2.85
LIPTON ICE TEA PEACH 330ML ...	82kcal		2.95
J2O 275ML ... orange & passionfruit	45kcal or apple & raspberry 44kcal		2.85
FENTIMANS 275ML ... gently sparkling elderflower	76kcal or ginger beer 105kcal		2.95
FIREFLY KIWI, LIME & MINT 330ML ...	134kcal		3.10
FIREFLY PEACH & GREEN TEA 330ML ...	117kcal		3.10
FIREFLY LEMON, LIME & GINGER 330ML ...	120kcal		3.10
MINERAL WATER 330ML ... still or sparkling			2.25
SIMPLY FRUITY ... blackcurrant	14kcal or orange 13kcal		1.95
CURIOUS BREW LAGER 4.7% 330ML			4.95
<b>G</b> FOOTSTEPS WHITE SAUVIGNON BLANC 12.5% 187ML			5.95
<b>G</b> FOOTSTEPS ROSÉ ZINFANDEL 10.5% 187ML			5.95
<b>G</b> DA LUCA PROSECCO 11% 200ML			8.50

Full allergen information is available on request. Our food is prepared in kitchens where all allergens may be present. Due to fryers & cookers being used for more than one product, there is a small possible contamination risk even if the ingredient is not present in the dish. If you have a food allergy please let us know before ordering. Where we offer items that are NGCI (Non Gluten Containing Ingredients) we cannot guarantee that they are entirely 'gluten-free'. Some ingredients may contain GM products. Adults need around 2000kcal a day.

## BREAKFAST & BRUNCH

served until 12 noon

THE FULL ENGLISH ... Cumberland sausage ring, mushroom, grilled tomato, back bacon, fried egg, hash brown, baked beans & white or brown toast	950kcal		12.95
<b>V</b> THE FULL VEGGIE ... plant-based sausages, mushroom, grilled tomato, baked beans, hash browns, fried egg & white or brown toast	697kcal		12.50
<b>VEGAN</b> THE FULL VEGAN ... plant-based sausages, mushroom, grilled tomato, baked beans, hash browns & smashed avocado on sourdough toast	783kcal		12.50
THE FULL NGCI ENGLISH ... NGCI sausages, mushroom, grilled tomato, back bacon, fried egg, hash brown, baked beans & NGCI toast	858kcal		12.95

**BREAKFAST EXTRAS ...** black pudding 136kcal 1.95 / hash brown 90kcal 1.00 / bacon x2 86kcal 1.95 / smoked salmon 147kcal 3.50 / egg 121kcal 0.75 / extra mushroom 12kcal 1.50 / avocado 161kcal 2.25 / baked beans 57kcal 0.75 / Cumberland sausage ring 473 kcal 3.95

EGGS BENEDICT ... toasted English muffin, poached eggs, home-cooked thick-cut ham, Hollandaise	697kcal		9.95
EGGS ROYALE ... toasted English muffin, poached eggs, delicious smoked salmon, Hollandaise	630kcal		10.95
<b>V</b> EGGS FLORENTINE ... toasted English muffin, poached eggs, wilted spinach, Hollandaise	482kcal		9.50
<b>V</b> SMASHED AVOCADO & POACHED EGGS ON TOAST ... seasoned with chilli flakes, sourdough toast	668kcal		9.50
	add smoked salmon 147kcal 3.50 add crispy bacon 86kcal 1.95		
SCRAMBLED EGGS & SMOKED SALMON ON TOAST ...	655kcal		9.50
BRIOCHE BREAKFAST BAP ... back bacon	451kcal or 4.95/5.50/6.50		
	Cumberland sausage ring 794kcal or both 866kcal add an egg 121kcal for 0.75		
<b>VEGAN</b> VEGAN SAUSAGE BAP ... plant-based sausage, vegan brioche-style bap	561kcal		4.95

## OTHER TASTY THINGS

CHUNKY SAUSAGE ROLL ... with puff pastry, served hot or cold	625kcal		3.95
<b>VEGAN</b> VEGAN SAUSAGE ROLL ... vegan puff pastry, served hot or cold	386kcal		3.50
<b>V</b> PORRIDGE WITH BANANA & HONEY ...	374kcal		5.95
<b>V</b> GREEK YOGHURT, GRANOLA & RED FRUIT ... topped with honey	307kcal		5.95
<b>V</b> RACK OF TOAST ... served with butter	281kcal & your choice of preserves		3.95
<b>V</b> TOASTED TEACAKE ... served hot with butter	338kcal		3.50

## PANCAKE STACK OR WAFFLES TOPPED WITH:

BACON & MAPLE-FLAVOURED SYRUP ...	529kcal / 957kcal		8.50
<b>V</b> FRESH RED BERRIES, GREEK YOGHURT & HONEY ...	409kcal / 837kcal		7.95
<b>V</b> MAPLE-FLAVOURED SYRUP ...	440 kcal / 823 kcal		7.50
<b>V</b> BANANA, NUTELLA, MAPLE-FLAVOURED SYRUP & WHIPPED CREAM ...	696kcal / 1124kcal		7.95

Adults need around 2000kcal a day.