

Double handled mugs and easy grip cutlery available at the counter.

Large print menu available - please ask.

**EAST
QUAY**

KITCHEN

FOOD MENU

BREAKFAST - UNTIL 11AM

Baked fruit with yoghurt honey and granola (D, N, G) £6.50

Turkish eggs (G, GFA, E, D, S, may contain So) £10
Two poached eggs, whipped yoghurt, chilli butter, dill, focaccia.

Flatbread with harissa fried eggs (D, SS, E, G, S, may contain N & So) £10.50
Homemade flatbread with red pepper sauce, aubergine and red pepper with harissa fried eggs, topped with pickled pink onions.

Flatbread with harissa red pepper and tomatoes (V, SS, G, S, may contain N & So) £9.50
Homemade vegan flatbread with red pepper sauce, harissa roasted red pepper and cherry tomatoes topped with pickled pink onions.

Stuffed mushrooms (V, GF, S) £9
Stuffed field mushrooms with roasted cherry tomatoes and potatoes with salsa verde.
Add feta (D) or egg (E) +£2

Eggs on toasted sourdough (G, GFA, E, D, S) £8.50
Choose either fried, scrambled or poached.
Add crispy bacon, halloumi (D), mushrooms, Greek-style baked beans (S, C), fried potatoes, or feta (D). +£2

Toasted sourdough with preserves. (G, GFA, D) £5
(vegan butter available).

KIDS' BREAKFAST - UNTIL 11AM

Eggs on toasted sourdough. (G, E, D, S) £7
Choose either scrambled, fried or poached.
Add crispy bacon, halloumi (D), mushrooms, Greek-style baked beans (S, C), fried potatoes, feta. +£2

Homemade waffle (E, D, G, So) £7.50
Choose from yoghurt, honey and baked fruit OR banana and chocolate sauce OR squirty cream and toffee sauce

BREAKFAST COCKTAILS

Bloody Mary (C, M, G) £6
Black Cow vodka with Big Tom and celery.

Mimosa (S) £6
Prosecco with orange juice.

CAKES

Changes weekly/daily. £3.75
See selection on counter.
See signs or ask staff for allergens.

We are working to make the Kitchen as sustainable as possible. This includes reducing the meat and fish on our menu, increasing the vegetarian and vegan options and choosing our suppliers carefully - and challenging them to go further. We consider the whole life cycle of products and seek to have positive benefit wherever possible.

Allergies - menu items may contain or come into contact with allergens including celery, cereals containing gluten, crustaceans, eggs, fish, milk, molluscs, mustard, peanuts, sesame and soybeans. Please speak to the staff for additional details of all allergens on today's menu. Our fryers are used to cook items containing allergens including dairy and gluten.

We can also make several of the dishes without gluten if required, as indicated by G, GFA please do ask and we will do what we can to help.

V = Vegan

D = Contains dairy

G = Contains gluten

N = Contains nuts

E = Contains eggs

SS = Contains sesame

So = Contains soya

S = Contains sulphites

C = Contains celery

M = Contains mustard

F = Contains fish

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 GFA = Gluten free option available, please ask

EAST QUAY

KITCHEN

LUNCH SERVED 12 NOON - 3PM

STARTERS

Begin with a starter, or for a lighter meal, select 2-3 to share. Additional dishes may be ordered at any time.

Beetroot hummus (SS, So, GFA) £6.50
Homemade beetroot hummus topped with chopped mint and served with homemade focaccia.

Roasted cauliflower with chilli crisp (SS, V, GF) £8
Saffron roasted cauliflower wedges topped with tahini dressing and chilli crisp.

Pork and fennel seed meatballs (D, SS, GF) £10
Pork meatballs with fennel seeds served with creamy, fennel and dill sauce.

Leek and cheddar rarebit (D, S, G, M, SS) £9
Toasted sourdough with leek and cheddar rarebit, topped with chickpea dukka and served with apple chutney.

Jerusalem artichoke (M, V, GF) £8.50
Pan fried Jerusalem artichoke with vegan black garlic aioli.

MAINS

Merguez sausage and mash (D, S, G, C, may contain E, M) £16
Spiced lamb and beef merguez sausage with buttery mash, Roscoff onion and red wine gravy.

Palestinian lentil and aubergine stew (C, S, SS, V, may contain G) £14
Lentil, aubergine and pomegranate stew served with rice and winter salad.

Celeriac and squash gratin (D, E, S, GF) £13
Butternut squash, celeriac and thyme gratin with cream and parmesan served with winter salad.
 Add focaccia +£2

Falafel burger (G, S, M, V) £14
Homemade sweet potato falafel burger served with vegan mayo, pickles, salad and fries.
 Add halloumi +£2

Goat's cheese flatbread (G, So, D, E, S) £15
Homemade flatbread with red pepper, artichoke hearts, caramelized red onion, rocket and breaded goat's cheese.

