



# **All Day Menu**

Served 8am - 4pm Monday - Saturday, and 8.30am - 4pm on Sunday

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	Home Made Granola Natural Greek yoghurt, with fresh berries or blossom honey	£6.95
)	Vegan Porridge Oats Made with your choice of milk: coconut, almond, oat, soya; served with fresh berries or nuts and seeds	£6.95
	Organic Porridge Oats Served with fresh berries, nuts and seeds or blossom honey	£6.95
	<b>Toast</b> With preserves/peanut butter/Marmite/Nutella	£3.45
	<b>Green Owl Breakfast</b> Sausage/grilled bacon/mushrooms/tomato/eggs/beans/toast Additional meat item £1.50; non meat £1.15	£10.60
	<b>Green Owl Vegetarian Breakfast</b> Vegetarian sausage/mushrooms/beans/grilled tomato/spinach/eggs and toast	£9.90
	Green Owl Vegan Breakfast Vegan sausages/grilled tomatoes/mushrooms/beans/spinach/toast	£9.25
	Shakshuka	£8.50

Poached eggs with a warming blend of spices in a tomato and

red peppers sauce served with toasted sourdough

Please see the blackboard and counter for daily specials!

Add spinach £1.15; add feta £1.50.



GREEN OWL

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	Healthy Brekkie Toasted sourdough bread with spinach, tomato and avocado topped with poached eggs. Add smoked salmon £2.95 Add feta £1.50	£8.50
	Smoked Salmon with Scrambled/Poached Eggs Toast - white/brown/sourdough	£9.75
	Eggs Florentine Spinach, poached eggs and hollandaise sauce served on a toasted English muffin	£8.70
	Eggs Benedict Bacon, poached eggs and hollandaise sauce served on a toasted English muffin	£9.20
	Eggs Royale Smoked salmon, poached eggs and hollandaise sauce served on a toasted English muffin	£9.50
	Poached, Fried or Scrambled Eggs Served on toast - white/brown/sourdough	£4.80
	<b>Butty</b> Cumberland sausage or bacon; add an egg £1.15	£5.50
	Vegan Sausage Butty 🌃	£5.25

Challah French Toast £7.50
With fresh berries

**Smoked Salmon and Avocado Salad** 

Lettuce, tomato, cucumber and red onion with house dressing

American Style Pancakes
With fresh berries



£7.50

£8.50



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	Mashed Avocado Served on toasted sourdough with roasted tomato and salad garnish with house dressing, add a poached egg for £1.15 (Vegan bread optional)	£8.95
	Jacket Potato Salad garnish with house dressing and choice of fillings: tuna mayo, baked beans, cheddar, coleslaw, mashed avocado, mushrooms, spinach	£7.95
	Three Egg Omelette Salad garnish with house dressing and choice of fillings: Cheddar, mushrooms, spinach, ham, tomato, onion, feta	£7.95
	Club Sandwich Toasted bread filled with chargrilled chicken, bacon, lettuce, tomato and mayonnaise; salad garnish and house dressing	£8.95
	Homemade Fish Finger Sandwich Iceberg lettuce, tartar sauce (on the side), on a seeded freshly baked bun; salad garnish and house dressing	£9.50
	Breaded Chicken Sandwich Iceberg lettuce, basil and lemon mayo (on the side) on a seeded freshly baked bun; salad garnish and house dressing	£8.95
	Green Owl Burger Homemade, using prime beef in toasted sesame bun with lettuce and tomato; salad garnish and house dressing	£9.95

Toastie £6.95

Choice of fillings:

tuna mayo, cheddar, ham, tomato, onion Served with salad garnish and house dressing

Add cheese £1.15; add bacon £1.50

Please ask us about catering for your private functions or your parties at home, in the office or at the Green Owl.



