

## PANINIS

our paninis are served with a salad garnish & a few fries

HAM & CHEESE MELT ... 969kcal	8.95
TUNA & CHEESE MELT ... 898kcal	8.95
PESTO CHICKEN, TOMATO & MOZZARELLA ... 967kcal	8.95
BRIE, BACON & CRANBERRY PANINI ... 859kcal	8.95
<b>V</b> ROASTED VEG, PESTO & MOZZARELLA PANINI ... 986kcal	8.95
<b>VEGAN</b> ITALIAN-STYLE VEGAN 'MEATBALLS' & TOMATO SAUCE ... 794kcal	8.95

## SANDWICHES / WRAPS

served with a salad garnish & a few fries

<b>V</b> CHEESE & PICKLE SANDWICH ... Cheddar cheese, on white bread 682kcal	6.95
<b>V</b> EGG MAYONNAISE SANDWICH ... on grainy bread, fresh rocket 661kcal	6.95
THE B.L.T. SANDWICH ... on grainy bread with classic bacon, lettuce & tomato filling - lashings of mayo 822kcal	7.95
SMOKED SALMON & CREAM CHEESE SANDWICH ... on grainy bread, fresh rocket 644kcal	7.95
<b>VEGAN</b> FALAFEL & HUMMUS WRAP ... lettuce, cucumber, red onion, Sriracha mayo 679kcal	7.95

## JACKET POTATOES FILLED WITH:

our jackets are served with a salad garnish

TUNA MAYONNAISE ... 567kcal	7.95
<b>V</b> CHEDDAR CHEESE & BAKED BEANS ... 579kcal	7.95
CHILLI CON CARNE & SOUR CREAM ... 710kcal	8.50
<b>VEGAN</b> HUMMUS & ROASTED VEGETABLES, CHILLI FLAKES ... 634kcal	8.50

## SUPER SOUPS

<b>V</b> CAULIFLOWER CHEESE SOUP ... creamy & delicious - topped with croutons & a sprinkling of Cheddar cheese, sourdough bread 676kcal	6.95
<b>VEGAN</b> PEA & MINT SOUP ... with sourdough bread 328kcal	6.95

## SALADS

GRILLED CHICKEN CAESAR SALAD ... with croutons, parmesan & anchovies 506kcal	11.95
<b>V</b> GOAT'S CHEESE SALAD ... with honey, walnuts, roasted Mediterranean vegetables, NGCI croûte 653kcal	11.95

## EXTRAS

CHILLI CHEESY CHIPS ... with cheese, spicy beef chilli, jalapeños, firecracker sauce 732kcal	7.95
<b>V</b> CHEESY CHIPS - PLAIN OR SPICY ... choose from plain cheesy chips 593kcal or spicy Cajun fries 632kcal topped with melted cheese, jalapeños & firecracker sauce	5.95/6.95
SKIN-ON FRIES ... 369kcal	3.50
ONION RINGS / SIDE SALAD ... 287kcal / 174kcal	3.50
HOMEMADE COLESLAW ... 75kcal	1.95

## BURGERS

BACON & CHEESE BURGER ... smoked streaky bacon, melting Cheddar cheese, burger sauce, 'slaw & skin-on fries 1012kcal	12.95
AVOCADO & BACON BURGER ... fresh avocado & smoked streaky bacon, burger sauce, 'slaw & skin-on fries 1054kcal	12.95
MEXICAN HOT BURGER ... cheese, jalapeños & firecracker sauce, tomato, lettuce, red onion & gherkin, burger sauce, 'slaw & skin-on fries 1092kcal	12.75
CHICKEN, BACON & CHEESE BURGER ... smoked streaky bacon, melting Cheddar cheese, burger sauce, 'slaw & skin-on fries 1021kcal	13.95
<b>V</b> VEGGIE STACK BURGER ... halloumi, pesto, mushroom, roasted peppers & guacamole, coleslaw, skin-on fries 1106kcal	12.50
<b>VEGAN</b> THE VEGAN BURGER ... plant-based burger topped with vegan Applewood cheese, mushrooms & fried onions, vegan coleslaw & skin-on fries 1127kcal	12.50

