

BREAKFAST

Free Range Scrambled Eggs	£5.00
with sauteed mushrooms or cheese	£5.50
with bacon or smoked salmon	£6.00
served with salad and white / brown bloomer or bagel or white baguette (+ £1.00)	
 Bacon Sandwich	 £3.50
served on white/ brown bloomer with ketchup or HP sauce or mayonnaise with salad or crisps	
 Original Multi-Grain Porridge	 £2.00
Red Berries Multi-Grain Porridge	£2.20
served with semi-skimmed, skimmed or soya milk with honey (+ £0.30)	

Tartines

White/ brown toast	£1.50
Baked Baguette	£2.50
with butter + honey / raspberry jam / apricot jam / orange marmalade/ marmite	



JACKET POTATOES

*butter	£5.00
*cheese	£6.00
*tuna mayo	£6.50
*tuna	£6.50
*prawns	£6.50
with seafood sauce	
*roast veg	£6.50
*bacon	£6.50

SANDWICHES

1. Cheddar, Spring Onion, Branston Pickle	
2. Crispy Salad, Free Range Hard Boiled Egg, Mayo	
3. Tuna Mayo, Tomato, Ground Black Pepper	
4. Gammon Ham, Wholegrain Mustard, Tomato	
5. Sunblushed Tomatoes, Roast Veg, Houmous	
6. Smoked Salmon, Baby Spinach, Cream Cheese Seafood Dressing	
7. Chicken Breast, Bacon, Lettuce, Mayo	
8. BLT- Bacon, Lettuce, Tomato	
served with crisps or salad on white / brown bloomer	£5.00
bagel	£5.50
baguette	£6.00
Gluten Free Bread	£5.50

CLUB SANDWICHES

1. Classic Club	£5.50
Chicken, Bacon, Lettuce, Tomatoes and Mayo	
2. Seafood Club	£6.50
Smoked Salmon, Crayfish, Tomatoes, Lemon Mayo	
3. Italian Chicken Club	£6.50
Chicken, Sunblushed Tomatoes, Parmesan, Rocket, Pesto Mayo served on toasted white /brown bread with crisps or salad	

SALADS

Rocket Caesar Salad rocket, herbed croutons, parmesan shavings and cesar dressing	£7.50
with Chicken or Prawns	£9.00
Seafood Salad mixed leaves, crayfish, prawns, smoked salmon and seafood dressing	£9.50
Goat Cheese Salad mixed leaves, tomatoes, baby spinach, roast veg, sunflower seeds and red onion marmalade	£8.50
Greek Salad feta cheese, tomatoes, cucumber, red onion, black olives, olive oil	£7.00



PANINI or SESAME NIGELLA

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|-----|--|--|-------|
| 1. | Brie, Baby Spinach, Redcurrent Jelly |  | £5.00 |
| 2. | Gammon Ham, Wholegrain Mustard, Cheddar | | £5.00 |
| 3. | Roasted Mediterranean Veg, Black Olives, Houmous | | £5.50 |
| 4. | Sunblushed Tomatoes, Sunflower Seeds, Goats Cheese, Rocket | | £5.50 |
| 5. | Tuna, Spring Onion, Cheddar | | £5.50 |
| 6. | Tuna Mayo, Mixed Peppers, Sweetcorn | | £5.50 |
| 7. | Crispy Bacon, Mushrooms, Tomatoes, Brie | | £5.50 |
| 8. | Chicken Breast, Roasted Courgette and Aubergine, Pesto | | £5.50 |
| 9. | Chicken Breast, Mushrooms, Sweetcorn, Cheddar | | £5.50 |
| 10. | Pepperoni, Mixed Peppers, Black Olives, Mozzarella | | £5.50 |
| 11. | Brie, Blue Cheese, Cheddar, Mozzarella | | £5.50 |
| 12. | Mozarella, Pesto, Sunblushed Tomatoes, Olives | | £5.50 |
- served with crisps or salad

PIEMINISTER PIES

£9.50

served with: mashed potatoes, minty crushed peas (contain white wine)
and homemade redcurrant and thyme gravy

Kate & Sydney PIE

tender british beef steak,
kidneys and real ale

Wild Mushroom Pie

wild mushrooms, asparagus,
white wine and cream

Deerstalker Pie

british vension & outdoor reared dry
cured bacon with red wine and puy lentil

Heidi Pie

goats cheese, sweet potatoes,
spinach, red onion and roasted garlic

Free Ranger Pie

free range british chicken & outdoor reared
ham hock with leeks and cheddar

Shamrock Pie

free range irish beef steak with rich
gravy and irish stout

SOL-E-MIO FAVOURITES

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|---|-------|---|-------|
| Welsh Rarebit | £6.00 | Tempura Prawns | £6.00 |
| Welsh Rarebit with bacon | £6.50 | with homemade Chinese 5-spices dip
and salad | |
| served with salad | | | |
| Salmon & Dill Fishcakes | £6.50 | WhiteBait | £6.50 |
| with home-made lemon mayo and salad | | with home-made tartare dip and salad | |
| Thai Cod & Prawns Fishcakes | £6.50 | | |
| with home-made lime and coriander mayo
and salad | | | |

HOMEMADE SOUPS

£5.50

Check our Daily Special Board

Soups come with white/ brown bread, garlic bread, focaccia, baguette or gluten free bread

Children's Menu



½ SANDSWICH £2.00

- Tuna/ tuna mayo
- Cheese
- Ham
- Cheese + Tomato / cheese +Ham

With crisps/ cucumber + tomato

½ JACKET POTATO

- Butter £2.00
- Cheese/ tuna/
Tuna mayo £3.00
- Bacon + Cheese £3.50

With crisps/ cucumber + tomato

½ SOUP OF THE DAY

+ White/ brown bread £3.00

SCRAMBLED EGGS ON TOAST £2.50

+ Cheese/ mushrooms £2.75

+bacon/ salmon £3.00

DRINKS

Glass of Milk £1.00

Babyccino £1.00

(1 free refill)

Orange/ Apple Juice £1.50