GREEN OWL CAFÉ & DELI

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	<b>BLT</b> Bacon, lettuce, tomato and mayo on a seeded freshly baked bun; salad garnish and house dressing			£7.25
	<b>Toasted Ciabatta with c</b> fresh tomato and lettuce and house dressing	•	•	£7.95
Toasted Ciabatta with bacon, mashed avocado, fried egg and lettuce served with salad garnish and house dressing			£7.95	
Toasted Ciabatta with grilled halloumi, mashed avocado, red onion, fresh tomato, mixed salad and balsamic glaze served with salad garnish and house dressing			£7.95	
	Hot toasted sandwiches See counter for today's	-		£7.95
	Salads See counter for today's	selection		£7.95
	Side dishes Chips Café preserves Smoked salmon Sweet potato chips	£2.95 95p £4.95 £2.95	Deli style coleslaw Toast / bread Avocado Grilled halloumi	£2.95 £2.50 £2.50 £3.50
	Little	<b>Owlet</b> :	s menu (up to age 12)	

Fish fingers, chips and peas Sausage, chips and beans Baked beans on toast (1 slice) Baked beans on toast (2 slices) Chicken nuggets, chips and peas Pancake with fresh berries Cheese on toast (1 slice) Cheese on toast (2 slices)



£2.50 £4.95 GREEN CAFÉ & DELI

£6.50

£5.95 £2.50

£4.95

£6.50 £3.75





## **Green Owl Cream Tea**

Enjoy our Green Owl Cream Tea (any time of day)

f6.95

Homemade all-butter scones served with clotted cream and choice of jam

Homemade toasted tea cake with butter and a choice of jam or marmalade and Choice of tea or coffee

Nut allergies - please be aware that some of our meals contain nuts or nut extracts. If you are allergic, we recommend you keep clear of any foods you know or consider may contain nuts or nut extracts.



GREEN CAFÉ & DELI



## **Drinks' Menu**

A large selection of speciality drinks available in open fridge

Freshly Squeezed Fruit and Vegetable Juices Orange, apple, carrot, grapefruit, ginger	£5.50
Fruit Smoothies Berry Express (strawberries, blueberries, raspberries) Strawberry Split (strawberries, banana) Tropical Twist (mango, kiwi, pineapple)	£5.65
Veg Smoothies Beetroot Booster (beetroot, mango, carrot, blueberries) Hail Kale (kale, spinach, pineapple) Veg Delight (carrot, apple, mango, banana, parsnip)	£5.65
Protein Smoothies Protein Berry (strawberries, blueberries, banana, hemp seeds, whey protein) Protein Tropical (mango, pineapple, spinach, flax seeds, whey protein)	£5.95
Milkshakes Strawberry, chocolate, vanilla, banana, Oreo, mint choc chip, peanutella	£5.25
Bottled beers Selection of bottled beers	£4.65
<b>House wine (187ml bottle)</b> White, rosé, red.	£5.95
Prosecco Prosecco (200ml bottle)	£6.95

Please see blackboard for seasonal special drinks



GREEN OWL CAFÉ & DELI



Iced Coffee £3.75 With your choice of flavours: caramel, vanilla, hazelnut			
Hot Drinks			
Cappuccino	£3.10	Chai latte	£3.25
Americano	£2.95	Marshmallows	40p
Latte	£3.10	Whipped cream	40p
Matcha latte	£3.25	Soya, almond, coconut,	50p
Flat white	£3.10	oat milk	
Mocha	£3.45	Coffee syrups	85p
Hot chocolate	£3.25	(vanilla, caramel, hazelnut)	
Espresso	£2.05		
Double espresso	£2.35		
Macchiato	£2.35		
Double macchiato	£2.60		
Fresh Mint, Lemon, Ginge	r with hot water		£2.65

**Tea Leaf Infusions** (all our teas are served in a pot) £2.65 English breakfast, decaff English breakfast, the Earl of Grey, Queen of Green, Jasmine's Green Glory, Rest Repeat Roobios, Sweet Camomile, Proper Peppermint, the Berry Best, Feisty Turmeric Guru

### Ice Creams

**CBD** Tea

1 scoop served in small cup or cone	£2.25
2 scoops served in a large cup or cone	£3.75
Additional scoops	£1.50



£3.65