

# Seasons Vegan

## Drinks

### Hot Drinks

*All can be made with soya or oat milk on request 0.40 extra*

### Milkshakes 4.35

*All can be made without ice cream and with soya or oat milk*

*Banana/ chocolate/ vanilla*

### All Pure Fruit Smoothies Are Dairy Free 3.95

*Mango, pineapple and passion fruit/ summer berry/ mango, spinach and kale*

## Breakfast/ Brunch

### Seasons Granola 6.50 N

*Dairy free yoghurt, granola, fruit compote*

### Toast

*White/ granary/ baguette 2.35/ Cornbread 3.15/ Sourdough 3.00/*

*Gluten free 2.75*

### Preserves 0.40

*Marmite/ jam/ marmalade/ peanut butter N*

### Mushrooms 1.40

### Wilted Spinach 1.50

### Roasted Cherry Tomatoes 1.75

### Grilled Tomato 1.00

### Baked Beans 1.25

### Avocado 1.95

### Sun-dried Tomatoes 1.75

### Smashed Avo's 7.95 N

*Smashed avocado on sourdough toast with Moroccan nut dukkah*

## Lunch

### Hummus, Sun-Dried Tomatoes and Salad Sandwich 6.95

*Served with dressed salad and crisps*

### Warm Falafel, Guacamole, Fresh Spinach, Sweet Chilli Sauce and Salad Wrap 9.95

*Served with dressed salad and crisps*

### Soup of the Day 6.95

*Served with rustic bread. Please check specials board for today's option*

### Pasta 9.95

*Served hot or cold. Please ask a member of staff for today's option*

### Deli Salad Selection 9.95

*Served with dressed green leaves*

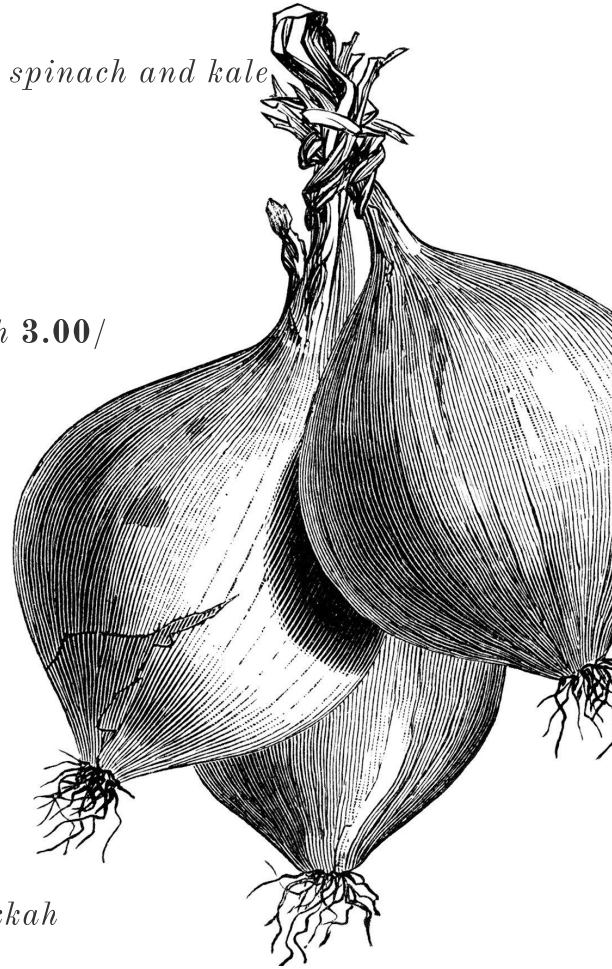
## Dessert

### Vegan Sultana Scone With Jam 2.55

### Mango, Chia Seed and Nut Bar 3.00 N

*When available*

### Selection of Locally Made Sorbets – 1 scoop 2.50/ 2 scoop 4.00



# Seasons Menu

## All Day Brunch

**Pastries From 1.60 V**

**Granola 5.95 V GF N**

*Natural yoghurt, granola and homemade fruit compote*

**Toast with Butter GFa**

*White/ granary/ baguette 2.35 Cornbread 3.15 Sourdough 3.00*

