

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 £6.25

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 £6.25

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

### Seasons Breakfast £11.25

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 £9.95

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

### Seasons Brunch £10.45

Toasted sourdough topped with chilli jam, chorizo, black pudding and fried egg.

### Scrambled Egg & Kipper £8.45

Served on your choice of toast.

#### ADD A LITTLE EXTRA

£1.85 per portion £1.50 per portion

- Sausage • Egg
- Bacon • Baked Beans
- Seasons bubble and squeak • Mushroom

### Sourdough Toast £3.15

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

### Locally Sourced Artisan Danish Pastries £3.60

Please ask for today's selection.

## SIDE ORDERS

Mini Potato Bites £3.60

Pipers Crisps (various flavours) £1.30

Homemade Coleslaw £1.95

## WHY WAIT UNTIL LUNCH?

SERVED 9AM - 12NOON

### Eggs Florentine £9.25

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

### Eggs Benedict £9.25

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

### Seasons American Pancakes

Served with smoked bacon and maple syrup £6.95

or mixed berry compote £6.45

### Seasons Bubble and Squeak Bowl £9.75

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

### Greenhouse Brunch £8.25

Sourdough topped with houmous, sliced peppers, radish, sliced tomatoes and balsamic glaze.

## CAKE O'CLOCK

SERVED ALL DAY

*Gluten Free and Vegan options available.*

### Locally Sourced Artisan Danish Pastries £3.60

Please ask for today's selection.

### Freshly Made Scone, Jam & Butter £3.45

### Freshly Made Scone, Jam & Roddas Clotted Cream £4.45

### Guest Scone £3.75

Please ask for today's choice.

### Treat yourself to a Slice of Cake

#### Season's Choice £3.95

#### Seasons Citrus Drizzle Cake £3.50

#### Seasons Ginger Cake £3.50

#### Salted Caramel Cake £3.95

#### Seasons Fruit Cake (contains nuts) £3.65

#### Chocolate Cake £3.95

#### Carrot Cake £3.95

#### Oat, Raisin & Lemon Cookie £2.25

PLEASE SEE OVERLEAF FOR OUR MENU SERVED FROM 12 NOON

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

### Steak Baguette £10.95

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

### New Yorker Bagel £8.95

Pastrami, pickles, Swiss cheese, and Seasons sauce served on a bagel.

### Melted Mozzarella, Roasted Cherry Tomato & Pesto Bagel V £8.95

### Tortilla Wrap Ve £8.00

Warm tortilla wrap filled with onion bhaji, spinach, red peppers and mango chutney.

### Homemade Mackerel Pate £6.95

Served with toasted sourdough and a salad garnish.

### Toasted Artisan Ciabattas (GF option available)

Served with Seasons mixed leaves and homemade coleslaw.

Choose from:

### Brie, Chilli Jam & Rocket V £8.95

### Locally Sourced Ham & Melted Cheese £8.95

### Tuna Mayo with Melted Cheddar Cheese £8.95

### Stuffed Peppers Ve £10.95

Stuffed with fragrant cous cous and vegan Feta.

## 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.

### Fragrant Butternut Squash, Houmous, Spinach & Crunchy Red Pepper Ve £8.25

### Tuna Mayo & Cucumber £7.75

### Egg Mayo & Watercress V £6.95

### Locally Sourced Ham & Tomato Chutney £7.75

### Warm Croissant filled with Locally Sourced Ham & Mature Cheddar Cheese £7.75

### Warm Croissant filled with Mature Cheddar Cheese & Mushrooms V £7.75

## SEASONS CHOICE

SERVED 12NOON - 4.30PM

**Seasons Bowl** Roasted balsamic peppers, aubergines, courgettes and tomatoes on a bed of leaves.

Served plain **GF Ve** £9.50

Or with your choice of:

Sustainably sourced freshly baked Cod Loin £12.95

Griddled Halloumi £12.95

Vegan Feta **Ve** £12.45

Thai Beef Salad £12.95

Chicken Ceaser Salad £12.95

Loaded Potato Skins **GF** £10.50

Loaded with bacon, cheese and spring onions.

## 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 Roasted Balsamic Vegetables £8.00

Add an Extra Filling £1.75

Coronation Chicken £8.75

Atlantic Prawns in a Marie Rose Mayonnaise £8.75

## 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** £5.95

Garnished with a fruit coulis.

Seasons Lemon Possett **GF V** £7.95

Chocolate Truffle Slice **GF Ve** £5.95

Affogato **V** £5.95

Vanilla ice cream, topped with a shot of hot espresso.

### 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.



Scan Me

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

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