
CAFE MENU

WE LOOK AFTER OUR TEAM, BECAUSE THEY LOOK AFTER YOU:

- 10% of our net profits are shared with every employee who's been with us 12+ months. The amount is based on hours worked, not salary, to make it fair.
- A discretionary service charge will be added to your bill and 100% of this will be allocated the team. This also applies to any other card or cash tip you leave. All tips are shared out through a system controlled by a team representative.

LIGHT BREAKFAST

Served Monday - Friday 8am - 11am
Saturday - Sunday 9am - 11am

Hot rolls £4.95

(Double up for £5.95)

Bacon
Lorne Sausage
Potato Scone (v)
Black Pudding
Fried Egg (v)
Haggis

Full Scottish £12.95

Smoked back bacon, egg to your liking, sausage,
haggis & black pudding, tattie scone, tomato,
mushroom, beans & sour dough toast

Smoked Bacon & Double Eggs on Sourdough Toast (gfa) £8.45

Eggs Benedict (gfa) £9.95

Glazed ham, poached eggs on toasted muffin,
creamy hollandaise

Eggs Florentine (v, gfa) £9.45

Sauté spinach with nutmeg, poached eggs,
toasted muffin, creamy hollandaise

Eggs Royale (gfa) £12.45

Oak smoked salmon, poached eggs, toasted muffin,
creamy hollandaise

French Toast Bloomer & Maple Syrup (gfa) £10.45

Add crispy bacon £2.00

Smashed Avocado, Double Poached Eggs, Sourdough Toast (v, gfa) £9.95

The Veggie (v) £11.45

Double eggs, Quorn sausage, veggie haggis, tomato,
mushroom & spinach, beans, tattie scone & sourdough toast

SIMPLE SANDWICHES

On soft bloomer bread, house salad & slaw

Add a bowl of homemade soup or fries £2.50

Tuna | Red onion £8.75

Smoked Ham | Piccalilli | Salad £8.75

Cheese Savoury (v) £8.75

With chunky pickle

Cajun Chicken | Spiced Mayo £8.95

PANINIS

Soft toasted baguette, house salad, fries & slaw

Add a bowl of homemade soup or fries £2.50

Cajun Chicken | Spiced Mayo £12.45

Grilled Steak | Caramelised Onion | Mushroom £15.95

Tuna Melt | Red Onion | Cheddar Cheese £12.45

Roast Pepper | Tomato | Basil | Mozzarella £12.45

SIDES

House Fries (v)	£4.25	Baby Mac & Cheese (v)	£5.45
Seasoned Fries (v)	£4.50	Garlic Bread (v)	£4.45
Cajun spice Parmesan truffle Salt and pepper chilli		Garlic Bread with Cheese (v)	£4.95
Battered Onion Rings (v)	£4.75	Whole Grain, Bean & Pepper Salad, Salsa Verde	£4.50
Buttered Mash (v)	£5.00		

STARTERS & LIGHT BITES

Paprika Roast Pepper and Tomato Broth (v, vea, gfa) **£6.45**
Sour cream, herb croutons, basil oil

Crispy Tempura
Chicken £8.95 / Vegetable (v, vea) **£8.25**
Chilli and coriander batter, spiced sesame greens, teriyaki dip

Chicken Liver Parfait (gfa) **£8.95**
Toasted brioche, plum and apple chutney

Roast Pepper Hummus (v, vea, gfa) **£8.75**
Sweet drop peppers, pickled shallot, toasted seeds, endive and herb salad, feta cheese

Crispy Duck Bao Bun **£9.75**
Shredded salad, toasted sesame, teriyaki glaze

Chicken Satay Skewer (gf) **£8.95**
Toasted coconut, coriander and lime salad, satay mayonnaise

MAINS

Classic Mac & Cheese (v, gfa) **£14.45**
Mull cheddar & parsley crumble, garlic ciabatta

Chicken Tikka Butter Masala Curry **£17.95**
Aromatic braised rice, fresh coriander and lime

