

Breakfast: Available till 11:30am

#### **Traditional English Breakfast £10.95**

Two rashers of bacon, a Cumberland sausage, grilled tomato, sautéed mushrooms, baked beans, a fried egg, and white or brown toast.

# Vegan Breakfast (Ve)£10.95

Two plant-based sausages, 2 grilled tomatoes, sautéed mushrooms, baked beans, 2 hash browns and white or brown toast.

# Avocado & Poached Egg on Chargrilled Sourdough (V) £6.95

Chargrilled sourdough toast topped with cherry tomatoes, chilli flakes and a squeeze of lemon juice. OPT: Add Smoked Salmon £3.50. Vegan, why not swap the poached egg for vegan cream cheese. (Ve)

#### Eggs Benedict £7.45

2 poached eggs, bacon served on a toasted muffin with a drizzle of hollandaise

# Eggs Florentine (V) £7.45

2 poached eggs, spinach served on a toasted muffin with a drizzle of hollandaise

#### Eggs Royale £9.45

2 poached eggs, smoked salmon served on a toasted muffin with a drizzle of hollandaise

#### **American Style Pancakes £4.95**

3 American style pancakes served with berries and the option of:

Maple Syrup or Crème Fraiche or Caramel Sauce.

Add Bacon or Sausage for £1.

# **Greek Yoghurt with Granola and Berries** (V) £4.95

Natural Greek yoghurt layered with berry compote, granola, seasonal berries and a drizzle of honey.

## Children's Breakfast £5.95

Bacon, Cumberland sausage, a fried egg, beans and white or brown toast.

# Breakfast Deli Subs - £5.50 (DAIRY FREE SPREAD AVAILABLE) (BREAKFAST SUBS ALSO AVAILABLE AT LUNCHTIMES)

- Bacon 3 rashers of bacon
- Sausage or vegan sausage 2 Cumberland / vegan sausages
- Egg 2 fried eggs

**Add extras:** Bacon, Sausage, Fried egg, Beans, Plant based Sausages, Hashbrown, Avocado. **ALL £1.00** (No swaps on breakfast items. Gluten Free bread is available on request.)

PLEASE STATE ANY DIETARY REQUIREMENTS WHEN ORDERING

IF YOU REQUIRE INFORMATION REGARDING THE PRESENCE OF ALLERGENS IN ANY OF OUR FOOD OR DRINK, PLEASE ASK.

WHILST A DISH MAY NOT CONTAIN A SPECIFIC ALLERGEN, DUE TO THE WIDE RANGE OF INGREDIENTS USED IN OUR KITCHEN,
FOODS MAY BE AT RISK OF CROSS CONTAIMINATION BY OTHER INGREDIENTS.

WE USE LOCAL AND SEASONAL PRODUCTS WHENEVER POSSIBLE.

Mabels Winter 2025 Issue 1.



# **Light Lunch Menu: Available from 12pm**

**Toasted Ciabattas, served with crisps and mixed salad leaves with a ranch dressing. £8.95** Choice of:

- Tuna Melt & Red Onion
- Ham and Cheddar
- Bacon, Brie and Cranberry
- Chicken, Stuffing & Mayonnaise
- Three Cheese, Tomato & Onion Chutney (V)

(GLUTEN FREE BREAD OPTION AVAILABLE ON REQUEST)

# Jacket Potatoes, all served with mixed salad leaves with a ranch dressing. £8.95

Choice of:

- Coronation Chicken
- Beans (Ve)
- Tuna Mayonnaise
- Three Cheese (Cheddar, Red Leicester & Mozzarella) (V)
- Five Bean Chilli (Ve)
- Garlic Mushrooms (V)

# Add extra items for £1.00

#### Soup of the Day (V) £6.95

Homemade with fresh, seasonal ingredients. Served with slices of crusty French bread and butter. (DAIRY FREE SPREAD AVAILABLE)

#### Pea, Spinach & Ricotta Arancini (V) £6.95

Crispy risotto balls infused with peas; spinach & ricotta, served with a rich tomato and basil sauce and a fresh salad garnish.

# Garlic Mushrooms on Toasted Sourdough (V) £8.95

Chargrilled sourdough topped with finely chopped, creamy garlic mushrooms finished with pickled shallots & fresh watercress.

## PLEASE STATE ANY DIETARY REQUIREMENTS WHEN ORDERING

IF YOU REQUIRE INFORMATION REGARDING THE PRESENCE OF ALLERGENS IN ANY OF OUR FOOD OR DRINK, PLEASE ASK.

WHILST A DISH MAY NOT CONTAIN A SPECIFIC ALLERGEN, DUE TO THE WIDE RANGE OF INGREDIENTS USED IN OUR KITCHEN,
FOODS MAY BE AT RISK OF CROSS CONTAIMINATION BY OTHER INGREDIENTS.

WE USE LOCAL AND SEASONAL PRODUCTS WHENEVER POSSIBLE.

Mabels Winter 2025 Issue 1.



# Main Menu: Available from 12pm

## Pie of the Day £12.95

Classic selection of pies served with mash potato, seasonal vegetables and rich gravy.

#### Sliced Gammon Ham & Eggs £10.95

A hearty plate of sliced gammon ham served with two freshly cooked free-range eggs and chips.

# Five-Bean Chilli (Ve) £12.95

Hearty five-bean chilli served with fluffy rice, crunchy nachos, and sides of salsa and guacamole.

# **Hearty Fish Finger Sandwich £8.95**

Crispy breaded fish served on fluffy sub roll with filled with lettuce & tartare sauce.

## **Kids Menu**

All served with a choice of peas, beans or salad garnish.

## Fish Fingers & Fries £5.95

Golden fish fingers served with fries.

# Ham, Egg & Fries £5.95

Sliced gammon ham topped with a fried egg.

# **Chicken Nuggets & Fries £5.95**

Breaded chicken strips with fries.

## Vegan Sausages & Fries £5.95 (Ve)

Plant based sausage served with fries.

## Sausage & Mash £5.95

Sausage, Mash and Gravy.

PLEASE STATE ANY DIETARY REQUIREMENTS WHEN ORDERING

IF YOU REQUIRE INFORMATION REGARDING THE PRESENCE OF ALLERGENS IN ANY OF OUR FOOD OR DRINK, PLEASE ASK.

WHILST A DISH MAY NOT CONTAIN A SPECIFIC ALLERGEN, DUE TO THE WIDE RANGE OF INGREDIENTS USED IN OUR KITCHEN,
FOODS MAY BE AT RISK OF CROSS CONTAIMINATION BY OTHER INGREDIENTS.

WE USE LOCAL AND SEASONAL PRODUCTS WHENEVER POSSIBLE.

Mabels Winter 2025 Issue 1.