## CHEF'S FAVOURITES

WHOLETAIL BREADED SCAMPI ... with skin-on fries, peas & homemade tartare sauce 747kcal	10.95
HAM & CHEESE OMELETTE ... served with a mixed salad garnish 644kcal add hash browns 90kcal 1.00 each or fries 263kcal 2.95	9.50
<b>V</b> MUSHROOM, CHEESE & SPINACH OMELETTE ... served with a mixed salad garnish 575kcal add hash browns 90kcal 1.00 each or fries 263kcal 2.95	9.50
GIANT YORKSHIRE PUDDING ... homemade Yorkie filled with a Cumberland sausage ring, mash, gravy, broccoli & carrots, crispy onions 959kcal	10.95
<b>VEGAN</b> PASTA & ITALIAN-STYLE VEGAN 'MEATBALLS' ... spinach & tomato sauce 645kcal	9.50
HAM, EGG & CHIPS ... home-cooked honey-glazed ham, skin-on fries, 2 eggs 771kcal	9.50
CHILLI CON CARNE ... with basmati rice, tortilla chips, topped with sour cream, homemade guacamole, coriander & diced tomato 681kcal	10.95
SMOKED SALMON & DILL QUICHE ... wholemeal pastry, mixed leaf salad & crunchy coleslaw 714kcal	9.95

## MILKSHAKES

COOKIES 'N' CREAM MILKSHAKE ... triple choc cookie blended with ice cold milk & vanilla ice cream, topped with whipped cream & choccy flakes 808kcal	4.50
STRAWBERRY SHORTBREAD MILKSHAKE ... fresh strawberries, strawberry ice cream blended with crumbly shortbread, topped with whipped cream 489kcal	4.50
TOFFEE BANANA MILKSHAKE ... fresh banana with vanilla ice cream & lashings of toffee sauce with whipped cream 605kcal	4.50
<b>VEGAN</b> VANILLA CARAMEL MILKSHAKE ... vegan vanilla ice cream blended with soya milk, topped with vegan whipped cream & caramel 517kcal	4.50

## SMOOTHIES

cool & refreshing

<b>VEGAN</b> MANGO MISSION ... mango all the way! 124kcal	4.25
<b>VEGAN</b> SUMMER FRUITS ... strawberries, raspberries & blackberries 220kcal	4.25

# Heather Farm Café Menu

## BREAKFAST & BRUNCH

served until 12 noon

THE FULL ENGLISH ... Cumberland sausage ring, field mushroom, grilled tomato, back bacon, fried egg, hash brown, baked beans & white or brown toast 950kcal 11.50

**V** THE FULL VEGGIE ... plant-based sausages, field mushroom, grilled tomato, baked beans, hash browns, fried egg & white or brown toast 697kcal 10.95

**VEGAN** THE FULL VEGAN ... plant-based sausages, field mushroom, grilled tomato, baked beans, hash browns & smashed avocado on sourdough toast 783kcal 10.95

THE FULL NGCI ENGLISH ... NGCI sausages, field mushroom, grilled tomato, back bacon, fried egg, hash brown, baked beans & NGCI toast 858kcal 11.50

BREAKFAST EXTRAS ... black pudding 136kcal 1.75 / hash brown 90kcal 1.00 / bacon x2 86kcal 1.75 / smoked salmon 147kcal 2.95 / egg 121kcal 0.75 / field mushroom 12kcal 1.00 / avocado 161kcal 1.95 / baked beans 57kcal 0.75 / Cumberland sausage ring 473 kcal 3.95

EGGS BENEDICT ... toasted English muffin, poached eggs, home-cooked thick-cut ham, Hollandaise 697kcal 9.50

EGGS ROYALE ... toasted English muffin, poached eggs, delicious smoked salmon, Hollandaise 630kcal 9.50

**V** EGGS FLORENTINE ... toasted English muffin, poached eggs, wilted spinach, Hollandaise 482kcal 8.95

**V** SMASHED AVOCADO & POACHED EGGS ON TOAST ... seasoned with chilli flakes, sourdough toast 668kcal 8.95  
add smoked salmon 2.95 add crispy bacon 1.75

SCRAMBLED EGGS & SMOKED SALMON ON TOAST ... 655kcal 8.95

BRIOCHE BREAKFAST BAP ... back bacon 451kcal or 4.95/5.25/6.50  
Cumberland sausage ring 794kcal or both 866kcal add an egg 121kcal for 0.75

