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# CAFE MENU

WE LOOK AFTER OUR TEAM,  
BECAUSE THEY LOOK AFTER YOU:

- 10% of our net profits are shared with every employee who's been with us 12+ months. The amount is based on hours worked, not salary, to make it fair.
- Should you choose to leave a tip, through card or cash, 100% of it will be allocated to the team in this venue, and is shared out through a system controlled by a team representative.

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# LIGHT BREAKFAST

Served Monday - Friday 8am - 11am  
Saturday - Sunday 9am - 11am

## Hot rolls £4.95

(Double up for £5.95)

Bacon  
Lorne Sausage  
Potato Scone (v)  
Black Pudding  
Fried Egg (v)  
Haggis

## Full Scottish £12.95

Smoked back bacon, egg to your liking, sausage,  
haggis & black pudding, tattie scone, tomato,  
mushroom, beans & sour dough toast

## Smoked Bacon & Double Eggs on Sourdough Toast (gfa) £8.45

## Eggs Benedict (gfa) £9.95

Glazed ham, poached eggs on toasted muffin,  
creamy hollandaise

## Eggs Florentine (v, gfa) £9.45

Sauté spinach with nutmeg, poached eggs,  
toasted muffin, creamy hollandaise

## Eggs Royale (gfa) £12.45

Oak smoked salmon, poached eggs, toasted muffin,  
creamy hollandaise

## French Toast Bloomer & Maple Syrup (gfa) £10.45

Add crispy bacon £2.00

## Smashed Avocado, Double Poached Eggs, Sourdough Toast (v, gfa) £9.95

## The Veggie (v) £11.45

Double eggs, Quorn sausage, veggie haggis, tomato, mush-  
room & spinach, beans, tattie scone & sourdough toast

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# SIMPLE SANDWICHES AND TOASTIES

Add a bowl of homemade soup or fries £2.50

## Tuna | Red onion £7.75

## Smoked ham | Lettuce | Tomato £7.75

## Cheese | Pickle (v) £7.45

## Cajun Chicken Mayo £8.45

## Mature cheddar | Sliced Tomato (v) £7.75

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# LIGHT BITES

## Soup of the Day (v, gfa)

Warm bread, salted butter

£6.45

## Crisp Tempura

Chilli & coriander batter, spiced sesame greens, teriyaki dip

## Chicken

£8.95

## Veg

£8.25

## Crispy Duck Salad (gfa)

Pickled watermelon & fennel, toasted cashew,  
nigella seeds, cucumber & pomegranate molasses

£9.75

## Moroccan Spiced Hummus (v, vea, gfa)

Chard corn ribs, minted yoghurt, toasted  
chickpea & chermoula baby carrots, coriander oil

£8.25

## BLT Ciabatta

Bacon, lettuce & tomato & cracked pepper mayo

£12.45

## Cajun Chicken Mayo

Rocket leaf, toasted ciabatta

£12.45

## Crispy Chicken Bao Bun

Spicy mayo, Asian slaw

£13.45

## Steak Ciabatta

Cheese, caramelised onion & rocket

£17.95

## Loaded Herb Flatbread

Avocado, spiced hummus, chickpea, tomato  
& cucumber

£12.95

## STARTERS

**Paprika Roast Pepper & Tomato Broth** (v, gfa) **£6.45**

Sour cream, herb croutons, basil oil

**Crispy Tempura Chicken £8.95 / Veg** (v, vea) **£8.25**

Chilli & coriander batter, spiced sesame greens, teriyaki dip

**Mozzarella Arancini Balls** (v) **£8.25**

Herb crumb, spicy tomato ragu, balsamic rocket salad

**Crispy Duck Salad** (gfa) **£9.75**

Pickled watermelon and fennel, toasted cashew, nigella seeds, cucumber and pomegranate molasses