*Gluten free 2.75*

**Preserves 0.40**

*Honey/ marmite/ jam/ marmalade/ peanut butter*

## Seasons Breakfast 9.85

*Two eggs, two bacon, one sausage, mushrooms, half grilled tomato and toast*

**Vegetarian Breakfast 8.45 V**

*Two eggs, half grilled tomato, mushrooms, baked beans and toast*

**Smoked Salmon and Scrambled Eggs on Toast 8.65 GFa**

**Bacon or Sausage Sandwich 4.95 GFa**

*Add a fried egg 1.25 V*

**Bacon and Sausage Sandwich 5.95 GFa**

**Eggs Benedict/ Eggs Royale/ Eggs Florentine V 7.95/8.95**

**Eggs on Toast 4.80 V**

*Scrambled, poached or fried*

## Extras

*Bacon 1.95 GF / sausage 1.50 / grilled tomato 1.00 Ve GF / chorizo 2.20 GF /*

*mushrooms 1.40 Ve GF / baked beans 1.25 Ve GF / black pudding 1.65 /*

*wilted spinach 1.50 Ve GF / avocado 1.95 Ve GF / grilled halloumi 1.95 GF*

## Brunch Favourites

**Huevos Rancheros 9.95 V GFa**

*Poached eggs, guacamole, salsa, cornbread toast and sweet chilli sauce*

*Add bacon 1.95*

**Bueno Burrito 10.95**

*Scrambled egg, guacamole, chorizo, cheddar, spinach and sweet chilli sauce*

**Seasons Beetroot Rosti 10.95 GF**

*Poached eggs, bacon, spinach and hollandaise on a homemade beetroot rosti*

**Rustic Halloumi Stack 10.95 V GFa N**

*Poached eggs, grilled halloumi, fresh pesto and roasted cherry tomatoes on rustic organic bread*

**Smashed Avo's 7.95 Ve GFa N**

*Smashed avocado on sourdough toast with Moroccan spiced nut dukkah*

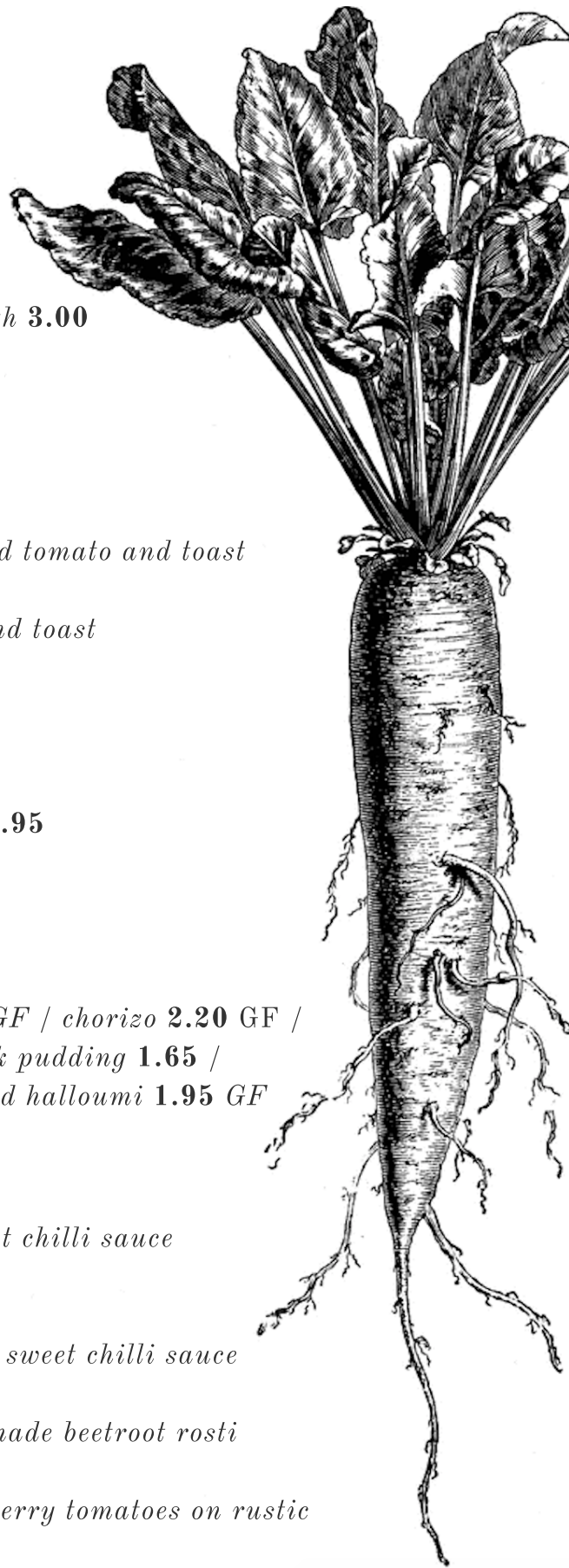
*Add poached eggs 2.45*

**American Style Pancakes**

*With fruit compote, berries, maple syrup and crème fraiche 7.95 V*

*With bacon, maple syrup and crème fraiche 7.95*

*On their own with maple syrup 5.95 V*



## Lunch

**Seasons Club Sandwich 9.95** GFa

*Roast chicken, bacon, leaves, tomato and mayo in a toasted double decker sandwich.*

