



Eat in @ Le MUNCH

ALL DAY BREAKFASTS

BIG ONE

2 Eggs, 2 Bacon, 2 Sausage, Beans, Mushrooms, Hash Brown & Toast £9.20

REGULAR

Egg, Bacon, Sausage, Beans, Mushrooms, Beans, Hash Brown & Toast £7.20

THE VEGAN

Vegan Sausage, Mushrooms, Spinach, Beans, Hash Brown, Roasted Tomato & Toast (v) £8.75

All with a choice of White Farmhouse, Malted Brown or Sourdough Toast

Scrambled Eggs on 2 Toasts £4.50

Scrambled Eggs & Avocado on 2 Toasts (v) £6.90

Smashed Avocado & Chili Flakes on Toast or Toasted Muffin £4.90

Eggs Benedict

2 Poached Eggs, Ham & Hollandaise Sauce on a Toasted Muffin £7.90

Eggs Florentine

2 Poached Eggs, Spinach & Hollandaise Sauce on a Toasted Muffin £7.90

Eggs Royale

2 Poached Eggs, Salmon & Hollandaise Sauce on a Toasted Muffin £8.20

2 crepes (v) £4.90

Choice of Nutella / Maple Syrup / Lemon Sugar / Jam / Ice Cream

Porridge (v) £2.90

Choice of Maple Syrup / Golden Syrup / Berries

OMELETTES

(Using 3 Free Range Eggs, served with Side Garnish or Half Baguette with Butter)

Cheese, Ham, Mushrooms, Red Onion, Mixed Pepper or Sweetcorn

1 Item £6.20

2 Items £6.70

3 Items £7.20

French Toast (2) with Maple Syrup (v) £4.45

Add 2 slices of bacon £5.45

2 Toast or Teacake with Butter or Vegan Spread (v) £2.10

With Honey / Jam / Nutella / Golden or Maple Syrup + 50p

Extra Breakfast Items

Egg / Bacon / Sausage / Beans / Grilled Tomatoes / Mushrooms / Hash Brown /
Black Pudding + £1.00

Grilled Halloumi 3 / Avocado / Smoked Salmon + £1.50



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Soup of the day	£5.20
Served with half baguette	
Tomato Bruschetta	£5.75
Fresh tomatoes & Feta Cheese on grilled sourdough	
Club Sandwich	£6.95
Served with homemade Coleslaw & Fries	
Chicken Schnitzel	£6.95
With homemade Coleslaw & Fries	
Chilli con Carne or Chilli non Carne	£7.90
Served with rice or jacket potato	
Lentil Dahl (Vegan)	£7.90
Served with Basmati rice	
Beef Burger	£9.25
Homemade beef burger with blue cheese and Fries	
Chicken Burger	£8.95
Freshly grilled Cajun Spiced Chicken Breast with Mild Cheddar, Spicy tomato relish & Fries	
Vegetarian Burger	£9.75
Homemade Veggie Burger Served with Halloumi, Avocado, Spicy tomato relish & Fries	
Haddock & Spring onion Fishcakes	£8.75
Served on a bed of salad with Yoghurt dressing	
Salmon Salad	£8.95
Smoked Salmon, Avocado & Feta with salad and French dressing	
Prawn Cocktail Salad	£7.45
Served with Avocado and freshly baked baguette	
Sausages & Mash potato	£7.50
with caramelised onions & gravy	
Skin on Fries	£2.45



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SANDWICHES / WRAPS / BAPS / BAGUETTES / PANINIS

	Sandwich / Wrap / Bap	Baguette / Panini
Cheddar Cheese/ Cream Cheese (v)	£3.20	£3.90
Egg Mayo (v)	£3.40	£3.90
Brie / Grilled Halloumi (v)	£3.40	£4.20
Mozzarella, Tomato & Basil (v)	£3.40	£4.20
Avocado (v)	£3.40	£4.20
Hummus & Roast Veg (v)	£3.40	£4.20
Ham	£3.40	£3.90
Chicken (Roasted, Cajun or Coronation)	£3.50	£4.20
Sausage	£3.70	£4.50
Bacon	£3.70	£4.50
Pulled Pork	£3.70	£4.50
Smoked Salmon & Cream Cheese	£3.90	£5.10
Prawn Marie-Rose	£3.90	£5.10
Tuna Mayo	£3.40	£4.20
Smoked Salmon & Avocado	£4.50	£5.70

For toasted Sandwiches + 40p

Extras + 50p

All served with salad of choice

SNACKS

Homemade Sausage Roll	£2.90
Homemade Veggie Roll (v)	£2.90
Homemade Vegan Roll (v)	£2.90
Crisps	£0.70

CAKES

Selection of fresh homemade cakes from £2.50



Children's Buffet
£7.95 per child

Sandwich Platter: Ham, Cheese, Tuna Mayo, Egg, Chicken, Jam

Platter of Assorted Crisps incl. Quavers, Skips, Onion Rings, etc.

Mini Sausage Rolls

Pineapple & Cheese

Fresh Fruit Pots

Platter of Sweet Treats incl. Homemade Traybakes and Biscuits

Jugs of Squash or Apple/Orange juice



COFFEES

Alternative milks: soya, oat, almond & coconut

Espresso	single £2.00	double £2.20
Americano - a strong espresso dipped over hot water	£2.70	
Cappuccino - frothy milk swirled into espresso, dusted with chocolate	£2.70	
Mocha - 1/3 espresso, 1/3 warm milk and 1/3 hot chocolate	£2.70	
Latte - a shot espresso with a healthy covering of hot steamed milk	£2.70	
Flat White - a ristretto shot of espresso with velvety milk, a shorter punchier coffee	£2.70	
Cortado - espresso with equal parts rich espresso and velvety steamed milk.....	£2.70	
Chai Latte - warming spiced milk	£2.70	
add espresso to make it dirty chai?.....	£3.50	
Iced Macchiato - iced milk topped with two shots of espresso	£2.90	
Iced Americano - iced water with a lungo shot poured over ice	£2.70	
Hot Chocolate - hot milk with creamy Cadbury's chocolate	£2.70	
add whipped cream and marshmallows?	£3.10	
Caramel Macchiato - iced caramel coffee shake topped with whipped cream and caramel drizzle..	£2.90	

TEAS

Pot of Tea for 1	£1.50
Pot of Tea for 2	£2.10
Speciality Teas	£1.70

Options : peppermint, mint green, pure green, chamomile, lemon & ginger, cranberry & raspberry, mango & strawberry, blackcurrant & blueberry, st clements

FRESHLY SQUEEZED JUICES

Orange	£3.50
The O.C.G. - Orange, Carrot and Ginger	£4.10
Apple	£3.50
Apple and Ginger	£4.10
The Refresher - lemon, lime, mint and apple.....	£4.10
Iron Man - spinach, apple, lime, cucumber and pineapple.....	£4.10

SMOOTHIES

Wild Thing - Mixed Berries and Apple	£3.70
Mango Tango - Mango, Pineapple and Apple.....	£3.70
Popeye's Punch - Avocado, Spinach, Banana and Apple.....	£3.70
Blimey Limey - Blueberries, Pineapple, Lime and Apple.....	£3.70

MILKSHAKES

Non-dairy options available

Strawberry - made with strawberry ice cream and strawberries	£3.90
Banana - made with vanilla ice cream and bananas	£3.90
Oreo - made with chocolate ice cream and crushed Oreos	£3.90
Malteser - made with chocolate ice cream and crushed Maltesers	£3.90
Cappuccino Frappe - made with espresso, cappuccino frappe and vanilla ice cream	£3.90