




**GREEN
OWL**
CAFÉ & DELI



All Day Menu

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

Homemade Granola £8.95
Natural Greek yoghurt, with fresh berries or blossom honey

Vegan Porridge Oats  £9.65
Made with your choice of milk: coconut, almond, oat, soya;
served with fresh berries or nuts and seeds


Organic Porridge Oats £8.95
Served with fresh berries, nuts and seeds or blossom honey

Toast (white/brown/vegan) With preserves/peanut butter/Marmite/Nutella £3.95

Sourdough or gluten free toast With preserves/peanut butter/Marmite/Nutella £4.45

Green Owl Breakfast £15.05
Sausage/grilled bacon/mushrooms/tomato/eggs/beans/toast
Additional meat item £2.35; non meat £1.65; homemade hash brown £1.85

Green Owl Vegetarian Breakfast £14.45
Vegetarian sausage/mushrooms/beans/grilled aubergine/spinach/eggs and
toast. Additional non meat item £1.65; homemade hash brown £1.85

Green Owl Vegan Breakfast  £14.05
Vegan sausages/grilled tomato/grilled aubergine/mushrooms/beans/spinach
and toast

Shakshuka £13.15
Poached eggs with a warming blend of spices in a tomato and
red peppers sauce served with toasted sourdough
Add spinach £1.65; add feta £2.15.

Build your own Breakfast
Sausage/Bacon £2.35; mushrooms/beans/spinach/egg £1.65; grilled tomato £0.75;
homemade hash brown £1.85; veggie sausage £2.15; s grilled aubergine £1.05;
sourdough/gluten free toast £1.75;
white/brown/vegan toast £1.50

*Please see the
blackboard and counter
for daily specials!*



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Healthy Brekkie

£11.95

Toasted sourdough bread with spinach, tomato and avocado topped with poached eggs.

Add smoked salmon £4.50; add feta £2.15

Smoked Salmon with Scrambled/Poached Eggs

£12.85

Toast - white/brown/sourdough

Eggs Champignon

£10.95

Mushrooms, poached eggs and hollandaise sauce served on a toasted English muffin

Eggs Benedict

£11.95

Bacon, poached eggs and hollandaise sauce served on a toasted English muffin

Eggs Royale

£12.95

Smoked salmon, poached eggs and hollandaise sauce served on a toasted English muffin

Lox and Latkes

£12.95

Potato rostis with smoked salmon, poached eggs and hollandaise sauce

Poached, Fried or Scrambled Eggs

£6.30

Served on toast

Butty

£6.45

Cumberland sausage or bacon; add an egg £1.65

Vegan Sausage Butty 

£5.25

American Style Pancakes

£8.95

With fresh berries

Challah French Toast

£8.95

With fresh berries



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Smoked Salmon / Chargrilled Chicken and Avocado Salad

£10.95

Lettuce, tomato, cucumber and red onion with house dressing

Mashed Avocado 

£10.95

Served on toasted sourdough with grilled tomato and salad garnish with house dressing, add a poached egg for £1.65 (Vegan bread optional)

Jacket Potato 

£8.95

Salad garnish with house dressing and choice of fillings: tuna mayo, baked beans, cheddar, coleslaw, mashed avocado, mushrooms, spinach

Three Egg Omelette

£8.95

Salad garnish with house dressing and choice of fillings: cheddar, mushrooms, spinach, ham, tomato, onion, feta

Club Sandwich

£11.95

Toasted bread filled with chargrilled chicken, bacon, lettuce, tomato and mayonnaise; salad garnish and house dressing

Homemade Fish Finger Sandwich

£11.45

Iceberg lettuce, tartar sauce (on the side), on a seeded freshly baked bun; salad garnish and house dressing

Breaded Chicken Sandwich

£11.45

Iceberg lettuce, basil and lemon mayo (on the side) on a seeded freshly baked bun; salad garnish and house dressing

Toastie

£8.95

Choice of fillings:
tuna mayo, cheddar, ham, mushrooms, tomato, onion
Served with salad garnish and house dressing