SIMPLE KIDS' MEALS

Pizza toast (GFA, S, D) Small £6
Cheese and tomato on sourdough toast Large £10

Pasta served with pesto or tomato sauce, and grated cheese or parmesan. (G, N, D, S, E) £7

Cheese on toast. (G, GFA, D) Small £5
(add pickles for 50p) (S, may contain SS) Large £9

Greek beans on toast. (S, C, G, GFA, V) Small £5
 Large £9

SIDES

Skin on fries, rosemary salt. (V) £4.90

Skin on fries, parmesan, aioli, truffle oil. (D, E, M) £6

Skin on fries with melted cheddar. (D) £5.80

Coriander and confit garlic coated fries with chilli oil (V) £6

Focaccia with olive oil and balsamic vinegar (G, So, V, S) £4

Olives. (V, GF) £4

ICE CREAMS & SORBETS

Ice cream sundae (D) £5.50

Two scoops of ice cream with whipped cream and chocolate sauce. Ask for flavours and allergens.

Three scoops of sorbet. (V).
Passion fruit, mango or lemon. (all Vegan) £5.50

Affogato (D) £5
Two scoops of vanilla ice cream with espresso.

Double handled mugs and easy grip cutlery available at the counter.

Large print menus available on request.

DRINKS MENU

COFFEES* (cow or oat milk available)

Wellington-based Brazier Coffees use hand-roasted speciality grade beans, establishing direct, lasting relationships with their growers, meaning their coffee is easily and fully traceable.

All available decaffeinated

Espresso	£2.90
Macchiato	£2.90
Americano	£3.10
Flat white	£3.40
Cappuccino	£3.80
Latte	£3.80
Mocha	£3.90

COLD DRINKS

Iced latte	£3.80
Add whipped cream/caramel or vanilla syrup +80p	
Luscombe Sparkling Elderflower	£3.80
Luscombe Sicilian Lemonade or Hot Ginger Beer	£3.80
Luscombe Orange Juice	£3.80
Herby4 local apple juice	£3.80
Coca-cola/Diet coke/ R White's Lemonade	£2.50
Kids' squash	Free
Apple chaider (spiced Somerset apple juice)	£3.80
<i>Please note we do not sell bottled water but we can provide still tap water or sparkling tap water for free.</i>	
Sparkling cordial	£3.00
Pomegranate, passion fruit, peach or strawberry shrub cordial with sparkling water.	

TEAS*

Exmoor Tea Company produce ethically-sourced, high-quality, local, organic and plastic-free teas, with a share of profits donated to nature and heritage conservation projects on Exmoor.

Breakfast tea	£2.80
An ethical blend of the finest Rwandan & Assam teas	
Decaf	£2.80
Naturally decaffeinated and chemical free	
Earl grey	£2.90
A bright & lively ethical blend of the finest black tea, bergamot oils, orange zest and flower petals	
Moorish mint	£2.90
Peppermint, spearmint, fennel and rich, indulgent cocoa shell	
Chamomile	£2.90
Floral chamomile, refreshing lemon balm and sweet, earthy honeybush	

Green tea	£2.90
An ethical green tea infused with the delicate flavour of jasmine	
Fruity Fusion	£2.90
Zingy apple and rosehip with vibes of sweet Liquorice	
Charming Chai tea	£2.90
A warming blend of the finest black tea and warming spices and turmeric	

OTHER HOT DRINKS*

Refuge Regular or Orange Hot chocolate	£3.80
Add marshmallows & whipped cream	+80p
<i>Supports survivors of human trafficking.</i>	
Spiced chai latte	£3.90
Hot apple chaider (spiced Somerset apple juice)	£3.80
Babycino	Free
Warm milk in an espresso cup	

BAR MENU

WINE LIST

We have worked hard to source the most delicious, ethical wines available. All available as bottles, some by glass in the following measures:
Small (125ml), Medium (175ml), Large (250ml).
V = Vegan, O = Organic.

WHITE WINES

Les Anges Sauvignon Blanc, Loire, France, 11.5%

Reminiscent of a Sancerre, yet half the price!
Elegant and refreshing with bursts of aromatic green fruit, elderflower and a touch of minerality.
Excellent citrusy acidity keeps it very fresh and carries the flavour a long way.
Bottle £25, Glass: £6 / £7.50 / £8.80

Floralba Pinot Grigio, Italy, 11%, V

A crisp refreshing Pinot from Sicily, pale straw colour with delicate melon, green apple and citrus flavours. Smooth and easy drinking..
Bottle £25, Glass: £6 / £7.50 / £8.80

Blanco Rioja Bodegas Bagordi, Spain, 12.5%, O, V

Intense aromas of ripe citrus complemented by floral accents. Fresh and vibrant with a slight sharpness.
Bottle £29, Glass: £6.80 / £8.40 / £10.50