## MAINS

**Harissa Glazed Chicken** **£17.45**

Giant couscous, sautéed spinach, harissa sauce

**Gnocchi (v, gfa)** **£14.95**

With basil, kale & toasted hazelnut pesto, fresh peas, lemon and Burrata

**Katsu Curry**

Aromatic sauce, fragrant rice, chard pak choi

**Crispy Katsu Chicken** **£17.45**

**Stir Fry Vegetables** (v, gfa) **£15.45**

**Mac & Cheese** (va, gfa) **£14.45**

3 cheese cream, Mull cheddar & parsley crumble, garlic ciabatta

## SIDES

<b>House Fries</b> (ve)	<b>£4.25</b>	<b>Mini Mac &amp; Cheese</b> (v)	<b>£5.45</b>
<b>Seasoned Fries</b> (v)	<b>£4.50</b>	<b>Garlic Bread</b>	<b>£4.45</b>
Cajun spice   Parmesan truffle   Salt and pepper chilli		<b>Garlic Bread with Cheese</b>	<b>£4.95</b>
<b>Battered Onion Rings</b> (ve)	<b>£4.75</b>	<b>Whole Grain, Bean &amp; Pepper Salad, Salsa Verde</b>	<b>£4.50</b>
<b>Buttered Mash</b> (v)	<b>£5.00</b>		

## BAKED POTATOES

**Tuna | Red onion** (gf) **£9.75**

**Baked beans | Mature cheddar** (gf, v) **£9.75**

**Mature Cheddar** (gf, v) **£9.75**

**Cajun Chicken Mayo** (gf) **£10.95**

## BURGERS

Brioche bun, crisp lettuce, tomato, house sauce and fries

**Prime 6oz Beef Patty** **£17.45**

**Buttermilk fried chicken burger** **£15.95**

**Beetroot, Quinoa & Roast Pepper Burger** (v, ve) **£14.45**

Veganise, slaw, spicy mayo

**Toppings** **£3.00**

Bacon | Haggis | Cheese | Onion rings | Jalapenos

## DESSERTS

**Lemon & Ricotta Tart** (v) **£7.95**

Toasted pine nuts, fresh raspberries and berry coulis

**Sticky Toffee Pudding** (v) **£8.25**

Salted caramel & vanilla Ice cream

**Trio of Ice Cream** (v, vea, gf) **£6.95**

Please alert your server of any food allergies or intolerances that you have and we will do our best to accommodate your needs. (v) vegetarian dish (va) vegetarian available | (gf) gluten free dish | (gfa) gluten free available (ve) vegan dish (vea) vegan available

**Frappe Iced Coffee** £4.25

Italian Aroma Espresso | Milk | Vanilla or Salted Caramel Syrup

**Americano** £3.75

**Latte** £3.95

Add: Salted Caramel | Vanilla £0.50

**Flat White** £3.95

**Cappuccino** £3.95

**Espresso** £2.95

**Double Espresso** £3.25

**Macchiato** £3.45

**Mocha** £4.25

**Pot of Plantation Tea** £3.75

Choose from: Scottish Brew | Camomile

Earl Grey | Mojito Mint | Red Berry Splash

Lemon & Ginger | Decaffeinated

**Kids Baminoccino** £1.00

**Kids Hot Chocolate** £2.25

**Hot Chocolate** £4.25

Topped with Marshmallows | Cream | Maltesers

Add: Salted Caramel | Vanilla £0.50

**Iced Tea** £3.45

Choose from: Red Berry Splash | Mojito Mint

Earl Grey | Scottish Breakfast | Decaf

**Classic Signature Milkshakes** £5.45

Choose from: Chocolate | Raspberry | Strawberry

Vanilla | Salted Caramel

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## SMOOTHIES

£6.45

### Strawberry Split

Strawberry | Banana | Apple Juice

### Pash N Shoot

Mango | Pineapple

Passionfruit seedless | Apple Juice

### Big 5

Strawberry | Mango | Kiwi | Pineapple

Apple juice

### Detox-Zing

Blueberry | Carrot | Ginger

Banana | Courgette | Apple Juice

### Spinach to Win It

Broccoli | Mango | Banana |

Pineapple | Spinach | Cucumber

### Blueberry Thrill

Banana | Blueberry | Raspberry

| Flaxseeds

Please see our counter for a daily selection of  
homemade cakes, tray bakes & protein bars

### Big Fluffy Scones

£3.45

Served warm with  
jam & clotted cream

### Tea or Coffee & Cake

£5.95

Any of our teas or coffee's from our  
hot drinks selection with a slice of  
home made cake or scone

Freshly Baked Cakes & Tray Bakes from £2.75

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# HEALTH CLUB

AT BOWFIELD