

# KITCHEN MENU

BRUNCH & LUNCH SERVED 9:30AM - 3:00PM

LIGHT LUNCH SERVED ALL DAY

*We advise booking as the kitchen hours may vary dependant on private events*

Put your busy life on pause, enjoy the views and share your stories. Try our delicious bacon rolls or a warming ragu lasagne, then treat yourself with something sweet from the Deli Counter.

## BRUNCH

### THE WAVE

Rashers of thick butchers bacon, 2 pork sausage, roast tomato, potato rosti, boudin noir, garlic mushroom, house beans and a choice of egg £13

### SMALL WAVE

Thick cut bacon, pork sausage, roast tomato, garlic mushroom, potato rosti, house beans and choice of egg £10.50

### REEF BREAK

2 vegetable sausages, smashed avocado, garlic mushrooms, roast tomato, potato rosti and house beans (VE) £10.50

Add egg ..... £1.25

### SoURDOUGH BAPS

Bacon / Sausage/ Bacon & Sausage £6.50

Veggie Sausage (V) ..... £6.50

Add egg ..... £1.25

Add bacon or sausage ..... £2

### ToAST

Served with Welsh butter (V) ..... £2

Add jam ..... 50p

### HOUSE HASH

Roasted peppers, cherry tomatoes, garlic, potatoes & crunchy spinach topped with a poached egg (v, gf) £11

Add Chorizo..... £1.50

### TOASTED BAGELS

**BACON** - Crispy bacon, smashed avocado and poached eggs ..... £9.75

**VEGGIE** - Smashed Avocado, garlic mushrooms and poached eggs (V) ..... £9.75

**BENEDICT** - Ham, poached eggs and hollandaise sauce ..... £9.75

### SARDINES

Sardines, garlic, cherry tomatoes & roasted peppers on toast served with a garnish £11

### ToASTED TEACAKE

Served with Welsh butter and jam (V) ..... £4.25

*NB Our smashed avocado is made fresh and contains chilli flakes*

## LIGHT LUNCH

See our Deli Counter for a delicious selection of fresh sandwiches, salads and pastries . The counter is open all day .

## LUNCH

### CHICKEN SHAWARMA

Warm flatbread topped with harissa yogurt, shredded cabbage, lettuce, cucumber, tomatoes & marinated chicken £13

### THAI FISHCAKES

Thai cod & prawn cakes, house tossed salad, sweet chilli sauce and lemon (GF) ..... £12

### CHICKEN CEASER

Tender chicken, crunchy lettuce, croutons & parmesan with a ceaser dressing £12

### HALLOUMI SHAWARMA

Warm flatbread topped with harissa yogurt, shredded cabbage, lettuce, cucumber, tomatoes & marinated Halloumi (v) £13

### TUNA NICOISE

Shredded lettuce, edamame beans, eggs potatoes & tomatoes, tossed in French dressing and topped with flaked tuna (gf) £12

### FALLAFEL FLATBREAD

Warm flatbreadd, tomato houmous, shredded cabbage, crunchy lettuce, cucumber, tomato, sweet potato falaffel, sweet chilli sauce (ve) £13

## KID'S LUNCH

Ham or cheese in a soft roll served with animal crisps, Freddo and a drink ..... £5.5

(V) - VEGETARIAN (VE) - VEGAN (GF) - GLUTEN FREE OPTION AVAILABLE, PLEASE ASK A MEMBER OF STAFF.

ALLERGENS. All our food is prepared in a kitchen where nuts, gluten and other known allergens maybe present. Please note we take caution to prevent cross-contamination, however, any product may contain traces as our entire menu is produced in the same kitchen. Our dish descriptions do not include all of the ingredients used to make the dish. Therefore, if you have a food allergy please speak to a staff member before placing an order. Full allergen information is available. Management can advise of all ingredients used.