



Breakfast Menu

Served Monday to Saturday 9:30 - 11:30am

Freshly Baked Pastries - £1.50

The Traditional - £6

Sausage, bacon, egg, hash brown, mushrooms, beans, grilled tomato & toast
(Glamorgan sausage available)

Big Breakfast - £7.50

Two sausages, two bacon rashers, egg, hash brown, mushrooms, beans, black pudding, grilled tomato & toast

Eggs Benedict - £6.50

Toasted soft muffin, topped with hand cut ham, poached eggs and hollandaise sauce

Scrambled Eggs with Smoked Salmon - £6.50

Served on toasted sourdough

Smashed Avocado on Sourdough - £5

Add grilled Halloumi or Bacon £1.50 each

Simply Eggs - £4

A choice of fried, scrambled or poached eggs served on toasted sourdough

Hot Breakfast Bap - £4

Choose from a trio of bacon, sausage or halloumi
Add a fried egg for £1

Sundays we serve the Hot Breakfast Baps from
10:30 - 11:30am

Dairy and Gluten Free options available - please ask

Lunch Menu

Sugarloaf Favourites

Served Monday to Saturday from 12.00-2.30pm

Ham, double egg & chips	£8
Quiche, coleslaw, chips & salad garnish	£8
Chef's meat pie served with seasonal vegetables	£9
Battered cod, peas & chips	£10
Vegetarian dish of the day	£9
Carvery (Every Wednesday)	£9
Traditional Roast (Every Sunday)	£9

Please see our **Black Board** for daily specials

Light Lunches

Served from 11:30am - 3:30pm: Sunday until 3pm

Jacket Potato served with salad garnish	£5
Cheddar cheese, beans or coleslaw	£6
Beans & cheese, tuna mayonnaise or coronation chicken	£7
Smoked salmon & cream cheese	£7

Sandwiches & Baguettes

 served with salad garnish

Egg mayonnaise	£5.50 / £6
Cheese & tomato	£5.50 / £6
Tuna mayonnaise	£6 / £6.50
Coronation chicken	£6 / £6.50
Ham & cheddar	£6 / £6.50
Smoked salmon & cream cheese	£6.50 / £7
Bacon, lettuce & tomato	£6.50 / £7
Chicken & avocado	£6.50 / £7

Paninis

 with salad garnish & coleslaw

Cheese & tomato	£6.50
Tuna melt, bacon & tomato or cheese & ham	£7

Ciabattas

 with salad garnish

Steak, mushroom & onion	£7.50
Bacon, tomato & brie	£7.50

Welsh Rarebit with salad garnish (add Bacon)	£6 / £8
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Homemade Soup with a fresh bread roll	£5
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Raglan Seedling's Menu

Picnic Lunch Box - £5

Available daily from 11.30-3.30pm

Choose a Sandwich: Ham, cheese or tuna

Choose a Drink: Water or fruit juice

Plus choose three items from the following:

Carrot & cucumber sticks

Savoury snack pack

Fresh fruit

Gingerbread man or chocolate treat

Fruity pot dessert

Half Jacket Potato - £4

A choice of two from the following:

Baked beans, cheese, ham or tuna

Main Meals - £5

Available daily 12:00 - 2:30pm

Fish fingers & Chips

Chicken goujons & Chips

Sausages & Chips

*All served with a choice
of baked beans, peas or
side salad*

Chef's Daily Special - Small portion

Hot Dessert with Ice cream- £2.50

Please ask for today's selection

Dairy and Gluten Free options available – please ask



Drinks Menu

Hot Drinks

Soy & Oat milk available

Traditional or decaf tea	£2
Specialty tea	£2.20
Espresso	£1.70
Double Espresso	£2.30
Filter coffee	£2.30
Americano	£2.50
Cappuccino	£2.80
Flat White	£2.80
Latte	£2.80
Hot Chocolate	£2.50
Mocha	£3
Spiced Chai Latte	£3
Turmeric Chai Latte	£3
Babyccino	Free
Large Cup extra	£0.30
Extra shot of espresso	£0.60
Add syrup, whipped cream or marshmallows	£0.50

Cold Drinks

Selection of drinks from the chiller

Sparkling Water	£1.75
Still Water	£1.30
Diet Coke	£1.80
Coke	£2.00
Fentimans	£2.50
Frobishers juice	£2.25
Rose Wine	£3.95
Prosecco	£4.95
Peroni	£3.75
Taffy Premium Cider	£4
Milkshakes	£3.50
Smoothies	£3