**VEGAN** VEGAN SAUSAGE BAP ... plant-based sausage, vegan brioche-style bap 561kcal 4.95

## OTHER TASTY THINGS

CHUNKY SAUSAGE ROLL ... with puff pastry, served hot or cold 625kcal 3.95

**VEGAN** VEGAN SAUSAGE ROLL ... vegan puff pastry, served hot or cold 386kcal 3.25

**V** PORRIDGE WITH BANANA & HONEY ... 374kcal 5.50

**V** GREEK YOGHURT, GRANOLA & RED FRUIT ... topped with honey 307kcal 5.50

**V** RACK OF TOAST ... served with butter 281kcal & your choice of preserves 3.75

**V** TOASTED TEACAKE ... served hot with butter 338kcal 3.25

## PANCAKE STACK OR WAFFLES TOPPED WITH:

BACON & MAPLE-FLAVOURED SYRUP ... 529kcal / 957kcal 7.50

**V** FRESH RED BERRIES, GREEK YOGHURT & HONEY ... 409kcal / 837kcal 6.95

**V** MAPLE-FLAVOURED SYRUP ... 440 kcal / 823 kcal 6.50

**V** BANANA, NUTELLA, MAPLE-FLAVOURED SYRUP & WHIPPED CREAM ... 696kcal / 1124kcal 7.50

## AFTERNOON TEA

served from 2pm

HEATHER FARM AFTERNOON TEA ... SERVES 2 OR MORE 28.95  
2 pots of tea, freshly made finger sandwiches - ham & mustard & egg mayo with rocket, sausage roll, sultana scones with clotted cream & strawberry jam, rich chocolate brownies & 2 slices of our delicious cake 1915kcal

**V** CREAM TEA FOR ONE ... fresh sultana scone with clotted cream, strawberry jam & butter with a pot of English breakfast or Earl Grey tea 420kcal 6.50

## HOT DRINKS

We have oat milk, almond milk & soya milk available on request

CAFÉ LATTE / ICED LATTE ... with frothed milk 156kcal, oat 160kcal, almond 88kcal, soya 113kcal 3.10

CAPPUCCINO ... freshly ground beans with hot milk 142kcal, oat 162kcal, almond 72kcal, soya 132kcal 3.10

FLAT WHITE ... milk 67kcal, oat 122kcal, almond 48kcal, soya 85kcal 3.10

CHAI LATTE ... milk 258kcal, oat 310kcal, almond 168kcal, soya 239kcal 3.10

AMERICANO / DECAF ... served in a mug 7kcal 2.75

ESPRESSO / DOUBLE ESPRESSO ... freshly brewed 6kcal / 11kcal 2.35/2.85

FLAVOURED LATTE / ICED LATTE ... vanilla 289kcal, caramel 106kcal, hazelnut 283kcal or sugar-free caramel 3.60

HOT CHOCOLATE / MOCHA ... 244kcal add whipped cream 30kcal 0.30, marshmallows 35kcal 0.30 both 65kcal 0.50 3.25

MUG OR POT OF TEA ... choose from English breakfast, green tea, peppermint, lemon & ginger, Earl Grey or fruit teas 0kcal 2.50 2.95

EXTRA SHOT / FLAVOURED SYRUP 0.55

## CHILLED DRINKS

FRESHLY SQUEEZED ORANGE JUICE ... 82kcal 2.95

FROBISHERS FRUIT JUICES 250ML ... orange 21kcal, mango 130kcal, apple 21kcal or cranberry 105kcal 2.95

COKE / DIET COKE / SPRITE 330ML / ORANGINA 250ML ... 140kcal / 0kcal / 44kcal / 15kcal 2.80

LIPTON ICE TEA PEACH 330ML ... 82kcal 2.75

J2O 275ML ... orange & passionfruit 45kcal or apple & raspberry 44kcal 2.75

FENTIMANS 275ML ... gently sparkling elderflower 76kcal or ginger beer 105kcal 2.95

FIREFLY KIWI, LIME & MINT 330ML ... 134kcal 2.95

FIREFLY PEACH & GREEN TEA 330ML ... 117kcal 2.95

FIREFLY LEMON, LIME & GINGER 330ML ... 120kcal 2.95

MINERAL WATER 330ML ... still or sparkling 1.95

SIMPLY FRUITY ... blackcurrant 14kcal or orange 13kcal 1.75

CURIOUS BREW LAGER 4.7% 330ML 4.75

**V** FOOTSTEPS WHITE SAUVIGNON BLANC 12.5% 187ML 5.50

**V** FOOTSTEPS ROSÉ ZINFANDEL 10.5% 187ML 5.50

**V** DA LUCA PROSECCO 11% 200ML 7.95

Adults need around 2,000 kcals a day. NGCI = Non-Gluten Containing Ingredients Allergy information - all our food is prepared in our kitchen where nuts, gluten & other allergens are present & our menu descriptions do not include all ingredients. If you have a food allergy please let staff know before ordering. Some of our ingredients may contain GM products. Unfortunately it is not possible to guarantee that our busy kitchen is completely free of other allergens. A full list of allergen information is available on request.