



Welcome to Seasons and our freshly prepared seasonal menu using, where possible, locally sourced produce.

START YOUR DAY THE RIGHT WAY

SERVED 9AM - 12NOON

Breakfast Bap £5.95

A choice of bacon, sausage, egg, or Quorn Cumberland sausage, or a combination of two, served in a soft white bap.

Two Eggs Your Way on Sourdough Toast V £5.95

Anyway you like; fried, poached or scrambled; served on sourdough toast.

Seasons Breakfast £10.25

Two slices of back bacon, one country pork sausage, a fried egg, mushrooms and a grilled tomato, served with your choice of toast and butter.

Vegetarian Breakfast V Ve £9.45

Vegan Cumberland sausage (Quorn), mushrooms, grilled tomato, baked beans and Seasons bubble and squeak, served with your choice of toast.

Smokey Beans topped with a Fried Egg V £8.95

Served on sourdough toast.

Scrambled Egg & Kipper £7.95

Served on your choice of toast.

ADD A LITTLE EXTRA

£1.75 per portion

• Sausage

• Bacon

• Seasons bubble and squeak

£1.45 per portion

• Egg

• Baked Beans

• Mushroom

Sourdough Toast V £2.95

Served hot with butter and a choice of Tiptree honey, preserve or marmalade.

Morning Pastries

Please ask for today's selection £2.95

SIDE ORDERS

Potato Wedges Ve GF £3.60

Pipers Crisps (various flavours) GF £1.30

Homemade Coleslaw £1.95

PLEASE SEE OVERLEAF FOR OUR
MENU SERVED FROM 12 NOON

WHY WAIT UNTIL LUNCH?

SERVED 9AM - 12NOON

Eggs Florentine V £8.95

Poached eggs with steamed spinach and Hollandaise sauce served on a toasted artisan English Muffin.

Eggs Benedict £8.95

Poached eggs with local hand carved ham and Hollandaise sauce served on a toasted artisan English Muffin.

Seasons Waffles

Served with smoked bacon and maple syrup £6.50
or mixed berry compote Ve £5.75

Seasons Bubble and Squeak Bowl GF £9.25

Smashed hash browns, with seasonal vegetables, topped with a fried egg and smoked streaky bacon.

Greenhouse Brunch Ve £6.95

Houmous and roasted peppers served with a balsamic glaze on sourdough toast.

CAKE O'CLOCK

SERVED ALL DAY

Gluten Free and Vegan options available.

Freshly Made Scone, Jam and Butter £3.45

Freshly Made Scone, Jam
and Roddas Clotted Cream V £4.45

Guest Scone £3.75
Please ask for today's choice

Treat yourself to a Slice of Cake £3.35

Lemon Drizzle Cake V

Coffee & Walnut V (contains nuts)

Apple & Blueberry V

Banana & Cinnamon Ve GF (contains nuts)

Raspberry Bakewell Slice V (contains nuts)

Chocolate Cake V GF £3.65

Carrot Cake V GF (contains nuts) £3.65

White Chocolate & Raspberry Cookie V £2.25

Please ask if you would prefer gluten free bread,
it is available for all our dishes.

SYMBOLS GF Gluten Free V Vegetarian Ve Vegan

WARM LIGHT BITES

SERVED 12NOON - 4.30PM

Soup of the Day £6.45

A warming bowl of delicious soup, served with croutons, and a slice of bread and butter. Please ask for today's choice.

Greenhouse Brunch **Ve** £6.95

Houmous and roasted peppers served with a balsamic glaze on sourdough toast.

Steak Baguette £10.25

Five-minute steak with rocket, and horseradish sauce, served in an artisan crusty baguette.

New Yorker Toastie £8.95

Pastrami, pickles, Swiss cheese, and Seasons sauce served on Turmeric and Rye bread.

Loaded Aubergine **Ve** £8.95

Topped with a fragrant Moroccan cous cous.

Fish Finger Bap £8.50

Served with homemade tartare sauce.

Homemade Mackerel Pate £6.50

Served with toasted sourdough and a salad garnish.

Toasted Artisan Ciabattas

Served with Seasons mixed leaves and homemade coleslaw. Choose from:

Smokey Beans and Halloumi **V** £7.99

Locally Sourced Ham and Melted Cheese £7.99

Tuna Mayo with Melted Cheddar Cheese £7.99

SEASONS SANDWICHES AND SAVOURY FILLED CROISSANTS

AVAILABLE ALL DAY

All served with Seasons house garnish and a handful of Piper's crisps. Gluten free bread is available.

Free Range Egg Mayonnaise and Watercress **V** £6.95

Tuna Mayo and Cucumber £7.45

Coronation Chicken and Rocket £7.95

Locally Sourced Ham and Tomato Chutney £7.75

Warm Croissant filled with Locally Sourced Ham & Mature Cheddar Cheese £6.95

Warm Croissant filled with Mature Cheddar Cheese and Mushrooms **V** £6.95

NATURES HARVEST

SERVED 12NOON - 4.30PM

Seasons Bowl

A mixed Bean Cassoulet infused with a hint of Paprika and topped with nuggets of Butternut Squash

Served plain **Ve** £8.95

Or with your choice of:

Sustainably sourced freshly baked

Cod Loin £12.95

Mini Chorizo Sausage £12.95

Griddled Halloumi **V** £12.25

SEASONS JACKETS

SERVED 12NOON - 4.30PM

Our freshly baked jacket potatoes are accompanied by a salad garnish and homemade coleslaw.

Choose from:

Beans, Cheese, Tuna Mayo, Vegan Cheese, or Smokey Beans £7.95

Add an Extra Filling £1.75

Coronation Chicken £8.45

Atlantic Prawns in a Marie Rose Mayonnaise £8.45

TO FINISH, SOMETHING SWEET?

SERVED 12NOON - 4.30PM

Two Scoops of Ice Cream **V** £3.95

Choose from vanilla, strawberry, chocolate, vegan vanilla, salted caramel.

Slice of New York Cheesecake **GF** £5.45

Garnished with a mango coulis.

Toffee Apple Fool **V** £6.95

Homemade to our own favourite recipe.

Pear & Chocolate Tart **V** £6.95

Rhubarb & Ginger Dessert **Ve GF** £5.95

ALLERGENS

Please advise your table host of any allergies or dietary requirements you may have before placing your order, as not all ingredients can be listed on the menu. Detailed allergen information is available on request. Please be aware that our food is prepared in an environment where allergens are present, and we are unable to guarantee the total absence of allergens in our dishes. If you are looking for gluten free, vegetarian, or vegan options please speak to one of our team for advice.

Check our QR code for a menu personalised for your dietary requirements.



Scan Me

Or visit this url:
mnu.mx/1A72D68
to see our allergen menus