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



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BLT £9.65

Bacon, lettuce, tomato and mayo on a seeded freshly baked bun;
salad garnish and house dressing

Toasted Ciabatta with chargrilled chicken, mashed avocado, fresh
tomato, lettuce and spicy mayo served with salad garnish and
house dressing £10.95

Toasted Ciabatta with feta,
grilled aubergine, roasted red peppers, lettuce and sundried
tomato pesto served with salad garnish and house dressing £10.95

Toasted Ciabatta with grilled halloumi,
mashed avocado, red onion, fresh tomato, mixed salad
and balsamic glaze served with salad garnish and house dressing £10.95

Hot toasted sandwiches £10.95
See counter for today's selection

Salads £10.95
See counter for today's selection

Side dishes

Chips £4.35
Café preserves 95p
Smoked salmon £6.55
Sweet potato chips £4.35
'Dirty' chips £4.85
Homemade hash brown £1.85

Deli style coleslaw £3.95
Avocado £2.95
Grilled halloumi £3.95
Toast bread:
White/brown/vegan £3.00
Sourdough/gluten free £3.50

Little Owlets menu (up to age 12)

Fish fingers, chips and peas £7.45
Sausage, chips and beans £6.95
Baked beans on toast (1 slice) £2.75
Baked beans on toast (2 slices) £5.45
Chicken nuggets, chips and peas £7.45
Pancake with fresh berries £4.45
Cheese on toast (1 slice) £2.75
Cheese on toast (2 slices) £5.45



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Green Owl Cream Tea

Afternoon Tea for 2

£29.95

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

Choice of any 2 homemade cakes (see counter for today's selection)

Selection of tea sandwiches: tuna mayo, ham and cheese, tomato and cheese, smoked salmon and cucumber

Tea or coffee of your choice

Green Owl Cream Tea

£6.95

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

or

Homemade toasted fruit loaf with butter and a choice of jam or marmalade

Tea or coffee of your choice

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.



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Drinks' Menu

A large selection of speciality drinks available in open fridge

Freshly Squeezed Fruit and Vegetable Juices	£5.65
Orange, apple, carrot, celery, tumeric root, ginger	
Fruit Smoothies	£5.95
Berry Express (strawberries, blueberries, raspberries)	
Strawberry Split (strawberries, banana)	
Tropical Twist (mango, kiwi, pineapple)	
Veg Smoothies	£5.95
Beetroot Booster (beetroot, mango, carrot, blueberries)	
Hail Kale (kale, spinach, pineapple)	
Protein Smoothies	£6.15
Protein Berry (strawberries, blueberries, banana, hemp seeds, whey protein)	
Protein Tropical (mango, pineapple, spinach, flax seeds, whey protein)	
Milkshakes	£5.95
Strawberry, chocolate, vanilla, banana, Oreo, mint choc chip, peanutella	
Bottled beers	£4.95
Selection of bottled beers	
House wine (187ml bottle)	£5.95
White, rosé, red.	
Prosecco	£6.95
Prosecco (200ml bottle)	

*Please see blackboard
for seasonal
special drinks*



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Iced Coffee

£3.95

With your choice of flavours: caramel, vanilla, hazelnut

Hot Drinks

Cappuccino	£3.50	Chai latte	£3.95
Americano	£3.40	Marshmallows	60p
Latte	£3.50	Whipped cream	60p
Matcha latte	£4.15	Soya, almond, coconut, oat milk	70p
Lavender & honey latte	£4.15	Coffee syrups	95p
Flat white	£3.50	(vanila, caramel, hazelnut)	
Mocha	£3.95		
Hot chocolate	£3.75		
Espresso	£2.30		
Double espresso	£2.70		
Macchiato	£2.50		
Double macchiato	£2.75		

Fresh Mint, Lemon, Ginger with hot water

£2.95

CBD Tea

£3.95

Tea Leaf Infusions (all our teas are served in a pot)

£2.95

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

1 scoop served in small cup or cone	£2.95
2 scoops served in a large cup or cone	£4.95
Additional scoops	£1.95



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