Fresh Pea and Mint Ravioli (v) **£17.25**
Ricotta and lemon cream, pea shoot and shallot salad

Bang Bang Salad (v, vea) **£14.95**
Spiced corn, chickpea and peppers, shredded salad, rocket and watercress, sriracha mayo

Add Grilled Chicken £3 / Add Sea Bass £5

Sweet Potato & Cauliflower Rogan Josh (v, vea) **£15.95**
Fragrant curry with chickpeas, spinach and yoghurt, aromatic braised rice

Add crispy chicken £3.00

PIZZA

11 inch Sourdough Base, Tomato Ragu, Fleur De Lait Mozzarella & Basil Oil

Neapolitan (v) **£14**
Fresh Mozzarella and Basil

Spicy Pepperoni **£15.50**

Cajun Chicken, Red Onion **£15**

Parma Ham, Fresh Mozzarella, Rocket Leaf **£15**

BURGERS

Brioche bun, crisp lettuce, tomato, house sauce and fries

Classic Prime Beef Burger **£17.45**

Southern Fried Chicken Burger **£16.45**
With Memphis BBQ sauce

Beetroot, Quinoa & Roast Pepper Burger (v, vea) **£15.95**
Veganise, slaw, spicy mayo

Add Bacon £3 | Haggis £3 | Cheese £2 | Onion Rings £2 | Jalapenos £2

DESSERTS

Sticky Toffee Pudding (v) **£8.25**
Vanilla ice cream

Dark Chocolate & Salted Caramel Torte (v, vea, gfa) **£8.25**
Honeycomb, berry compote

Trio of Ice Cream (v, vea, gf) **£6.95**

Banoffee Sundae (v) **£8.45**
Caramelised banana crumb, toffee sauce, vanilla ice cream

Mini Eton Mess (v, gfa) **£5.45**
Crushed meringue, berry compote, Chantilly cream, vanilla ice cream

Frappe Iced Coffee	£4.25
Italian Aroma Espresso Milk Vanilla or Salted Caramel Syrup	
Americano	£3.75
Latte	£3.95
Add: Salted Caramel Vanilla	£0.50
Flat White	£3.95
Cappuccino	£3.95
Espresso	£2.95
Double Espresso	£3.25
Macchiato	£3.45
Mocha	£4.25
Pot of Plantation Tea	£3.75
Choose from: Scottish Brew Camomile Earl Grey Mojito Mint Red Berry Splash Lemon & Ginger Decaffeinated	
Kids Bambinoccino	£1.00
Kids Hot Chocolate	£2.25
 Hot Chocolate	 £4.25
Topped with Marshmallows Cream Maltesers	
Add: Salted Caramel Vanilla	£0.50
 Iced Tea	 £3.45
Choose from: Red Berry Splash Mojito Mint Earl Grey Scottish Breakfast Decaf	
 Classic Signature Milkshakes	 £5.45
Choose from: Chocolate Raspberry Strawberry Vanilla Salted Caramel	

SMOOTHIES

£6.45

Strawberry Split

Strawberry | Banana | Apple Juice

Pash N Shoot

Mango | Pineapple
Passionfruit seedless | Apple Juice

Big 5

Strawberry | Mango | Kiwi | Pineapple
Apple juice

Detox-Zing

Blueberry | Carrot | Ginger
Banana | Courgette | Apple Juice

Spinach to Win It

Broccoli | Mango | Banana |
Pineapple | Spinach | Cucumber

Blueberry Thrill

Banana | Blueberry | Raspberry
| Flaxseeds

Please see our counter for a daily selection of
homemade cakes, tray bakes & protein bars

Big Fluffy Scones

£3.45

Served warm with
jam & clotted cream

Tea or Coffee & Cake

£5.95

Any of our teas or coffee's from our
hot drinks selection with a slice of
home made cake or scone

Freshly Baked Cakes & Tray Bakes from £2.75

HEALTH CLUB

AT BOWFIELD