



# SPOUGES CAFE

SERVED EVERYDAY 9AM-11.30AM

## BREAKFAST

<b>THE ANCHOR FULL ENGLISH</b> (GFA)	<b>16</b>
Owen Taylor's Sausages. Streaky Bacon, Black Pudding, Mushroom, Tomato, Hash Brown, Baked Beans, Fried Egg & Toast	
<b>THE ANCHOR VEGGIE</b> (V)(VGA)(GFA)	<b>14</b>
Grilled Halloumi, Vegan Sausages, Tomato, Mushroom, Hashbrown, Beans, Fried Egg, Smashed Avocado & Toast	
<b>BEETROOT ON TOAST</b> (V)(VGA)	<b>10</b>
Roasted Beetroot, Cottage Cheese, Honey & Basil Pesto on Toasted Ciabatta	
<b>SCOTTISH SMOKED SALMON</b>	<b>12</b>
Thick Ciabatta, Dill Creamed Cheese, Cucumber & Crispy Capers	
<b>EGGS BENEDICT</b>	<b>12</b>
Toasted English Muffin, Poached Free Range Eggs, Norfolk Cured Ham & Hollandaise	
<b>SMASHED AVOCADO ON TOAST</b> (V)	<b>11</b>
Thick Ciabatta, Poached Egg & Chilli Oil	
<b>THE MCANCHOR MUFFIN</b>	<b>14</b>
Sausage Pattie, Cheddar, Grilled Bacon, Fried Egg & Hash Brown, served with Brown Sauce <i>Add Black Pudding</i>	
<b>GRANOLA BOWL</b> (V)(N)	<b>8</b>
Homemade Nut Granola, Greek Yogurt & Fresh Berries	
<b>SAUSAGE / BACON SANDWICH</b>	<b>7.5</b>
<i>Either Streaky Bacon or Owen Taylor's Sausages</i>	
<i>Why Not Have Both?</i>	<b>9</b>
<i>Add a Fried Egg</i>	<b>1.5</b>

## LITTLE SAILORS

Welbeck Toast & Tip Tree Jam	<b>4</b>
Cheesy Baked Beans on Toast	<b>5</b>

## COFFEE & CAKE 8

MIX AND MATCH ANY HOT DRINK WITH ONE OF OUR DELICIOUS PASTRIES OR CAKES

Please Check The Counter For Our Alternating Freshly Baked Savoury, Pastry & Cake Selection

Jam, Marmalade or Clotted Cream	<b>2</b>
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## HOT DRINKS

DOUBLE ESPRESSO	<b>4</b>
AMERICANO	<b>4</b>
CAPPUCCINO	<b>4.5</b>
LATTE	<b>4.5</b>
FLAT WHITE	<b>4</b>
CORTADO	<b>4</b>
MACCHIATO	<b>4</b>
MOCHA	<b>5</b>
HOT CHOCOLATE	<b>4.5</b>
ENGLISH BREAKFAST TEA	<b>4</b>
EARL GREY TEA	<b>4</b>
PEPPERMINT TEA	<b>4</b>
GREEN TEA	<b>4</b>
RED BERRY TEA	<b>4</b>
DECAF TEA	<b>4</b>
GREEN TEA MATCHA LATTE	<b>5</b>
BEETROOT MATCHA LATTE	<b>5</b>
BLUE SPIRULINA MATCHA LATTE	<b>5</b>
CHAI LATTE	<b>5</b>

## COLD DRINKS

ELDERFLOWER LEMONADE	<b>4.2</b>
RASPBERRY LEMONADE	<b>4.2</b>
GINGER BEER	<b>4.2</b>
APPLETISER	<b>4</b>
COCA COLA	<b>4</b>
DIET COKE	<b>4</b>
COKE ZERO	<b>4</b>
GINGER ALE	<b>3.5</b>
FRUIT SHOOT	<b>2</b>
APPLE & MANGO FROBISHER	<b>3.5</b>
APPLE & RASPBERRY FROBISHER	<b>3.5</b>
ORANGE & PASSIONFRUIT	<b>3.5</b>

## SMOOTHIE 5

WHY NOT TRY ONE OF OUR FRESHLY PREPARED SMOOTHIES?

ASK US FOR TODAYS FLAVOUR

(V) - VEGETARIAN | (GF) - GLUTEN FREE | (GFA) - GLUTEN FREE AVAILABLE | (VG) - VEGAN | (VGA) - VEGAN AVAILABLE

PLEASE MAKE A MEMBER OF STAFF AWARE OF ANY ALLERGIES OR INTOLERANCES WHEN ORDERING

PLEASE NOTE THAT THE KITCHEN IS NOT AN ALLERGEN FREE ENVIRONMENT AND THE CUSTOMER MUST MAKE THE FINAL DECISION

A DISCRETIONARY 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL