

ALL DAY BREAKFAST

G&W's gluten free muesli

served with almond milk & berry compote

Soft boiled free range eggs

with buttered toast soldiers (marmite or gentleman's relish on table)

Sourdough toast, gluten free toast or croissant

with butter, jams by England Preserves, our sugar free home made peanut butter or marmite

G&W's freshly baked muffins

Almond fruit crumble or today's savoury flavour

Scrambled eggs on toasted sourdough

with Chapel & Swan smoked salmon, slow roasted plum tomatoes or free range bacon

Free range smoked ham & Quickes cheddar croissant

Superfood Porridge

with banana, passionfruit, coconut shavings, pistachio and honey

Free range bacon sandwich

with chilli mayo and rocket on sourdough

Toasties

Quickes cheddar & marmite or chilli jam, or Smoked free range ham & mustard mayo

WEEKDAY LUNCH – FROM 12PM

Fish finger sandwich

with gem lettuce and tartare on London bloomer

Red Leicester toastie

with tomato and chilli chutney, spring onion on sourdough

Daily frittata

with salad greens dressed in mustard vinaigrette

Today's Salad

*Please be aware this is a **sample menu** as ingredients change with the seasons and some dishes may be different on the day.*

Breakfast is available all day during the week and lunch is served from 12.00 . Kitchen closes at 4.30pm.

We take pride in sourcing our ingredients directly from British farmers. Our free range eggs are from a family run farm in North Wales and our meat is from rare breeds in Essex. Bread is baked by artisan bakery the Flour station and cakes are made in our own kitchen by hand.

Please ask our staff for allergen information. Gluten free bread is available on request.