
CAFE MENU

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



- We're a Real Living Wage Employer, meaning our hourly rates are more than the required national minimum wage, and reflect the true cost of living.
 - 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.

LIGHT BREAKFAST

Served 8am - 11am

Hot rolls £4.00

(Double up for £4.95)

Bacon

Lorne Sausage

Potato Scone (v)

Black Pudding

Fried Egg (v)

Haggis

Full Scottish £12.50

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) £8.00

Eggs Benedict (gfa) £9.50

Glazed ham, poached eggs on toasted muffin, creamy hollandaise

Eggs Florentine (v, gfa) £8.00

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

Eggs Royale (gfa) £12.00

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

French Toast Bloomer & Maple Syrup (gfa) £10.00

Add crispy bacon £2.00

Smashed Avocado, Double Poached Eggs, Sourdough Toast (v, gfa) £8.50

The Veggie (v) £11.00

Double eggs, Quorn sausage, veggie haggis, tomato, mushroom & spinach, beans, tattie scone & sourdough toast

SIMPLE SANDWICHES AND TOASTIES

Add a bowl of homemade soup or fries £2.50

Tuna | Red onion £7.50

Smoked ham | Lettuce | Tomato £7.45

Cheese | Pickle (v) £7.25

Cajun Chicken Mayo £8.00

Mature cheddar | Sliced Tomato (v) £7.25

LIGHT BITES

Soup of the Day (v, gfa)

Warm bread, salted butter

£6.25

Crisp Tempura

Chilli & coriander batter, spiced sesame greens, teriyaki dip

Chicken

£8.85

Veg

£7.75

Crispy Duck Salad (gfa)

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

£9.45

Moroccan Spiced Hummus (v, vea, gfa)

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

£7.85

BLT Ciabatta

Bacon, lettuce & tomato & cracked pepper mayo

£11.50

Cajun Chicken Mayo

Rocket leaf, toasted ciabatta

£11.50

Crispy Chicken Bao Bun

Spicy mayo, Asian slaw

£12.45

Steak Ciabatta

Cheese, caramelised onion & rocket

£17.00

Loaded Herb Flatbread

Avocado, spiced hummus, chickpea, tomato & cucumber

£12.00

STARTERS

Paprika Roast Pepper & Tomato Broth (v, gfa) **£6.25**

Sour cream, herb croutons, basil oil

Crispy Tempura Chicken £8.45 / Veg (v, vea) **£7.50**

Chilli & coriander batter, spiced sesame greens, teriyaki dip

Mozzarella Arancini Balls (v) **£7.50**

Herb crumb, spicy tomato ragu, balsamic rocket salad

Crispy Duck Salad (gfa) **£9.45**

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

MAINS

Harissa Glazed Chicken **£16.50**

Giant couscous, sautéed spinach, harissa sauce

Gnocchi (v, gfa) **£14.00**

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

Katsu Curry

Aromatic sauce, fragrant rice, chard pak choi

Crispy Katsu Chicken **£16.50**

Stir Fry Vegetables (v, gfa) **£14.50**

Mac & Cheese (va, gfa) **£12.00**

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

SIDES

House Fries (ve)	£4.00	Baby Mac & Cheese (v)	£5.00
Seasoned Fries (v)	£4.50	Garlic Bread	£4.45
Cajun spice Parmesan truffle Salt and pepper chilli		Garlic Bread with Cheese	£4.95
Battered Onion Rings (ve)	£4.50	Whole Grain, Bean & Pepper Salad, Salsa Verde	£4.50
Buttered Mash (v)	£5.00		

BAKED POTATOES

Tuna | Red onion (gf) **£9.50**

Baked beans | Mature cheddar (gf, v) **£9.50**

Mature Cheddar (gf, v) **£9.50**

Cajun Chicken Mayo (gf) **£10.75**

BURGERS

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

Prime 6oz Beef Patty **£16.00**

Buttermilk fried chicken burger **£14.00**

Beetroot, Quinoa & Roast Pepper Burger (v, ve) **£13.00**

Veganise, slaw, spicy mayo

Toppings **£2.00**

Bacon | Haggis | Cheese | Onion rings | Jalapenos

DESSERTS

Lemon & Ricotta Tart (v) **£8.00**

Toasted pine nuts, fresh raspberries and berry coulis

Sticky Toffee Pudding (v) **£7.75**

Salted caramel & vanilla Ice cream

Trio of Ice Cream (v, vea, gf) **£7.00**

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

Frappe Iced Coffee £3.70

Italian Aroma Espresso | Milk | Vanilla or Salted Caramel Syrup

Americano £3.30

Latte £3.50

Add: Salted Caramel | Vanilla £0.50

Flat White £3.40

Cappuccino £3.50

Espresso £2.80

Double Espresso £3.30

Macchiato £2.90

Mocha £3.80

Pot of Plantation Tea £3.00

Choose from: Scottish Brew | Camomile

Earl Grey | Mojito Mint | Red Berry Splash

Lemon & Ginger | Decaffeinated

Kids Bambinoccino £1.00

Kids Hot Chocolate £2.20

Hot Chocolate £3.80

Topped with Marshmallows | Cream | Maltesers

Add: Salted Caramel | Vanilla £0.50

Iced Tea £3.00

Choose from: Red Berry Splash | Mojito Mint

Earl Grey | Scottish Breakfast | Decaf

Classic Signature Milkshakes £5.00

Choose from: Chocolate | Raspberry | Strawberry

Vanilla | Salted Caramel

SMOOTHIES

£6.00

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

Broccoli & The Beast

Broccoli | Spinach | Apple Juice

Chocolate Powerhouse

220g Chocolate Purition Protein |

Milk or Soya Milk

Berry Max

20g Strawberry Purition Protein |

Strawberry | Banana | Milk

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

Big Fluffy Scones

£3.00

Served warm with
jam & clotted cream

Tea or Coffee & Cake

£5.50

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 £2.60

HEALTH CLUB

AT BOWFIELD