ROSE WINE

La Voile Rose, France, 12.5%

Delicate, pale pink in colour showing flavours of ripe red cherries and strawberry. Could easily be mistaken for a Provence Rosé.
Bottle £25, Glass: £6 / £7.50 / £8.80

ORANGE WINE

'If You Know You Know' Orange wine, France, 13%, V
A light orange wine with scents of bitter Seville marmalade, dried flowers and nutty nuances which continue onto the palate with fresh acidity and gingery spice notes leading to a complex finish.
Bottle £35, Glass: £7.50 / £9.50 / £12.50

RED WINES

Bodegas Bagordi Rioja Tinto, Spain, 14%, O, V

Deep purple red. Youthful red and black fruits with a background of mocha and vanilla and good structure.
Bottle £25, Glass: £6 / £7.50 / £8.80

Chianti Duca de Saragnano, 13%

Bouquet of violets, forest berries and cherries. Dry and fresh with subtle hints of spice.
Bottle £28, Glass: £6.50 / £8 / £9.50

Le Bio Balthazar Minervois, France, 13.5%, O

A deep garnet red hue with purple hints. The nose is complex and rich with rosemary, blackcurrant and black cherry aromas. Full and smooth in the mouth with a well balanced, balanced finish.
Bottle £29, Glass: £6.80 / £8.40 / £10.50

SPARKLING WINE

Proverbio Prosecco Extra Dry, Italy, 11%, O, V

Soft on the palate, offering refreshing acidity with lots of apple, apricot and ripe banana flavours. There is a steady stream of persistent bubbles and a well-refined finish.
Bottle £34

Vallformosa 0% Alcohol Sparkling, Spain, 0%, V

Delightfully clean and crisp. Pear and apple give way to more tropical fruits on the nose and a delicate palate of more tropical fruits and pleasant sweetness.
Bottle £19

BAR MENU CONT/

CIDERS

Sheppy's Cider Dabinett Apple, 6.5%, medium 500ml bottle	£5.80
Sheppy's Cider Kingston Black, 6.5%, dry 500ml bottle	£5.80
Sheppy's Cider Raspberry, 3.4% 500ml bottle	£5.80
South West Orchards Cider, 5%, medium 500ml bottle	£5.60

BEERS

Asahi, 5%, on draught	
Pint/half-pint	£5.40/£2.70
Asahi shandy (pint only)	£5
Exmoor Gold, 5% 500ml bottle	£5.80
Estrella Damm beer, 4.6%, 330ml bottle	£4.60
Peroni Gluten Free, 5.1% 330ml bottle	£4.60
Budvar non-alcoholic beer 330ml bottle	£4.30
Erdinger non-alcoholic beer 500ml bottle	£4.80

COCKTAILS

Aperol spritz	£8.50
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SPIRITS - All 25ml unless stated

Black Cow Vodka, 40%	£3.50
Wicked Wolf Gin, 42%	£4
Oban Single Malt Whisky, 43%	£5
Monkey Shoulder Blended Malt Whisky, 40%	£3.20
Glenmorangie, 40%,	£3.50
Old J Spiced Rum, 35%	£3

TONICS / MIXERS

Fever Tree Tonic Waters Tonic/Light/Mediterranean	All £2.50
Big Tom tomato juice	£2.50
Coke/Diet Coke/Lemonade	£2.50

INFORMATION ON OUR SUPPLIERS

We do our best to hand pick all our providers based on flavour and ethics. Our key suppliers are below.

Brazier Coffee: The blend we use includes beans from the Rwandan Kinini Cooperative, set up to empower Rwandans affected by the genocide in conjunction with 'A New Beginning' foundation. Uses natural fermentation to reduce water use. Brazier also supply us with stone ground, sourdough bread.

Exmoor Tea Company: High-quality, local, organic and plastic-free. A share of profits is given to support CareMoor nature and heritage conservation projects on Exmoor. Fruit tea changes with the seasons.

Refuge Hot Chocolate: Every purchase supports survivors of human trafficking in Northern Ireland and uses the best ethically-sourced ingredients.

Luscombe Farm: Luscombe is a Devon-based farm, providing small batch, organic, artisanal drinks.

Herby4: Small Bicknoller based partnership, providing us with delicious small batch apple juice and chaider.

Sarah and Steve's Olive Oil: Olives hand picked by Watchet's Sarah and Steve from their olive grove in Spain.

Somerset Farm House: Williton based family butchers providing us with the majority of our meat and cheese products.

ALLERGIES

Menu items may contain or come into contact with allergens including celery, cereals containing gluten, crustaceans, eggs, fish, milk, molluscs, mustard, peanuts, sesame and soybeans. Please see the key above to identify allergens. Our fryers use rapeseed oil and are used to cook items containing allergens including dairy and gluten.

We can also make several of the dishes without gluten if required, please do ask.

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GFA = Contains gluten but a gluten free option is available, please ask for information.