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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.
- A discretionary service charge will be added to your bill and 100% of this will be allocated to the team. This also applies to any other card or cash tip you leave. All tips are shared out through a system controlled by a team representative.

# LIGHT BREAKFAST

Served Monday – Friday 8am – 12pm | Saturday – Sunday 9am – 11am

## Hot Filled Rolls 5.95 | Double Up for 6.95

Choose from:

Link Sausage | Lorne | Bacon | Haggis | Muirhead Black Pudding  
Scrambled Egg (v) | Potato Scone (v) | Scrambled Tofu (ve)

## Full Scottish Breakfast

Lorne Sausage | Smoked Bacon | Potato Scone | Haggis  
Black Pudding | Baked Beans | Fried Tomato | Mushroom  
Sourdough Toast | Plus your choice of egg 13.95  
Choose Fried | Scrambled | Poached

## Vegetarian Breakfast (v)

Quorn Sausages | Baked Beans | Potato Scone | Spinach  
Veggie Haggis | Mushroom | Sourdough Toast 12.95

## Vegan Breakfast (ve)

Quorn Sausages | Baked Beans | Potato Scone | Mushroom  
Fried Tomato | Scrambled Tofu | Spinach 11.95

## Eggs Benedict (gfa)

Glazed Ham | Poached Eggs | Toasted Sourdough | Hollandaise 9.95

## Mexican Eggs (v, gfa)

Sourdough Toast | Crispy Patatas Bravas | Fried Eggs | Mango Salsa 10.95

## Smoked Bacon & Double Eggs (gfa)

On Sourdough Toast 8.95

## 3 Egg Omelette

With 2 fillings 5.50 | Additional fillings 2.00 each

Egg White – Available on request

Fillings:

Cheddar Cheese (v) | Mushroom (ve) | Spinach (ve) | Onion (ve) | Tomato (ve)  
Chilli (ve) | Sun Dried Tomato (ve) | Chicken

## Smoked Salmon Scramble (gfa)

Hot Smoked Salmon | Scrambled Eggs | Sourdough Toast 12.95

## Trio of Pancakes

Choose Nutella & Banana (v) | Lemon & Sugar (v) | Berries & Maple Syrup (v) 9.95

## Acai Bowl

Banana | Mixed Berries | Granola | Coconut | Pumpkin Seeds 7.95

## French Toast Bloomer & Maple Syrup (v, gfa) 10.95

Add Crispy Bacon 2.00

## Smashed Avocado & Double Poached Eggs (v, gfa)

Sourdough Toast 9.45

# ARTISAN SANDWICHES

Served on Soft Bloomer Bread with Slaw, House Salad & Sea Salted Fries

## Classic Ploughman's (gfa)

Smoked Ham | Mature Cheddar | Spiced Pear Chutney 9.25

## Avocado & Cream Cheese (v, vea, gfa)

Caramelised Onion | Gem Lettuce 8.50

## Chicken & Smoked Bacon (gfa)

Mustard Mayonnaise | Mixed Leaf 11.95

## Buffalo Mozzarella (v, gfa)

Basil Pesto | Sliced Tomato 9.25

## Add Bowl of Soup 3.00

# FRESHLY FILLED CIABATTAS

Served on lightly toasted Ciabatta with Slaw, House Salad & Sea Salted Fries

## Chicken Caesar

Grilled Chicken | Gem Lettuce  
Parmesan | Caesar Dressing 13.95

## Grilled Steak

Caramelised Red Onion | Sautéed Mushroom | Rocket | Peppercorn Mayo 16.95

## Hot Honey Chicken

Grilled Chicken | Pickled Slaw | Rocket  
Hot Honey Dressing 13.95

## Smoked Veggie (v, vea)

Grilled Vegetable | Basil Pesto | Smoked Cheddar | Chipotle Mayo 13.95

## Tuna Melt

Tuna Mayonnaise | Mozzarella | Red Onion 13.95

## Add Bowl of Soup 3.00

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

## FUEL YOUR DAY

Freshly prepared bowls packed with Protein, Grains & Vegetables

### Crispy Chicken Katsu

Aromatic Rice | Crispy Chicken | Avocado | Pickled Carrot  
Chilli | Spring Onion | Katsu Sauce **14.95**

### Cajun Spiced Salmon

Cajun Spiced Salmon Fillet | Lemon & Herb Cous Cous | Cucumber  
Roasted Peppers | Red Onion | Edamame Beans | Lemon Dressing **15.95**

### Steak & Chimichurri *(gf)*

Grilled Steak | Aromatic Rice | Roasted Peppers  
Cannellini Beans | Avocado | Chimichurri **17.95**

### Roasted Vegetable & Avocado *(ve)*

Roasted Vegetables | Tomato & Herb Cous Cous | Roasted Chickpeas  
Avocado | Spinach | Herb Dressing **13.95**