*Served with crisps*

**Grilled Goats Cheese Salad 9.95** V GFa N

*Grilled goats cheese, mixed leaves, Moroccan nut dukkah and herb toasts*

**Deli Salad 9.95** V GFa

*Please ask for today's options. Served with mixed leaves*

**Soup of the Day 6.95** Ve GFa

*Served with bread and butter*

**Seasons' Famous Quiche of the Day 9.95** V

*Choice of today's quiche, with salad and coleslaw*

## Sandwiches

*Served with dressed salad and crisps* GFa

**Crayfish in a chilli, lime and coriander mayo with lettuce 9.95**

**Smoked salmon and cream cheese with lemon and black pepper 7.95**

**Bacon, rocket, avocado, tomato and mayo 7.95**

**Coronation chicken 7.95**

**Hummus, Sun-dried Tomatoes and Salad Sandwich 6.95** Ve

## Panini

*Served with dressed salad and crisps* 7.95

**Mature cheddar and vine tomato** V

**Mozzarella, sun-dried tomato and pesto** V N

**Smoked ham and mature cheddar**

**Tuna, red onion and mature cheddar**

## Sweet

**Sultana Scone, Clotted Cream and Jam 3.50** V

**Toasted Teacake with Butter 2.50** V

**Chocolate Brownie 3.00** V GF

**Rocky Road 3.00**

**Carrot and Orange Cake 3.95** V

**Coffee and Walnut Cake 3.95** V N

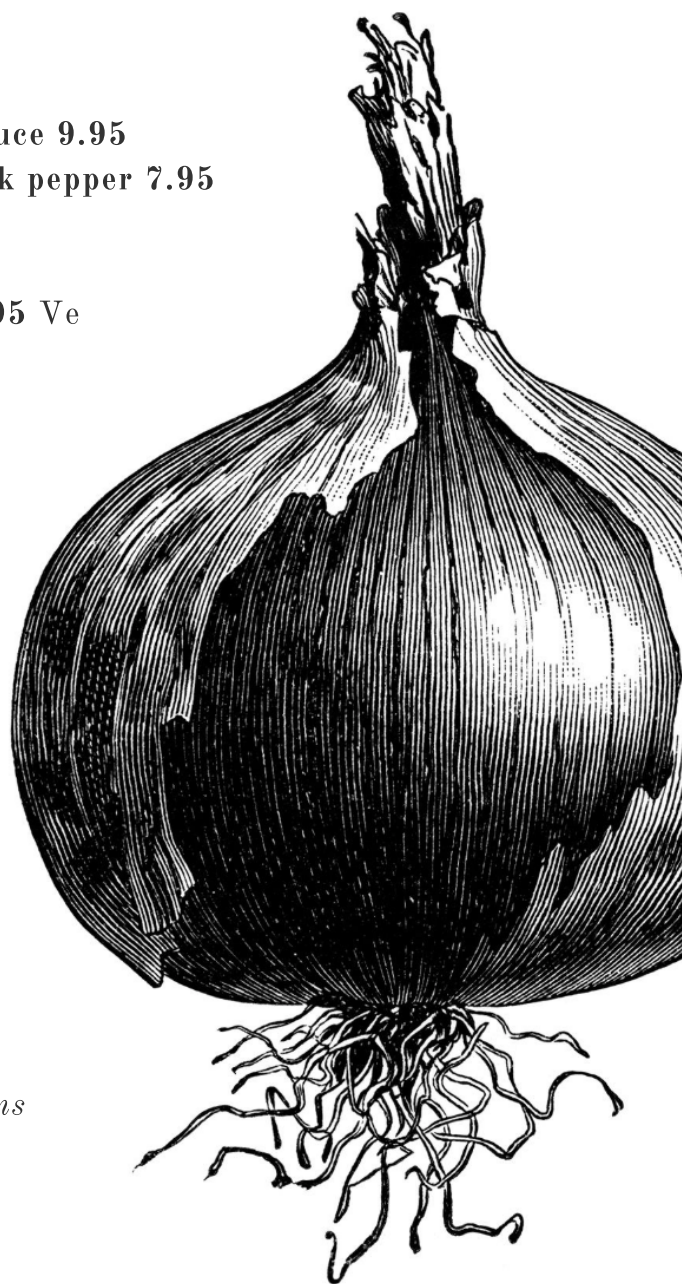
**Courgette, Lime and Pistachio Cake 4.95** V N

*Please ask a member of staff for the rest of today's options*

## Food allergies and intolerances

*Some of our foods contain allergens*

*Please speak to a member of staff for more information*



GF Gluten free   GFa Gluten free available   V Vegetarian   Ve Vegan   N Contains Nuts



