



# Seasons

## SPRING MENU

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 £6.45

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

#### Two Eggs Your Way on Sourdough Toast **V** £6.45

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

#### Seasons Breakfast £11.25

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

#### Vegetarian Breakfast **V Ve** £9.95

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

#### Seasons Black Pudding Brunch £10.45

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

#### Scrambled Eggs & Smoked Salmon £9.95

Served with Watercress on toasted sourdough.

#### ADD A LITTLE EXTRA

£2.00 per portion	£1.75 per portion
• Sausage	• Dinton Farm Egg
• Bacon	• Baked Beans
• Seasons bubble and squeak	• Mushroom

#### Sourdough Toast **V** £3.15

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

#### Locally Sourced Artisan Danish Pastries **V** £3.75

Please ask for today's selection.

### SIDE ORDERS SERVED FROM 12NOON

Halloumi Fries with Chilli Sauce	£6.00
Breaded Mushrooms with Mayonnaise	£5.00
Salt & Pepper Calamari	£6.00
Mini Potato Bites <b>GF Ve</b>	£4.50
Pipers Crisps (various flavours) <b>GF</b>	£1.30
Homemade Coleslaw <b>GF V</b>	£1.95

PLEASE SEE OVERLEAF FOR OUR MENU SERVED FROM 12 NOON

### WHY WAIT UNTIL LUNCH?

SERVED 9AM - 12NOON

#### Eggs Florentine **V** £9.75

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

#### Eggs Benedict £9.75

Poached Dinton Farm 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 **Ve** £6.45

#### Seasons Bubble and Squeak Bowl **GF** £9.75

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

#### Greenhouse Houmous Brunch **Ve** £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 **V** £3.75

Please ask for today's selection.

#### Freshly Made Scone, Jam & Butter **V** £3.60

#### Freshly Made Scone, Jam & Roddas Clotted Cream **V** £4.60

#### Guest Scone £3.75

Please ask for today's choice.

#### Treat yourself to a Slice of Cake

#### Season's Choice **V** £3.95

#### Seasons Lemon Drizzle Cake **V** £3.60

#### Seasons Apple & Cinnamon Cake **V** £3.60

#### Seasons Orange Maderia Cake **V** £3.60

#### Lime & Coconut Cake **GF Ve** £3.95

#### Chocolate Cake **GF V** £3.95

#### Carrot Cake **GF V (Contains Nuts)** £3.95

#### Seasons Flapjack **GF** £3.60

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

### Seasons Homemade Soup of the Day £6.95

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

### Steak Baguette £11.95

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

### Seasons Fishfinger Brioche Bun £10.50

With homemade Tartare Sauce.

### Homemade Mackerel Pate £6.95

Served with toasted sourdough and a salad garnish.

### Tortilla Houmous Wrap Ve £9.75

Houmous, Roasted Vegetables and Vegan Feta

### Toasted Artisan Ciabattas (GF option available) £8.95

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

### Halloumi & Roasted Vegetables V £8.95

### Locally Sourced Ham & Melted Cheese £8.95

### Tuna Mayo with Melted Cheddar Cheese £8.95

### Chicken, Pesto & Mozzarella £9.50

## 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.

### Houmous, Beetroot, Peppers & Grated Carrot Ve £8.95

### Tuna Mayo & Cucumber £8.00

### Egg Mayo & Watercress V £7.95

### Locally Sourced Ham & Tomato Chutney £8.00

### Smoked Salmon, Cream Cheese & Chive £9.25

### Warm Croissant filled with Locally Sourced Ham & Mature Cheddar Cheese £8.25

### Warm Croissant filled with Mature Cheddar Cheese & Mushrooms V £8.25

## SEASONS CHOICE

SERVED 12NOON - 4.30PM

### Greenhouse Houmous Brunch Ve £8.25

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

### Seasons Bowls - Choose from:

### Orzo, Roasted Peppers & Vegan Feta Salad Ve £12.50

### Seared Tuna with crisp Teriyaki Vegetables £14.95

### Roasted Balsamic Vegetables & Goats Cheese V £12.50

### Thai Beef Salad £12.95

### Hot Flatbreads £10.95

Melted Brie, Cranberries & Toasted Walnuts with a hot Honey drizzle (Contains Nuts) V or Prosciutto, Mozzarella & Pesto

- FOR SIDE ORDERS PLEASE SEE OVERLEAF -

## SEASONS JACKETS

SERVED 12NOON - 4.30PM

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

Choose your filling from:

### Beans, Cheese, Tuna Mayo, Vegan Cheese, or Roasted Balsamic Vegetables £8.75

### Add an Extra Filling £2.00

### Coronation Chicken £9.15

### Atlantic Prawns in a Marie Rose Mayonnaise £9.15

## 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 £6.25

### Garnished with a fruit coulis. Seasons Banoffee Sundae GF V £7.95

### Affogato V £6.25

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

### Seasons Homemade Summer Fruit Pudding V £6.50

Served with Cream (Vegan option available)

## 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.