### Superfood Salad *(v, vea)*

Gem Lettuce | Spinach | Radicchio | Pomegranate | Feta | Cucumber  
Cherry Tomato | Corn | Onion | Sweet Mustard Dressing **14.95**  
Add Chicken **4.00** | Tofu **4.00** | Salmon **5.00**

## BOWFIELD CLASSICS

### Soup of the Day *(v, vea, gfa)*

Warm Bread | Salted Butter **6.95**

### Crispy Tempura *(gfa)*

Warm Indian Summer | Black Sesame Seeds | Soy & Miso Dip  
Choose Chicken **8.95** | Vegetable *(v)* **8.25**

### Classic Mac & Cheese *(v, gfa)*

Parsley Crumb | Garlic Bread **14.95**

### Breaded Haddock Goujons *(gfa)*

Tartare Sauce | Hand Cut Chips | Lemon | Mushy Peas **14.25**

### Cajun Spiced Penne Pasta *(gfa)*

Garlic Bread | Parmesan & Rocket Salad **13.95**  
Add Chicken **4.00**

### Bang Bang Cauliflower *(v, vea)*

Crispy Cauliflower | Tomato & Herb Cous Cous  
Chilli & Spring Onion Salad | Chilli Mayo **10.95**

## PIZZA

Served on an 11 Inch Sourdough Base, with Tomato Ragu & Fresh Mozzarella

### Neapolitan *(v)*

Buffalo Mozzarella | Basil **13.95**

### BBQ Chicken

BBQ Sauce | Grilled Chicken | Red Onion | Smoked Sea Salt | Rocket **15.95**

### Verdure *(v)*

Aubergine | Courgette | Peppers | Basil Pesto **14.95**

### Pepperoni

Pepperoni | Chilli | Hot Honey | Mixed Herbs **16.95**

### Capriccioso

Ham | Mushroom | Olive | Rocket **15.95**

## BURGERS

All Burgers are served with Sea Salted Fries

### Classic Prime Beef Burger *(gfa)*

Milk Bun | Crisp Lettuce | Tomato | House Burger Sauce **18.95**

### Vegan Spiced Breaded Jackfruit Burger *(ve)*

Brioche Bun | Vegan Cheese | Pickled Slaw **17.95**

### Mediterranean Lamb Burger

Milk Bun | 8oz Lamb Burger | Crumbled Feta | Roasted Red Pepper | Olive Pesto **18.95**

## DESSERTS

### Sticky Toffee Pudding *(v)*

Vanilla Ice Cream | Toffee Sauce **8.95**

### Tablet Sundae *(v)*

Tablet Crumb | Toffee Sauce | Vanilla Ice Cream **8.45**

### Mini Brioche Doughnuts *(v)*

Chocolate Drizzle | Vanilla Ice Cream **7.95**

### Apple Crumble Tart *(v, vea)*

Vanilla Ice Cream **9.95**

### Raspberry & Gin Cheesecake *(ve)*

Raspberry Coulis | Raspberry Sorbet **9.95**

## HOT DRINKS

**Americano** 3.75

**Latte** 3.95

**Flat White** 3.95

**Cappuccino** 3.95

**Espresso** 2.95

**Double Espresso** 3.25

**Macchiato** 3.45

**Mocha** 4.25

Add Salted Caramel | Vanilla 0.50

**Pot of Plantation Tea** 3.75

Choose:

Scottish Brew | Camomile | Earl Grey | Mojito Mint

Red Berry Splash | Lemon & Ginger

**Hot Chocolate** 4.25

Topped with Marshmallows | Cream | Maltesers

Add Salted Caramel | Vanilla 0.50

**Kids Bambinoccino** (Decaf) 1.00

**Kids Hot Chocolate** 2.25

## SPECIALITY DRINKS

**Matcha Latte** 4.00

Available Hot or Iced

Add Vanilla | Caramel 0.50

**Mango Passionfruit Matcha** 4.50

Matcha | Mango | Passionfruit Puree

**Strawberry Dream Matcha** 4.75

Matcha | Strawberry | Strawberry Cold Foam

**Dubai Coconut Matcha** 4.75

Matcha | Pistachio | Coconut Cold Foam

**Frappe Iced Coffee** 4.25

Italian Aroma Espresso | Milk

Choose Vanilla or Salted Caramel Syrup

**Signature Milkshakes** 5.45

Choose Chocolate | Raspberry | Strawberry

**Iced Tea** 3.45

Choose Red Berry Splash | Mojito | Mint | Earl Grey

Scottish Breakfast | Decaf | Classic

## SMOOTHIES

6.45 each

**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  
cakes, tray bakes & protein bars

**Big Fluffy Scones**

£3.95

Served warm with  
jam & clotted cream

**Tea or Coffee & Cake**

£6.45

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

**Cakes & Tray Bakes from** £2.95

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# HEALTH CLUB

AT BOWFIELD