

BREAKFAST

SERVED 9AM - 12PM

TOAST

SMASHED AVO TOAST £8
Smashed Avocado, Two Poached Barradale Eggs,
Breakfast Radish, Green Sauce & Land Cress

SOURDOUGH TOAST £8
Tofu Scramble, Grilled Pak-choi
& Toasted Seeds (vg)

ADD TOPPINGS:
Smoked Salmon £2.50
Market Streaky Bacon £2.50
Fried Mushroom £3
& Wilted Baby Spinach (vg)

EGGS

Barradale Eggs - local & from our market

BAKED EGGS £8.50
Served on Homemade Smoky Baked Beans
with Baby Spinach, Fried Potatoes
& a hint of Chilli

ADD TOPPINGS:
Market Streaky Bacon £2.50
Market Sliced Ham £2.50
Market Handmade Sausages £3

EGG FRIED BREAD
Homemade Bread Dipped in Barradale Eggs
& Fried in Butter with Hollandaise Sauce
& Land Cress with a choice of topping

TOPPINGS:
Market Sliced Ham £8.50
Smoked Salmon £10.50
Fried Mushroom £9
& Wilted Baby Spinach (vg)

BREAKFAST KIPPERS

GRILLED KIPPERS £12.50
Toasted Sourdough, Market Parsley Butter,
Lime Wedge & Land Cress
Choose your eggs:
Scrambled or Poached

COOKED BREAKFAST

CLASSIC BREAKFAST £10.50
Market Sausage, Market Streaky Bacon,
Barradale Fried Egg, Homemade Smoky Baked Beans,
Mushroom, Grilled Tomato & Sourdough Toast

MARKET SQUARE FULL ENGLISH £12.50
Market Sausage, Market Streaky Bacon,
Barradale Fried Egg, Homemade Smoky Baked Beans,
Mushroom, Grilled Tomato, Fried Potatoes
& Sourdough Toast

VEGAN COOKED BREAKFAST £12.50
Two Vegan Sausages, Tofu Scramble,
Homemade Smoky Baked Beans, Mushroom,
Grilled Tomato, Fried Potatoes,
Market Greens & Sourdough Toast (vg)

VEGETARIAN BREAKFAST £12.50
Two Fried Eggs, Grilled Halloumi,
Grilled Tomato, Flat Mushroom,
Fried Potatoes, Smashed Avocado,
Land Cress, Beans & Sourdough Toast

ALL DAY BUTTERMILK PANCAKES

PLEASE ASK YOUR SERVER FOR VEGAN OPTIONS

AGAVE & VEGAN BUTTER (vg) £7.50

STICKY PEACHES (vg) £8
Coconut Yoghurt & Toasted Sweet Pecans

RASPBERRIES (vg) £8.50
Coconut Yoghurt & Crushed Pistachio

MARKET APPLE (vg) £8
Toasted Pecans & Maple

PEANUT BUTTER & BANANA (vg) £8.50
Crushed Toasted Peanuts & Protein Powder

**CRISPY MARKET BACON
& MAPLE** £9

SCRAMBLED EGG £9.50
Crispy Market Bacon & Maple



LUNCH

SERVED 12 - 5PM

NOODLES & BROTHS

All served with garnish of Braised Pak-choi,
Pickled Chilli & Fresh Market Herbs

SPICED CHICKEN BROTH £14.50
Soft Boiled Barradale Egg, Egg Noodles

SOY GLAZED TOFU BROTH £13.50
With Mixed Market Mushrooms, Noodles (vg)

PORK NOODLES £14
Soft Boiled Egg, Mixed Market Mushrooms,
Egg Noodles

STIR-FRY BEEF NOODLES £16.50
Market Greens, Asian Smoked Chilli Sauce
& Market Vegetables

STIR-FRY VEGETABLES £13.50
Market Greens, Asian Smoked Chilli Sauce,
Noodles (vg)

MEDITERRANEAN LUNCH BOWLS

Served with Flat Bread, Roasted Red Pepper
& Chilli Hummus and your choice of topping:

PEAS & CUCUMBER £14
Cherry Tomatoes, Fresh Market Herbs,
Mint & Parsley Oil Dressing

ROASTED MARKET VEGETABLES £13.50
Fresh Market Vegetables & Herbs

**GRILLED HALLOUMI
& MARKET HAM** £14.50
Cherry Tomatoes, Cucumber, Red Onion
& Pickled Cabbage

MARKET BEETROOT & FETA £13.50
Cherry Tomatoes, Fresh Market Herbs,
Red Onion

GRAINS & GREENS

BUDDHA BOWL £13.50
Heritage Vegetable & Beetroot Bhajis,
Edamame Beans, Mixed Rice,
Roasted Red Pepper & Chilli Hummus,
Grilled Pak-choi & Tomato Chutney

KETO BOWL £14
Smoked Mackerel, Market New Potatoes,
Minted Peas & Cucumber, Edamame Beans,
Red Onions & Market Leaves

PROTEIN BOWL £15
Grilled Spiced Chicken Breast,
Crispy Market Bacon, Sourdough Croutons,
Shaved Parmesan, Market Leaves,
Caesar Dressing

MARKET BOWL £14
Using locally supplied produce
from our market
Heirloom Tomatoes, Market Leaves, Radish,
Butternut Squash, Heritage Carrot
& Pickled Slaw

BUNS

All served in a Toasted Bun with Market
Leaves, Red Onion, Pickled Cucumber,
Crispy Fried Onions & a side of Fries.
Gluten Free Buns Available

SPICED CHICKEN BURGER £13.50
Smashed Avocado, Hot Sauce, Mayo

MARKET BEEF BURGER £13.50
8oz Beef Burger from the market,
Kentish Cheese, In House Sauce

BEETROOT BURGER (vg) £13.50
Beetroot Pattie, Roasted Pepper
& Chilli Hummus, Hot Sauce & Mayo

**GRILLED HALLOUMI
& STICKY HAM BURGER** £13.50
Smashed Avo, Greek Yoghurt

FLATBREADS

Char-grilled Flat Bread, topped with
Greek Yoghurt, Market Leaves, Red Onion,
Tomato, Cucumber & Pickled Red Cabbage

CHOOSE FROM:

GRILLED HALLOUMI, £12
ROASTED RED PEPPER

& CHILLI HUMMUS

ROASTED MARKET VEGETABLES (vg) £12.50

GRILLED SPICED CHICKEN £13

MARKET BEETROOT & FETA £12.50

MARKET SLICED HAM £12.50

SPICED BOWLS

All with Mixed Fragrant Rice, Baby Spinach
& Grilled Tomato Sesame Seed Chutney

**ROASTED AROMATIC SPICED
CHICKEN CURRY** £15.50

**CHICKEN SATAY
& TOASTED NUTS** £15

**ROASTED SPICED BUTTERNUT
SQUASH CURRY (vg)** £14.50

SMALL PLATES/SIDES

CHOOSE 3 FOR £12

FRIED TOFU, SOY SAUCE, TOASTED SEEDS £4
HERITAGE VEGETABLE & BEETROOT BHAJIS, £4.50
TOMATO CHUTNEY

SEARED PAK-CHOI £4.50

CHARED SWEET CORN £4.50

SEARED PADRON PEPPERS, GARLIC MAYO £5.50

POTATO SALAD, PEA, CUCUMBER & RED ONION £4.50

SKIN ON FRIES WITH DIP £3.50

SALT & PEPPER HALLOUMI FRIES WITH DIP £4.50



Please inform the team of any allergies or dietary requirements

