

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 hummus, 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 hummus, 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.

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

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SS = Contains sesame

So = Contains soya

S = Contains sulphites

C = Contains celery

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

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EAST QUAY

KITCHEN

LUNCH SERVED 12 NOON - 3PM

MEZZE

We recommend 2-3 dishes per person.

Additional dishes may be ordered at any time.

Hummus with jalapeños (SS, G, So, S, GFA, V) £7
Homemade hummus topped with jalapeño and olive oil served with homemade focaccia.

Whipped feta with beetroot (D, G, So, GFA) £7.50
Whipped feta topped with beetroot and toasted seeds served with homemade focaccia.

Charred corn and courgette salad (SS, D, GF) £8
Charred corn, courgette and rocket salad with lime yoghurt, chilli and za'atar. Add halloumi +£2

Squash and buckwheat salad (SS, V, GF) £9
Salad of roasted squash, kale, buckwheat and chickpeas with tahini and zhoug. Add halloumi +£2

Spiced lamb patties (E, M, may contain SS, GF) £11
Spiced lamb patties served with kohlrabi, radish and apple slaw.

Harissa carrots with labneh (D, may contain N, SS, GF) £9
Roasted heirloom carrots with harissa glaze and preserved lemon served on homemade labneh topped with crispy chickpeas.

New potatoes with tahini and harissa (SS, may contain N, V, GF) £9
Crispy new potatoes with harissa dressing, tahini and spring onions. Add halloumi +£2

Hot honey halloumi (D, SS, GF) £10
Halloumi with hot honey, chilli, black sesame seeds and spring onions.

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

MAINS

Squash and chickpea nourish bowl (So, S, C, may contain N & SS, V, GF) £14
Chickpea stew, roasted squash, griddled courgette, rocket and pickles with coriander dressing and shredded tofu. Add halloumi +£2

Smoked mackerel on toast (G, F, D) £13
Spiced and charred smoked mackerel fillet on sourdough, rocket, fennel and cucumber salad.

Chicken shawarma flatbread (G, S, So, M) £15
Homemade flatbread with chicken shawarma, red peppers, salad and pickles with an amba dressing. Add halloumi +£2

Harissa roasted aubergine (C, may contain N, SS, V, GF) £14
Black lime chickpeas with harissa roasted aubergine and buckwheat with pomegranate seeds. Add halloumi +£2

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

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). £5.50
Passion fruit, mango or lemon. (all Vegan)

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, oat or soya 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/Coke zero/ R White's Lemonade	£2.50
Kids' squash	Free
Apple chaider (spiced Somerset apple juice)	£3.80

Please note we do not sell bottled water but we can provide still tap water or sparkling tap water for free.

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

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

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

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.

Melters 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 chaidier.

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

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

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