#### CAPPUCCINO

with frothed milk 143kcal, oat 156kcal, almond 70kcal, soya 128kcal 3.95

### FLAVOURED LATTE / ICED LATTE

vanilla 324kcal, caramel 318kcal, hazelnut 318kcal or sugar-free caramel 235kcal 4.55

#### **FLAT WHITE**

milk 93kcal, oat 94kcal, almond 48kcal, soya 85kcal 3.75

#### **AMERICANO / DECAF**

served in a mug 7kcal 3.25

#### **ESPRESSO / DOUBLE ESPRESSO**

freshly brewed 6kcal / 11kcal 2.95 / 3.25

#### **EXTRA SHOT**

6kcal 0.60

#### FRESH ORANGE JUICE 200ml 74kcal 3.50

#### COKE / DIET COKE 330ml 140kcal / 0kcal 3.10

ORANGINA 250ml 15kcal 3.10

### LIPTON PEACH ICE TEA

330ml 82kcal 3.50

#### FIREFLY KIWI, LIME & MINT 330ml 131kcal 3.95

FIREFLY LEMON, LIME & GINGER 330ml 116kcal 3.95

#### FIREFLY PEACH & GREEN TEA 330ml 114kcal 3.95

#### SIMPLY FRUITY

330ml blackcurrant 15kcal or orange 13kcal

COOKIES 'N' CREAM MILKSHAKE a delicious blend of cookie, ice cold milk & choccy ice cream, topped with whipped cream & cookie crumb 570kcal 5.50

#### STRAWBERRY SHORTBREAD MILKSHAKE

fresh strawberries, strawberry ice cream blended with crumbly shortbread, topped with whipped cream 426kcal 5.50

#### **BISCOFF MILKSHAKE**

Biscoff sauce blended with vanilla ice cream & ice cold milk topped with whipped cream & a Biscoff biscuit 582kcal 5.50

#### **VEGAN** VANILLA CARAMEL MILKSHAKE vegan vanilla ice cream blended with soya milk, topped with vegan whipped cream & caramel 507kcal 5.50

#### VEGAN VERY BERRY SMOOTHIE strawberries, raspberries & blackberries 221kcal 5.50

### **VEGAN** MANGO MISSION SMOOTHIE mango all the way! 235kcal 5.50

### VEGAN DETOX ZING

banana, blueberries, courgette, ginger, blitzed with apple juice 161kcal 5.95

### CAFÉ LATTE / ICED LATTE

with hot/chilled milk 230kcal, oat 227kcal, almond 85kcal, soya 109kcal 3.95

#### CHAI LATTE

milk 258kcal, oat 309kcal, almond 164kcal, soya 234kcal 4.25

### **HOT CHOCOLATE / MOCHA**

244kcal 3.95

+ add whipped cream 30kcal 0.30, marshmallows 35kcal 0.30

#### MUG / POT OF TEA

choose from English breakfast, green tea, peppermint, lemon & ginger, Earl Grey or fruit teas 0kcal 2.95 / 3.50

#### FLAVOURED SYRUPS

your choice of syrups: vanilla 85kcal, hazelnut 78kcal, caramel 80kcal, sugar-free caramel

#### FROBISHERS FRUIT JUICES

250ml orange 21kcal, mango 125kcal, apple 21kcal or cranberry 105kcal 3.50

#### SPRITE

330ml 44kcal 3.10

#### APPLETISER

275ml 121kcal 3.00

275ml gently sparkling elderflower 76kcal or ginger beer 105kcal 3.75

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275ml orange & passionfruit 53kcal or apple & raspberry 44kcal 3.50

#### MINERAL WATER

330ml still or sparkling 0kcal 2.75

### DA LUCA PROSECCO

11% 200ml 8.95

#### **CURIOUS BREW LAGER**

4.7% 330ml 5.75

### PERONI GLUTEN-FREE LAGER

5.1% 330ml pure quality, great taste, no gluten 5.50

#### HEINEKEN ALCOHOL-FREE

0% 330ml one of the best non-alcoholic lagers around with only 69kcal 4.95

### **COPPER CREW**

'FIANO' WHITE WINE

187ml fruity organic wine with apple & tropical lychee flavour 6.95

#### **COPPER CREW**

'ROSATO' ROSÉ WINE

187ml a fruit-forward organic wine with a floral nose 6.95

### **COPPER CREW**

'NEGROAMARO' RED WINE 187ml rich, ruby-red organic wine 6.95

Alcoholic beverages for over 18s only. Please drink responsibly.

### Adults need around 2000kcal a day.

# HEATHER FARM CAFÉ MENU

### THE FULL VEGGIE

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plant-based sausages, mushroom, grilled tomato, baked beans, hash browns, fried egg & toast 644kcal 13.95

### VEGAN THE FULL VEGAN

plant-based sausages, mushroom, grilled tomato, baked beans, hash browns & smashed avocado on sourdough toast 724kcal 13.95

#### THE FULL ENGLISH

Cumberland sausage ring, mushroom, grilled tomato, bacon, fried egg, hash brown, baked beans & toast 961kcal 13.95

#### THE FULL NGCI ENGLISH

NGCI sausages, mushroom, grilled tomato, bacon, fried egg, hash brown, baked beans & NGCI toast 1102kcal 13.95

#### **BREAKFAST EXTRAS**

black pudding 151kcal 2.50 / hash brown 89kcal 1.35 / bacon x2 89kcal 2.50 / smoked salmon 147kcal 4.50 / fried egg 119kcal 1.00 / mushrooms 6kcal 1.95 / avocado 133kcal 2.75 / baked beans 60kcal 1.00 / Cumberland sausage ring 467kcal 4.95 / NGCI sausage 277kcal 2.25

#### **EGGS BENEDICT**

toasted English muffin, poached eggs, home-cooked thick-cut ham, Hollandaise 718kcal 11.50

### WEGGS FLORENTINE

toasted English muffin, poached eggs, wilted spinach, Hollandaise 485kcal 11.25

#### **EGGS ROYALE**

toasted English muffin, poached eggs, delicious smoked salmon, Hollandaise 595kcal 12.50

#### **SCRAMBLED EGGS & SMOKED** SALMON

served on on toasted bread 656kcal 10.95

### FULLY LOADED BREAKFAST STACK

Cumberland sausage ring, bacon, egg mayo, tomato & lettuce in a seeded roll with 2 hash browns served with Virgin Mary ketchup 1067kcal 11.95

#### **■ SMASHED AVOCADO & FETA ON TOAST**

roasted cherry tomatoes & rocket with basil dressing, 626kcal 11.25 + add smoked salmon 147kcal 4.50 add bacon 89kcal 2.50

#### **BRIOCHE BREAKFAST BAP**

bacon 486kcal 5.50 or Cumberland sausage ring 803kcal 6.25 or both 865kcal 7.25 + add an egg 119kcal for 1.00

#### VEGAN VEGAN SAUSAGE BAP

plant-based sausage, vegan brioche-style bap 482kcal 5.50

#### LOADED HASH BROWNS (3)

bacon & egg, cheese sauce, Virgin Mary ketchup, tomato salsa 518kcal 11.95 or 🖤 avocado & grilled halloumi, cheese sauce, Virgin Mary ketchup, tomato salsa 658kcal 11.95

#### OTHER TASTY THINGS

#### CHUNKY SAUSAGE ROLL

with puff pastry, served hot or cold 557kcal

#### VEGAN VEGAN SAUSAGE ROLL vegan puff pastry, served hot or cold 381kcal 4.25

#### **W**GRANOLA & GREEK-STYLE YOGHURT

with berries & honey 378kcal 6.50

#### **W** TOASTED TEACAKE served hot with butter 338kcal 3.95

+ jam/marmalade 0.75

**W** RACK OF TOAST 473kcal served with butter 91kcal &

your choice of preserves 3.95

# 517kcal / 957kcal 9.95

SYRUP

FRESH BERRIES, GREEK YOGHURT & HONEY 446kcal/902kcal 8.95

## BANANA, BISCOFF & WHIPPED CREAM 730kcal / 1187kcal 8.95

### BERRY ETON MESS

white chocolate, meringue pieces, fresh berries & whipped cream, drizzled with berry coulis 622kcal / 1083kcal 8.95

PANCAKE STACK OR WAFFLES

TOPPED WITH YOUR CHOICE OF...

**BACON & MAPLE-FLAVOURED** 

## PAWSOME TREATS FOR POOCHES

#### JUDE'S DOGGIE ICE CREAM

whipped cream dog treat 1.50

strawberry, apple & banana ice cream for pooches - totally pawsome! 3.95

### **PUPPUCCINO**

ORGANIC CHEWS
THE CANINE MENU venison, rabbit, or boar 2.95

#### SAUSAGE FOR THE DOG (NGCI) 2.25



#### all sandwiches & wraps are served with a salad garnish & a few fries

CHEESE & PICKLE SANDWICH Cheddar cheese, on white bread 741kcal 8.25

WEGG MAYONNAISE SANDWICH on grainy bread, fresh rocket 619kcal 8.25

#### THE B.L.T. SANDWICH

on grainy bread with classic bacon, lettuce & tomato filling - lashings of mayo 741kcal 9.50

#### **SMOKED SALMON & CREAM** CHEESE SANDWICH

on grainy bread, fresh rocket 561kcal 9.50

VEGAN FALAFEL & HUMMUS WRAP lettuce, cucumber, red onion, Sriracha mayo 657kcal 9.50

#### jacket potatoes all served with a salad garnish

#### TUNA MAYONNAISE 506kcal 9.75

UCHEDDAR CHEESE & BAKED BEANS 596kcal 9.75

CHILLI CON CARNE & SOUR CREAM 634kcal 10.95

**VEGAM** HUMMUS & ROASTED VEGGIES chilli flakes 573kcal 9.95

#### enjoy these tasty bites as snacks or sides!

### CHEESY CHIPS

topped with cheese sauce, melted Cheddar & mozzarella 638kcal 6.50

VEGAN SKIN-ON FRIES 365kcal 4.25

VEGAN ONION RINGS 256kcal 3.95

VEGAN SIDE SALAD 118kcal 3.95

#### all paninis are served with a salad S garnish & a few fries Z

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#### HAM & CHEESE MELT 994kcal 9.95

PESTO CHICKEN, TOMATO & MOZZARELLA 970kcal 10.50

#### TUNA & CHEESE MELT 880kcal 9.95

**BRIE, BACON & CRANBERRY** 886kcal 10.95

### **W**VEGAN ROASTED VEGETABLE, PESTO & MOZZARELLA

1011kcal / or served with vegan Applewood cheese 799kcal 9.95

### **W** ROASTED TOMATO & BASIL SOUP

served with sourdough bread 320kcal 7.50

why not upgrade your sourdough to a cheese toastie? 322kcal +3.00

#### SOUP OF THE DAY

served with sourdough bread 450-550kcal 7.50

### SPICY CAJUN CHEESY CHIPS topped with cheese sauce, melted Cheddar &

mozzarella, Firecracker sauce & jalapeños 677kcal 7.25

#### SPICY BEEF CHILLI FRIES

topped with cheese sauce, melted Cheddar & mozzarella, Firecracker sauce & jalapeños 837kcal 8.95

CRISPY CHICKEN GOUJONS (5/10/20) with BBQ dip 440/847/1596kcal 6.50/12.50/19.95

### **BACON DOUBLE CHEESE**

double stacked burgers, bacon, melting Cheddar & cheese sauce, burger sauce, tomato, lettuce, red onion & gherkin, coleslaw & skin-on fries 1051kcal 14.95

