SPOUGES CAFE

SERVED EVERYDAY 9AM-11.30AM

BREAKFAST

THE ANCHOR FULL ENGLISH (GFA) 16
Owen Taylor's Sausages. Streaky Bacon, Mushroom, Tomato, Hash Brown, Black Pudding Baked Beans, Fried Egg & Toast

THE ANCHOR VEGGIE (V)(VGA)(GFA) 14
Grilled Halloumi, Vegan Sausages, Tomato, Mushroom, Hashbrown, Beans, Fried Egg, Smashed Avocado & Toast

MUSHROOMS ON TOAST (V)(VGA) 12
Cumin Spiced Wild Mushrooms, Spinach, Cottage Cheese on Toasted Welbeck Loaf

TURKISH EGGS (V)(GFA) 12
Coddled Eggs, Confit Garlic, Greek Yoghurt, Aleppo Pepper Butter, Olive Oil & Focaccia

EGGS BENEDICT 12
Toasted English Muffin, Poached Free Range Eggs, Smoked Ham & Hollandaise
Alternatively try smoked salmon 2

SMASHED AVOCADO ON TOAST (V) 12
Toasted Welbeck Tin Loaf, Poached Egg & smoked chilli oil, pickled chilli

THE MCANCHOR MUFFIN 14
Sausage Pattie, Cheddar Cheese, Steaky Bacon, Fried Egg & Hash Brown
Add Black Pudding 2

THE ANCHOR GRANOLA BOWL (V)(N) 8
Forest Fruit Compote, Honey, Greek Yogurt & Fresh Berries

PANCAKES 10
Choose from Banana's & Chocolate Sauce or Streaky Bacon & Maple Syrup

SAUSAGE / BACON BRIOCHE BUN 7.5
Streaky Bacon or Owen Taylor's Sausages
Why Not Have Both? 10
Add a Fried Egg 1.5

LITTLE SAILORS

Welbeck Toast & Tip Tree Jam	4
Cheesy Baked Beans on Toast	5
Pancakes, Banana & Chocolate Sauce	5

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 2

HOT DRINKS

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

COLD DRINKS

ELDERFLOWER LEMONADE	4.2
RASPBERRY LEMONADE	4.2
GINGER BEER	4.2
THE ANCHOR FRUIT SMOOTHIE	5
APPLETISER	4
COCA COLA	4
DIET COKE	4
COKE ZERO	4
GINGER ALE	3.5
FRUIT SHOOT	2
APPLE & MANGO FROBISHER	3.5
APPLE & RASPBERRY FROBISHER	3.5
ORANGE & PASSIONFRUIT	3.5

EXTRAS

OWEN TAYLOR COUNTRY SAUSAGE £2.5
STREAKY BACON (4) £3
SCOTTISH SMOKED SALMON £4
BOWL OF HASH BROWNS (3) £4
SLAB OF BURY BLACK PUDDING £2

(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 ENVRIONMENT AND THE CUSTOMER MUST MAKE THE FINAL DECISION
A DISCRETIONARY 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL