

#### All Day Brunch

#### The Healthy Start 7

Organic Low Fat Yoghurt Served With Fresh Fruits, Crunchy Honey Toasted Oats and Seeds Topped With Chia Seeds and Coconut. Your Low G.I. High Protein Start To The Day

#### PeaPod's Winter Porridge 6

Made with your Choice of Milk, Soya Milk, Coconut Milk or Water Topped with Fragrant Caramelised Winter Fruits and Cranberries

#### French Toast or Pancakes 7

Served with your Choice of Caramelised Fruits, Maple Coconut Bananas or Seasonal Fruit served with Greek Yoghurt

#### Soft Eggs & Soldiers 5/6

Choice of one or two Eggs, Served with Artisan Bread and Butter Soldiers

#### PeaPod's Fruit Platter 7

Slices of Seasonal Fruit and Berries Served with Honey and Greek Yoghurt or Cream

## Did you know?

All Our Meat is Free Range and Sourced from The Home Counties

We Hate Additives and Preservatives!

We Source our Ingredients from Wholefood Suppliers.

We Love Organic! Where Possible we Use and Make Everything from Organic Ingredients.

We Love Fresh! All our Food is Cooked to Order from the Finest Ingredients- so it May Take a While Especially at Busy Times; in the Meantime Enjoy your Drink and we'll be as Quick as we Can!

We Cater for Gluten Free, Soya Free & Dairy Free Diets

Please Let us Know if You Have Any Allergies

#### **Traditional English 9.5**

Two Free Range Eggs Cooked Any Style, 1 Rasher of Bacon, 1 Farmers Sausage, Mushrooms, Tomatoes, Spinach, Organic Baked Beans and a Slice of Toast

#### PeaPod's Spicy Breakfast 8

Two Free Range Eggs Cooked with Fresh Tomato, Onion and Chilli. Served with a Warm Wrap, Fresh Avocado, Tomato Salsa, Coriander and Sour Cream

#### Peapod's Herby Omelette 6

Three Free Range Eggs with Fresh Herbs. Add Feta, Cheddar, Brie or Ham (1) Onions, Mushrooms, Red Peppers or Tomatoes (.6)

#### Scrambled Eggs 6

Served with Tomatoes, Mushrooms and a Slice of Toast.

#### **Toasted Artisan Bread 3.5**

Served with Butter and your choice of Jams Spreads, Peanut Butter, Choco Spread or Marmite

#### PeaPod's Avo Toast 6/8

Crushed Avocado, Feta Cheese, Pomegranate and Toasted Seeds. Served on Toasted Artisan Bread. Add one or two Fried or Poached Eggs (1/2)

#### **Eggs Benedict 8**

Two Poached Free Range Eggs Served with Homemade Hollandaise on a Toasted English Muffin w/ your Choice of Ham, Smoked Salmon or Spinach

#### Mushrooms on Toast 5/7

Mixed Fresh Mushrooms Sautéed with Butter and Garlic Piled on Toasted Artisan Bread. Add one or two Fried or Poached Eggs (1/2) Add Feta (1)

#### Organic Baked Beans 5

A Breakfast Classic! 2 Slices of Toast with Tinned Organic Baked Beans

#### Add...

Farmers Sausage 2 Smoked Salmon, Bacon, Avocado 1.5 Organic Baked Beans 1





#### Seasonal Sandwiches

On your choice of Pitta, Wrap or Artisan Bread served with Side Salad, House Dressing & Hand Cooked Crisps. Fancy Something Different? All our Sandwiches can be Served on Gluten Free Bread (add 0.5) or on a Bed of Salad

#### All 7

#### **PeaPod's Coronation Chicken**

Our Version of This Classic! Free Range Chicken, Plump Raisins and Almonds in a Light Curry Mayo Layered with Crisp Lettuce and Mango Chutney... The Perfect Winter Warmer

#### **Sausage and Balsamic Onions**

Our Award Winning Pork Sausages Grilled and Served with Balsamic Caramelised Onions, Mustard Mayo and Rocket

#### PeaPod's CBLT

Crispy Bacon, Grilled Chicken, Avocado, Tomato and Crisp Lettuce with a touch of Mayo

#### **Chilli Chicken and Avocado**

Free Range Chicken Breast Marinated in Lime Juice and Sweet Chilli Sauce, Lightly Sautéed with Onion Layered with Sliced Avocado, Baby Spinach, Lime Zest and a Light Fresh Lime Mayo

#### **Brie, Fig and Pear**

Creamy Brie Cheese paired with Crisp Pear Slices, Fresh Figs and Seasonal Fig Preserve together with Baby Spinach... a Taste Sensation! Delicious Grilled

## Grilled Cheddar and Ham with Chutney and Apple

PeaPod's Spicy Winter Chutney adds Sweetness and Warmth, A Taste Sensation

#### PeaPod's Seafood Cocktail

A Perfect Combination... Smoked Salmon, Avocado and Prawns Laced in Our Special Recipe Marie Rose Sauce Layered with Lettuce, Spring Onion and Watercress

#### **Grilled Halloumi and Tomatoes**

Warm Halloumi layered with Sweet Cherry Tomatoes, Crunchy Cucumber, Peppers, Onions and Olives with Fresh Herbs and a Lemony Dressing

# PeaPod's Falafel and Hummous Wrap

Our Special Recipe: Falafels, Hummous and Fresh Salad Veggies

#### To Drink

Choose from our Wide Range of Hot Drinks, a Refreshing Cold Drink, Organic Smoothies or Homemade Milk Shakes Fancy a Tipple? We Stock Local Beers, Ciders, Organic Wine, Prosecco, Local Sparkling Wine and Amazing Cocktails!

#### PeaPod's Winter Favourites

#### PeaPod's Wedges 4

The Perfect Snack! Choose from Potato or Sweet Potato: the Low GI Option

#### **Heavenly Halloumi Bites 4**

Greek Halloumi Cheese Marinated and Grilled. Garnished with Rocket and Tomato

#### PeaPod's Vegetarian Plate 10

Our Special Recipe Falafel, Warm Halloumi Bites, PeaPod's Guacamole, Hummus, Olives and Veggie Sticks Served with a Warm Pitta

#### PeaPod's House Salad 7

Seasonal Leaves and Baby Spinach tossed in Our Balsamic Dressing w/ Grapes, Broccoli Florets, Red Peppers, Orange Segments, Toasted Seeds & Dried Cranberries. Add Feta, Halloumi or Chicken 3

#### Warm Baked Camembert 9

With Rosemary and Garlic. Served with Winter Chutney, Apple, Celery and Toast

#### PeaPod's Dips 4.5/8

Homemade Hummous, Guacamole or Tzatziki Served with Warm Pitta and Fresh Veggies. Choose 1 or 3 to Share!

#### PeaPod's Farmers Platter 10.5

Creamy Brie, Mild Cheddar, Tangy Blue, Farm Cured Ham, served with PeaPod's Homemade Chutney, Celery, Fresh and Dried Fruits, Nuts and Crusty Bread

#### PeaPod's Sticky Platter 10.5

Free Range Pork Sausages Cooked in a Honey Mustard Sauce, Sticky Soya Chicken Bites and Spiced Sweet Potato Wedges served with PeaPod's Chutney and Winter Veggies We hope you Enjoy your Visit! Why not Review us on Trip Advisor or Facebook?

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All Food Prepared in a Nut Environment. Please Ask Staff for Allergen Info. Please advise us of Any Dietary Requirements.









#### **Organic Porridge 2.5**

With Milk (M), Water or Coconut Milk served with Banana & Honey

#### Organic Mini Granola 3

Crunchy Nut Free Granola layered with Organic Greek Yoghut (M) and Fruit.

#### **Brekky Muffin 4**

A Warm Butter Muffin with Scrambled Egg and Farmer's Ham.

#### PeaPod's Pancakes 3.5

2 Mini Pancakes Served with Honey or Maple Syrup & Fruits

#### PeaPod's Eggy Bread 3.5

A Slice of Artisan Bread Soaked in Egg and Lightly Fried. Served with a choice of Maple Syrup or Honey and Fresh Seasonal Fruit.

#### Soft Boiled Egg 4

Served with Toasted and Buttered Soldiers

#### Scrambled or Poached Egg 4

Served on Buttered Toast

#### Toast 2

Organic Baked Beans 3.5

Served on Buttered Toast

The Mini English 5.5

Free Range Fried Egg, Farmers Sausage,

Organic Baked Beans and Toast.

Served with Butter and your choice of Jams Spreads, Peanut Butter, Choco Spread or Marmite

#### Fruit Platter 4

Slices of Fresh Fruit served with a Drizzle of Honey and Greek Yoghurt

#### Add...

Farmers Sausage 2 Smoked Salmon, Bacon 1.5 Organic Baked Beans 1 Mushroom or Tomato .5

#### Children's Snacks -

#### PeaPod's Wedges 2

The Perfect Snack! Choose from Potato or Sweet Potato.

#### Veggie Sticks & Dips 3

Our Special Recipe Hummus, Avocado or Cream Cheese Dip

#### Sausages on Sticks 3

Free Range Pork Sausages Served Bite-Sized with Ketchup

#### Sticky Chicken Kebabs 3

Cubes of Chicken Marinated and Grilled on Little Skewers. Served with a Sticky Honey and Soya Sauce and Cucumber Slices

#### Cheese & Veggie Kebabs 3

Cheddar Threaded with Colourful Seasonal Vegetables on Little Skewers Served with a Sweet Balsamic Dipping Sauce



#### Children's Drinks

#### Super Smoothies 2.5

Apple & Banana, Strawberry & Banana or Blueberry

#### PeaPod's Shakes 2.5

Vanilla, Strawberry, Banana or Chocolate made with Organic Ice Cream.

#### Organic Apple/Orange Juice 1.25

#### 'Rocks' Organic Fresh Fruit Squash 1

Please ask for today's flavours

#### **Selection of Cartons**

Please ask for today's flavours





### Children's Homemade Mains

#### PeaPod's Mac 'n Cheese 4

Creamy Cheesy Macaroni Served with Fresh Veggies

#### Pasta with Tomato Sauce 4

PeaPod's Homemade Tomato Sauce with Pasta topped with Cheddar Cheese

#### Chicken Dippers 4.5/6

Free Range Chicken Fillets Coated with Homemade Breadcrumbs, Lightly Fried and Served with Potato Wedges, Sweetcorn, Peas and Cucumber Slices

#### Peapod's Mini Jacket 4

Oven Baked Potato Topped with your choice of Organic Baked Beans, Cheddar Cheese or Tuna Mayo.

#### PeaPod's Spaghetti Bolognese 4.5

Free Range Beef Mince Cooked with Hidden Veggies and Fresh Herbs

#### Tortilla 'Pizza' 4

Wholegrain Tortilla Wrap, Homemade Tomato Sauce & Cheese

We only Serve Fresh Cooked Food Prepared with Love in our own Kitchen



## Children's Sandwiches

All 3

**Farm Cooked Ham** Cheese Ham and Cheese **Cheese and Tomato Peanut Butter and Honey** Egg Mayo **Mashed Banana Hummus & Lettuce** Tuna Mayo

Served on Pitta, Granary, Wholemeal, White or Gluten Free Bread .35 with a Fruit Garnish All Available Grilled

We hope you Enjoy your Visit! Why not Review us on Trip Advisor or

# Facebook?

Children's Desserts

Organic Ice Cream 2

Vanilla, Strawberry or Chocolate

Organic Greek Yoghurt 2.5

Served with Organic Honey, Chocolate

Spread or Jam

## Mix & Match -

#### All for 5.5

Served on a Cute Dinner Platter, Choose one of each option for a Fun, Full Meal, Perfect for Little Fingers!

#### Sandwich

Choose one of our kid's Sandwiches or Pitta

#### Snack

Popcorn, Crisps or Veggie Sticks

#### Fresh Seasonal Fruit

#### Mini Cake

#### Drink

Blackcurrant, Orange or Lemon Organic Squash. Juice .25

#### PeaPod's Mini Cupcake 1.5 A Perfect Size for an Afternoon Treat.

#### PeaPod's Mini Cookies 1.5

Choose 2 Mini Cookies to complete your meall

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All Food Prepared in a Nut Environment. Please Ask Staff for Allergen Info. Please advise us of Any Dietary Requirements.