#### **MEXICAN HOT**

double stacked burgers, melting Cheddar, jalapeños & firecracker sauce, tomato, lettuce, red onion & gherkin, burger sauce, coleslaw & skin-on fries 997kcal 14.95

#### CHICKEN, BACON & CHEESE

melting Cheddar cheese, burger sauce, coleslaw & skin-on fries 1040kcal 14.95

### **W**VEGAN THE VEGGIE

topped with melting Cheddar, mushrooms & crispy onions, vegan coleslaw & skin-on fries 1069kcal, vegan option available 1059kcal 14.95

## **GRILLED CHICKEN CAESAR SALAD**

with Caesar dressing, croutons, parmesan & anchovies 642kcal 14.95

#### HAM & CHEESE OMELETTE

served with a mixed salad 626kcal 11.50 + add hash brown 89kcal 1.35 or add fries 365kcal 4.25

### SAUSAGE & MASH

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Cumberland sausage ring, mash, peas, carrots, gravy & crispy onions 976kcal 11.95 Vegetarian option available 684kcal 11.95

#### HAM, EGG & CHIPS

home-cooked honey-glazed ham, skin-on fries, 2 eggs 741kcal 11.50

### CHILLI CON CARNE

with basmati rice, tortilla chips, topped with sour cream, homemade guacamole, coriander & diced tomato 653kcal 13.50

**M** BAKED MAC & CHEESE served with mixed salad 764kcal 11.95 + add bacon 89kcal 2.50

#### WHOLETAIL BREADED SCAMPI

with skin-on fries, peas & homemade tartare sauce 719kcal 13.95

#### **WMUSHROOM**, CHEESE & SPINACH OMELETTE

served with a mixed salad 540kcal 11.50 + add hash brown 89kcal 1.35 or add fries 365kcal 4.25

### STEAK & KIDNEY PUDDING

mash, peas, carrots & gravy 1298kcal 13.95

#### **M** GOATS CHEESE SALAD

with honey, walnuts & roasted Mediterranean vegetables, NGCI croûte 708kcal 14.95

#### **M**SMASHED AVOCADO & FETA ON TOAST

with roasted cherry tomatoes & rocket, basil dressing 626kcal 11.25

+ add smoked salmon 147kcal 4.50 add bacon 89kcal 2.50

# Private Hire The Barn at Heather Farm Café

Looking for a space to host a get-together? With scenic wetland surroundings, our covered, heated decking area is the ideal space for hosting up to 80 guests.

Speak to a manager about weekday hire - great for group Afternoon Teas or celebrations!

Hire charge & minimum spend apply.

A discretionary 10% service charge will be added to your bill, 100% of which goes to our hard working staff. Full allergen information is available on request. Our food is prepared in kitchens where all allergens may be present. Due to fryers & cookers being used for more than one product, there is a small possible contamination risk even if the ingredient is not present in the dish. If you have a food allergy please let us know before ordering. Where we offer items that are NGCI (Non Gluten Containing Ingredients) we cannot guarantee that they are entirely 'gluten-free'. Some ingredients may contain GM products. Adults need around 2000kcal a day

### SERVED DAILY FROM 2PM

### OCREAM TEA FOR ONE

fresh sultana scone with clotted cream, strawberry jam & butter with a pot of English breakfast or Earl Grey tea 706kcal 7.50

### **HEATHER FARM AFTERNOON TEA (FOR 2)** a delicious afternoon treat for two or more to enjoy

with 2 pots of tea, freshly made finger sandwiches - ham & mustard & egg mayo & rocket, sausage roll, sultana scones with clotted cream & strawberry jam, rich chocolate brownies & 2 slices of our delicious cake 34.95



+ADD A GLASS OF FIZZ FOR 8.95pp (200ml BOTTLE)

approx. 1420-2200kcal per person (with 2-3 sharing) veggie & vegan options available

OR ASK OUR TEAM ABOUT PRE-ORDERING YOUR TAKEAWAY AFTERNOON TEA!

