

Something Else

Breakfast Butties

**Bacon
Sausage
Poached eggs (v)
Veggie sausage (vegan)**
With free drink only...
£2.50

**Bacon & sausage
Bacon & poached egg
Bacon & cream cheese
Sausage & poached egg
Veggie sausage & egg (v)**
With free drink only...
£3.00

**Bacon, sausage & poached egg
Avocado, bacon & poached egg
Avocado, spinach & tomato (vegan)
Avocado, tomatoes & poached egg (v)
Avocado, mushrooms & tomato (vegan)**
With free drink only...
£4.00

Served on toasted bloomer (add 50p for a bagel)

***All breakfasts include a
free drink***

Breakfast

Grilled breakfast
2 bacon, 2 lean pork sausages, 2 free range poached eggs, beans,
tomato, black pudding & toast, with a free drink
£6.50

Veggie breakfast (v)
2 veggie sausages, grilled halloumi, 2 free range poached eggs, beans,
mushrooms, tomato & toast, with a free drink
£6.50

Vegan breakfast (vegan)
2 veggie sausages, 2 hash browns, spinach, beans, mushrooms, tomato &
toast, with a free drink
£6.50

Avocado eggs florentine (v)
Smashed avocado spooned onto 2 free range poached eggs, on sauteed
spinach & toast, with a free drink
£5.50

Omelette (v)(gf)
Choose any 3 fillings; onion, peppers, avocado, spinach, mushrooms, feta,
tomato, halloumi, with a free drink
£5.00

Porridge (vegan)
Organic porridge oats with almond milk, maple syrup, mixed berries, nuts &
seeds, with a free drink
£4.00

Extras
2 bacon, 2 sausages, 2 eggs, 2 black pudding, 2 hash browns, 2 toast
£1.20

If you have any allergies please discuss this with a member of staff before ordering

Something Else

Salads

Avocado & pumpkin seed (vegan)(gf)

Avocado in a mixed salad with pumpkin seeds & a choice of dressing
(£5.00)

Halloumi & grape (v)(gf)

Grilled halloumi & grapes in a mixed leaf salad with a choice of dressing
(£5.00)

Salt & pepper prawn (gf)

Salt & pepper king prawns with a house salad, nuts, seeds & any dressing
(£7.00)

Chicken & chorizo

Grilled chicken & chorizo on a mixed leaf salad with any dressing
(£6.00)

Salmon & spinach (gf)

Grilled salmon flaked onto a spinach & sundried tomato salad
(£7.00)

Choice of dressings

French, caesar, balsamic, sweet chilli, honey & lemon, thousand island, honey & mustard

Jacket potatoes

(baked traditional or sweet potato with side salad)

Tuna mayonnaise (gf)

Tuna mayo & cheese (gf)

Cheese & beans (v)(gf)

Cheese & coleslaw (v)(gf)

Something else marinated chicken

(£4.50)

Something else wraps

(with house salad & hummus dip on a wholemeal wrap)

The salt & pepper (chicken & halloumi)

The something else (house marinated chicken & bacon)
(£5.00)

Falafel (vegan)

Cajun chicken

Sweet chilli chicken

Salt & pepper chicken

Sweet potato pakora (vegan)

Halloumi & sundried tomato (v)

(£4.75)

Toasties

(on choice of brown or white toasted bloomer)

B.L.T

Cheese (v)

Tuna melt

(£3.95)

Side dishes

Coleslaw & pita(v)

Corn on the cob (v)

Hummus & pita (vegan)

Sweet potato mash (v)(gf)

Traditional fries (vegan)

Sweet potatoes fries (vegan)

Seasonal greens (vegan)(gf)

Wholegrain rice & quinoa (v)(gf)

Sweet braised red cabbage (vegan)(gf)

(£2.00)

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House favourites

8oz sirloin steak

Served with house salad & any side dish (add peppercorn sauce for £1.50)
(£11.00)

Beef burger

A lean 100% steak mince homemade burger with pickled gherkin & relish on a brioche bun with your choice of any side (add cheese for £0.50)
(£7.50)

Chicken burger

Lightly dusted chicken breast with lettuce & mayo on a brioche bun with your choice of any side (add cheese for £0.50)
(£7.50)

Chicken & chorizo kebab

Two grilled chicken & chorizo kebabs served with house salad, hummus & your choice of any side dish
(£7.50)

Something else special fried rice (gf)

Salt & pepper chicken & prawns with stir fry veg & egg sauteed brown rice & quinoa (add £1 for thai red or thai green sauce)
(£7.00)

Pancakes

(pancake mix is made from banana, almond milk & oats)

Blueberry pancakes (vegan)

Served with vegan ice cream, maple syrup & flax seeds

Chocolate pancakes (vegan)

Served with vegan ice cream, maple syrup & flax seeds

(£5.00)

Chilli & rice (vegan)(gf)

Vegan mixed bean chilli, served with side salad, wholegrain rice & quinoa
(£6.50)

Stir fry (vegan)

Stir fry veggies, whole wheat noodles & tamari, sweet chilli or soy sauce (add chicken for £1 or prawns for £2)
(£6.50)

Thai red curry (vegan)(gf)

Sweet potato thai red curry served with wholegrain rice & quinoa (add chicken for £1 or prawns for £2)
(£6.50)

Thai green curry (vegan)(gf)

Sweet potato thai green curry served with wholegrain rice & quinoa (add chicken for £1 or prawns for £2)
(£6.50)

Tomato pasta (v)

Mixed veggies & whole wheat pasta tossed in our homemade house tomato sauce (add chicken for £1 or prawns for £2)
(£6.50)

Kids meals

(Free drink included)

Chicken & rice

Chicken & pasta

Tomato pasta with cheese (v)

Homemade chicken nuggets, beans & any side

(£4.50)

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Dinnertime protein box

Available all day

Choose one from each option

£6.50

Pick your flavour

Cajun
Sweet chilli
Garlic & chilli
Salt & pepper
Garlic & parsley

Pick your protein

Chicken
Halloumi (v)
Falafel (vegan)
Salmon (add £1)
King prawns (£1)

Pick your carbs

Sweet potato mash (v)
Wholegrain rice (vegan)
Sweet potato fries (vegan)
Wholewheat noodles (vegan)

Pick your greens

House salad (vegan)
Spinach salad (vegan)
Seasonal greens (vegan)
Braised red cabbage (vegan)

5 day meal plans

Please ask a member of staff for more information

2 meals per day

£55 per week

2 meals & 2 juices per day

£80 per week

Drinks...

Tea...£1.20

Coffee...£1.20

Rio...£1.00

Coke...£1.00

Fanta...£1.00

Sprite...£1.00

Water...£1.00

Diet coke...£1.00

Capri sun...£1.00

Apple or orange juice...£1.00

Protein shakes

£2.50

(all made with banana , ice & almond milk)

Banana protein shake

Strawberry protein shake

Chocolate protein (vegan) shake

Iced fruit smoothies

£3.00

(all made with banana, ice & coconut water)

Mixed berries (vegan)

Mango & pineapple (vegan)

Apple, cucumber & spinach (vegan)

Protein bars...

£2.50

3 day juice detox

£35

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