



Mabel's

Breakfast Menu

Greek Yoghurt with Granola & Fresh Berries £4.95

Natural Greek yoghurt layered with crunchy granola, berry compote, seasonal berries, and a drizzle of honey. (DAI, GLU, TN)

Traditional Porridge £4.95

Creamy oats made with your choice of milk, topped with berry compote and a swirl of honey. (GLU, DAI)
AVAILABLE DAIRY FREE EITHER SOYA (SOY) OR OAT MILK (GLU)

Avocado & Poached Egg on Chargrilled Sourdough £6.95

Sourdough toast topped with cherry tomatoes, chilli flakes and a squeeze of lemon juice. (GLU, EGG)
add Salmon extra **£3.50**. (FISH)
Vegan Option why not swap the poached egg for vegan cream cheese. (VEGAN)

Traditional English Breakfast £12.95

Two rashers of smoked bacon, a Cumberland sausage, grilled tomato, sautéed mushrooms, baked beans, a fried egg, and white or brown toast. (EGG, SUL, GLU, SOY)

Vegan Breakfast £12.50

Two plant-based sausages, grilled tomato, sautéed mushrooms, baked beans, hash brown and white or brown toast. (SOY, GLU, VEGAN)

Breakfast Baps in a soft buttered flour-dusted bap. (Dairy Free Spread Available)

Breakfast Bap 2 Bacon, 1 Sausage and 1 Fried Egg (GLUT, SUL, EGG, AND DAI) £6.95

Smoked bacon, (GLU, SUL, DAI) £4.95

Cumberland sausage, (GLU, SUL, DAI) £4.95














Fried egg. (GLU, EGG, DAI) £4.95

Belgium Style Waffles (GLU, SOYA EGG, SUL) £6.95

served with maple syrup or seasonal fruits and cream. (DAI)

**Add extras: Bacon (SUL), Sausage (GLU,SUL), Fried Egg (EGG), Beans, Plant based Sausages, Hashbrown.
ALL £1.00**

PLEASE STATE ANY DIETARY REQUIREMENTS WHEN ORDERING

 GLU Gluten :  DAI Dairy :  EGG Eggs :  PN Peanuts :  TNTree Nuts :  SOY Soy
 FISH Fish :  SHL Shellfish :  SES Sesame :  MUS Mustard :  CEL Celery :  LUP Lupin
 SUL Sulphites : We use local and seasonal products whenever possible

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Light Meals

Open Club Sandwich

£9.95

Chicken, bacon, lettuce, tomato and mayonnaise layered on toasted sourdough. Served with crisps. (GLU, SUL, EGG)

Goat's Cheese & Red Onion Tart

£8.95

A tangy goat's cheese tart paired with caramelised red onion, served with a crisp garden salad. (GLU, DAI, SUL)

Seasonal Vegetable Soup of the Day

£6.95

Served with rustic bread and butter. Vegan Spread Option Available (GLU, DAI)

Shakshuka

£11.95

A slightly spicy tomato sauce with mixed peppers, onions and spices with braised eggs served with char grilled sourdough toast. (GLU, EGG)

Smoked Salmon & Cream Cheese Bagel

£10.95

A toasted bagel with cream cheese, smoked salmon, and capers. (GLU, SOY, DAI, FISH)

Toasted ciabattas served with filling, crisps and salad garnish with a ranch dressing. £8.95 (GLU)

Choice of:

Tuna melt (FISH, EGG, DAI)

Ham and cheese (DAI)

Bacon, brie and cranberry (DAI, SUL)

Vegan meatball marinara (GLU)


Cheese and tomato (DAI)

SPECIALS: subject to availability, change and small quantities.
Please consult our specials board or speak to staff for more details.

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Mains

Crispy Battered Cod Goujons £11.95

Battered cod pieces served with tartar sauce, fries, and peas. (GLU, FISH, EGG, MUS, DAI)

Hearty Beef & Ale Pie £12.95

Slow-cooked beef in ale gravy, encased in buttery pastry. Served with crushed potatoes and seasonal greens. (GLU, MUS, EGG, DAI, SUL)

Vegan Power Bowl (VEGAN) £11.95

Quinoa, grilled vegetables, chia seeds, avocado and dressing.

Chargrilled Skewers served with couscous, tzatziki and a warm pitta. (GLU, DAI) £11.95

Options: Lamb kofta (ALSO CONTAINS EGG) or halloumi & red pepper. (DAI) VEGETARIAN

Classic Lancashire Hotpot £12.95

Slow cooked lamb topped with sliced potatoes, served with seasonal greens. (GLU, SUL, DAI, FISH)

Vegetarian Lasagne £12.95

Layers of roasted vegetables, béchamel, and tomato ragu, served with garlic ciabatta. (GLU, DAI, CEL)

Kids Menu

Fish Fingers & Chips (GLU, FISH) £5.95

Golden fish fingers served with fries and a choice of peas or baked beans.

Veggie Pasta Bowl (EGG, GLU, SUL) (VEGETARIAN) £5.95

Tomato-based pasta with hidden vegetables and garlic ciabatta


Chicken Nuggets & Sweet Potato Fries (GLU, CEL) £5.95

Breaded chicken strips with sweet potato fries and cucumber sticks.

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