# **Breakfast Time**

Breakfast is served every day from 9.00 am until 11.30am



## The best start to the day

The best start to the day			
Full English breakfast Bacon, sausage, black pudding, tomato, hash brown, mushrooms, beans, and fried egg served with toast (no substitutes)	£11.95	<b>Tarragon mushrooms and spinach on toast</b> Served on white or granary	£8.95
, 00		Breakfast club sandwich	£8.95
Gluten free full English breakfast	£11.95	Bacon, sausage, fried egg and cheese served on white or granary	
Two bacon, mushrooms, beans, tomato and two fried eggs served			
with gluten free toast (no substitutes)		Granola bowl	£7.95
		Luxury granola with compote, Greek yogurt and seasonal fruit.	
Veggie and vegan full English breakfast	£11.95		
Vegan sausage, mushrooms, tomato, beans and sauté potatoes,		Avocado and poached eggs on toast	£9.25
with or without fried egg served with toast (no substitutes)		Add halloumi for £2.75 extra.	
Buttermilk pancake stack	£10.25	Sausage, cheese and hash brown wrap	£8.95
Four buttermilk pancakes served your choice of:			
<ul><li>Bacon, maple syrup and fresh blueberries</li><li>Nutella spread, chopped banana and whipped cream</li></ul>		Some lighter options	
		White or granary toast with butter and preserve	£2.95
Steak and eggs	£12.95		
Rump steak served with two fried eggs and sauté potatoes		Filled warm croissant with ham and cheese	£6.25
Bacon and poached eggs on crumpets	£9.95	Warm croissant with butter and preserve	£3.50
Topped with hollandaise sauce			
	£8.95	Toasted teacake with butter and preserve	£2.95
Pesto poached eggs on sourdough toast	20.93	Do oon on governo to acted conduish	C6 0=
With a tomato salsa		Bacon or sausage toasted sandwich	£6.95
Add something extra to your breakfast		Egg on toast	£6.95
Sausage or bacon - £1.50, all other items - £1.00		Scrambled, fried or poached	70
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## **Lunch Time**

Lunch is served every day from 11.30am until 4.30 pm



### Baked and toasted

<b>Breakfast burger</b> Bacon, sausage, fried egg and hash brown in a brioche bun served with sauté potatoes	£10.95
<b>Open steak ciabatta</b> Served with garni and béarnaise sauce	£12.75
Homemade quiche of the day Served with a side salad garnish - ask our team for today's quiche	£11.50
Baked jacket potato Choice of tuna and cheese or cottage cheese and chive topping	£9.95
Toasted club sandwich Chicken, bacon, lettuce, tomato and mayonnaise	£10.50
Warm hunters chicken wrap Chicken, bacon, cheese & BBQ sauce with a fresh side salad	£10.50
<b>Traditional Welsh rarebit</b> Served on sourdough bloomer bread with a red cabbage coleslaw	£9.50
Sweet chilli halloumi, red pepper and onion toasted sandwich	£10.50
Warm brie, bacon and cranberry baked ciabatta	£9.95
Goats cheese and red pepper omelette	£10.50
Hummus crunch and salad wrap	£7.95

### Sandwiches and soup

Sandwiches served on white, granary or gluten free bread £6.50

- Tuna mayonnaise and cucumber
- Cheddar cheese and onion chutney
- Egg mayonnaise
- Ham and English mustard

Add a cup of soup to your sandwich for £2.95

Soup of the day

Served with warm ciabatta - ask our team for today's soup

### Salads

Warm breast of chicken Caesar With mixed seasonal salad, bacon and Caesar dressing	£10.50
<b>Prawn Marie Rose and avocado</b> With roasted paprika chickpeas, brown bread and butter	£12.25
Sweet chilli halloumi, rocket and mango	£10.50
Goats cheese, beetroot and walnut	£10.50

Add a side order of fries to any dish for £3.00

# **Drinks**



The finest coffee		Loose leaf tea	
Americano	£3.20	English breakfast	£2.95
Cappuccino	£3.80	Decaf option also available	£2.95
Latte	£3.80	Earl grey	£2.95
Flat white	£3.80	Peppermint	£2.95
Mocha	£3.90	Chamomile	
Double espresso	£3.00	Tropical green	£2.95
Macchiato	£3.00	Lemongrass and ginger	£2.95
Chai latte	£3.80		£2.95
Dirty chai	£4.00	Berry wellness organic	
Iced latte	£3.80		
Iced americano	£3.20	Hot chocolate	
Iced mocha  Add an extra shot for £1.25  Soya, coconut, almond and oat milk options  All coffees available as decaf on request  Add caramel, vanilla, pumpkin, hazelnut or coconut syrup for 60p	£3.90	Luxury hot chocolate  Soya, coconut, almond and oat milk options  Add cream for 20p, add marshmallows for 25p  Add caramel, vanilla, pumpkin, hazelnut or coconut syrup for 60p	£3.70

Love our coffee? Buddy blend is available in bean and ground bags to enjoy at home for £9.50 \_

# Little Cyclists

Breakfast is service from 9.00 am until 11.30 pm. Lunch is served from 11.30 am until 4.30 pm.

The breakfast menu				
Mini English breakfast - Bacon, egg, sausage, beans and toast				
Crumpets with butter and strawberry jam				
Beans on toast topped with cheese				
Warm honey and banana waffle				
Boiled egg and soldiers	£3.25			
Peanut butter on toast				
Porridge and honey - add blueberries for £1.00				
The lunch menu				
<ul> <li>Sandwiches served on white, granary or gluten free bread</li> <li>Tuna mayo</li> <li>Ham</li> <li>Jam</li> <li>Cheese</li> </ul>				
Chicken nuggets, baked beans and fries	£5.75			
Fish finger and fries in a burger bun				
Sausage, baked beans and fries	£5.75			

#### Something to drink £3.00 Child's hot chocolate Soya, coconut, almond and oat milk options Add cream for 20p, add marshmallows for 25p Add caramel, vanilla, hazelnut or coconut syrup for 60p **Selection of juices** £1.85 Cranberry Orange Apple Cordial and water £1.60 Blackcurrant Orange **Babycino** £1.60





#### **Business information**

The Blue Bicycle is a trading name of PMcD Catering Limited registered in England & Wales reference 11648478.

All prices inclusive of 20% VAT. VAT number GB 339 1907 82.

10 The Cross, Neston, CH64 9UB 0151 336 3970 thebluebicycle.co.uk

#### WiFi information

Name: The Blue Bicycle Guest

### Vegetarian, vegan and gluten free

We pride ourselves on our dishes being fresh and we can alter most of our meals to be vegetarian, vegan or gluten free.

Please speak to our team to discuss what we can provide for you.

We also always have a selection of gluten free cakes and bakes on show at the main counter.

### Dietary requirements

If you have a food allergy or special dietary requirement, please speak to a member of staff before you order.

It is not possible to guarantee the area of preparation has not been used to prepare a dish that contains one of the 14 allergens.

For example, a dish may not contain nuts but could have a trace of nuts present.