

Meals...

All Day Snacks

Served from 7.30am, last orders 1 hour before closing

Toasted Tea Cake with Butter & Preserves*	£2.00
2 Slices of Toast with Butter & Preserves*	£2.00
Extra Slice of Toast	£0.75
Cake of the Day*	from £2.25
Scone with Jam & Cream*	£2.75
Chunky Bacon Butty*	£3.75
2 Slices of Cheese on Toast*	£3.00
Baked Beans on 2 Slices of Toast*	£3.00

*Add a cup of Tea or Standard Coffee for only £1.00

Flapjack Bars	£2.00
Cereal Bars	£1.00
Kettle Crisps	£1.25
Chocolate Bars	from £1.00
Ice Creams	from £1.75

Jacket Potatoes & Salads

Served from 12 noon with last orders at 3pm

Jacket Potato with Butter	£2.95
Salad Bowl	£2.00

Add your toppings...

Cheddar Cheese	£1.00
Coleslaw	£1.00
Baked Beans	£1.00
Bacon	£1.50
Chilli	£2.00
Coronation Chicken	£2.00
Tuna, Sweetcorn & Mayonnaise	£2.00
Prawns with Marie Rose Sauce	£2.25
Add a side salad	£0.75

Sandwiches

Served from 12 noon with last orders at 3pm

Choose from white or brown thick sliced bread or a baguette served with crisps

Cheddar Cheese*	£3.50
(with Tomato, Pickle or Red Onion)	
Honey Roast Ham*	£3.75
(with Tomato, Pickle or Mustard)	
Egg Mayonnaise	£3.50
Tuna, Sweetcorn & Mayonnaise*	£4.00
Coronation Chicken	£4.25
Prawns with Marie Rose Sauce	£4.50
Add a side salad	£0.75
*Also available toasted	
Baguette with Butter	£1.00

Paninis

Served from 12 noon with last orders at 3pm

Nigella & Sesame Seed Panini Bread with the following fillings

Mozzarella, Tomato & Pesto	£4.00
Honey Roast Ham & Cheddar or Mozzarella	£4.00
Chicken, Cheddar, Bacon & BBQ Sauce	£4.50
Bacon, Brie & Cranberry	£4.50
Add a side salad	£0.75

Monday to Friday from 6pm until 1 hour before closing time some of the lunch items will be available, please ask staff for today's selection.

Some of our menu items contain nuts, seeds and other allergens. There is a small risk that tiny traces of these may be in any other dish or food served here. We understand the dangers to those with severe allergies.

Please ask to speak to the Duty Supervisor who may be able to help you make an alternative choice.

All prices include VAT at the current rate.

Reflections

Drinks...

Hot

Standard Coffee

Espresso **£1.40**

Coffee from the machine Cup **£1.40**

Instant Coffee Mug **£1.60**

Instant Decaffeinated

Premium Coffee

Cappuccino Cup **£1.75**

Latte Mug **£1.95**

Hot Chocolate

Babycino **£0.75**

Teas Cup **£1.40**

Ask for selection Mug **£1.60**

Small Pot **£2.00**

Large Pot **£4.00**

Hot Water with Lemon **£0.50**

Thirst Quenchers

Milkshakes made with Ice Cream
Fruit Smoothies from **£2.50**

Ask for selection and prices

Canned

Coca Cola, Diet Coke, Diet Lilt, Tango,
Diet Tango, 7up, 7up Light all 330ml **£1.50**

Mineral Waters

Aqua Juice (various flavours) 330ml **£1.50**

Spring Clear Sparkling Water 330ml **£1.35**

Spring Clear Sport 500ml **£1.50**

Fruit Juices

Britvic Orange or Grapefruit 150ml **£1.25**

Britvic J20 275ml **£2.00**

Fruit Shoots **£1.25**

Jug of Orange Juice 1ltr **£4.00**

Bar Tariff - Beers

Canned Lagers & Bitters 500ml from **£3.25**

Ask for selection and prices

Bar Tariff - Wines

House Red or White 187ml from **£4.00**

House Red or White 750ml from **£12.00**

House Sparkling Wine 750ml from **£17.50**

Prosecco Rose 750ml from **£22.50**

House Champagne 750ml from **£30.00**

Pimms 250ml from **£5.00**

Please ask staff for details of the ABV of the alcoholic drinks available

All prices include VAT at the current rate

Reflections