# Seasons Gluten Free

## All Day Brunch

**Granola 5.95 V N**

*Natural yoghurt, granola and homemade fruit compote*

**Gluten Free Toast 2.75 Ve**

**Preserves 0.40**

*Honey/ marmite/ jam/ marmalade/ peanut butter*

## Gluten Free Breakfast Items

*Bacon 1.95 / grilled tomato 1.00 Ve / mushrooms 1.40 Ve /  
baked beans 1.25 Ve / wilted spinach 1.50 Ve / chorizo 2.20 /  
avocado 1.95 Ve / grilled halloumi 1.95*

**Smoked Salmon and Scrambled Eggs on Gluten Free Toast 9.05**

**Bacon Sandwich on Gluten Free Bread 5.95**

*Add a fried egg 1.25 V*

**Eggs on Gluten Free Toast 5.20 V**

*Scrambled, poached or fried*

**Rustic Halloumi Stack on Gluten Free Bread 11.50 V N**

**Smashed Avo's on Gluten Free Bread 8.50 Ve N**

*Add poached eggs 2.45*

**Huevos Rancheros with Gluten Free Bread 10.50 V**

## Lunch

**Seasons Club Sandwich 9.95**

*Roast chicken, bacon, leaves, tomato and mayo in a toasted gluten free double decker sandwich.*

*Served with crisps*

**Grilled Goats Cheese Salad 10.50 V N**

*Grilled goats cheese, mixed leaves, Moroccan nut dukkah and gluten free herb toasts*

**Deli Salad 9.95 V**

*Please ask for today's options. Served with mixed leaves*

**Soup of the Day 7.50**

*Served with gluten free bread and butter*

## Sandwiches

*Made with gluten free bread. Served with dressed salad and crisps*

**Crayfish in a chilli, lime and coriander mayo with lettuce 10.20**

**Smoked salmon and cream cheese with lemon and black pepper 8.20**

**Bacon, rocket, avocado, tomato and mayo 8.20**

**Coronation Chicken 8.20**

**Hummus, Sun-Dried Tomatoes and Salad Sandwich 7.20 Ve**

## Sweet

**Gluten Free Sultana Scone, Clotted Cream and Jam 3.50 V**

**Chocolate Brownie 3.00 V**

*Please ask a member of staff for the rest of today's gluten free options*



# Drinks

## Coffee & Tea

Espresso 2.10/2.40

Cappuccino 2.45/2.75

Latte 2.45/2.75

Flat White 2.45/2.75

Macchiato 2.15/2.45

Americano 2.30/2.60

Mocha 2.45/2.95

Hot Chocolate 2.45/2.75

*Marshmallows / cream / flake .40 each*

Chai Latte 2.50/2.80

Dirty Chai 2.45/2.95

Pot of English Breakfast Tea 2.10

Other Teas 2.35

Earl Grey / chamomile / green / rooibos /  
fruit / peppermint

Syrup .40

Caramel / hazelnut / vanilla

## Cold Drinks

Still Water / Sparkling Water 2.00/3.95

Iced Tea 2.65

*Lemon / peach*

Iced Coffee 3.50

*Vanilla / caramel / hazelnut .40 extra*

Fresh Orange Juice 2.75

Apple Juice 2.20

Coke / Diet Coke / Rio 1.65

Luscombe Organic Drinks 2.95

Fever Tree Tonic Water 1.65

Fresh Juice of the Day 4.25

Pure Fruit Smoothies 3.95

*Summer berries / mango, spinach and kale / mango, pineapple and passionfruit*

Rise and Shine Smoothie 3.95

*Yoghurt, berries, banana and apple juice*

Ice Cream Milkshakes 3.95

*Chocolate / vanilla / banana*

Soya milk and oat milk available on request .40 extra



# Something Stronger?

## Sparkling

Glass of Bucks Fizz 3.95

Prosecco 4.95/22.00

## White

Chardonnay 4.95/17.50

*(Volandas, Chile)*

Sauvignon Blanc 5.20/18.50

*(Volandas, Chile)*

Pinot Grigio 5.40/18.95

*(Sachetto, Italy)*

## Red

Merlot 4.95/17.50

*(Volandas, Chile)*

Shiraz 5.85/19.95

*(Broken Shackle, Australia)*

Rioja Tinto 5.95/19.95

*(Senorial, Spain)*

## Rose

Pinot Grigio 5.50/18.50

*(Arcano, Italy)*

## Etc.

Peroni Nastro Azzurro 33cl 3.95

The Marlow Brewery

*Red / Blonde Ale 500ml 4.00*

Luscombe Organic Cider 32cl 3.95

Gin & Fever Tree Tonic 4.95/6.95



Mixers are 25ml, Glass of Wine is 175ml & Glass of Prosecco is 125ml