

BREAKFAST MENU

Served until 11.30 am Monday – Friday
And until 12am on a Saturday

All Our Food is Cooked Fresh to Order.

All Our Juices and Smoothies are made from Fresh Fruit and Vegetables

BREAKFAST

Lorne Steak Sausage , Heinz Beans,
2 Rashers of Back Bacon
2 Free Range Fried Eggs with
2 Slices of Wholemeal or White Toast £7.95

VEGETARIAN BREAKFAST

Wilted Spinach, Mushrooms,
2 Free Range Fried Eggs, Tomato, Avocado
with 2 Slices of Wholemeal or White Toast £7.95

Bacon and Banana Muffin

Back Bacon with Sauteed Banana served
On an Oven Bottom Muffin £5.25

VEGAN OPTIONS

BREAKFAST

Wilted Spinach, Mushrooms, Tomato
Heinz baked beans, Avocado and 2
Slices of Wholemeal Toast with Pure Spread. £7.95

Avocado on 2 Slices of Wholemeal Toast £4.95

Heinz Beans on 2 Slices of Wholemeal Toast
with Pure Spread. £3.50

2 Slices of Wholemeal Toast and Pure
Spread with Jam or Marmalade £2.45

Peanut Butter and Jam on 2 Slices of
Wholemeal Toast £3.45

Fresh Fruit Salad Bowl £3.95

FRUIT & NUT SMOOTHIE

Apple, Banana, Strawberry, Raspberry
and Pecan Nuts £3.75

PLEASE INFORM YOUR SERVER IF YOU ARE VEGAN

BREAKFAST IN A GLASS

Banana ,Apple , Raspberry Strawberry
and Muesli £3.75

FRESH FRUIT SALAD BOWL

Served With Bio Yoghurt & Honey £3.95

HOT BACON ROLLS & MUFFINS

Choose from White , Wholemeal or Granary Rolls

Bacon £4.25
Bacon Sausage & Egg £5.95
Sausage £4.50
Bacon & Sausage £5.50
Bacon & Egg £4.75

Toasted Teacake with Butter £2.45

2 Slices of White or Wholemeal Toast
and Butter with Jam or Marmalade £2.45

Poached , Scrambled
or Fried Eggs on White or Wholemeal Toast £4.50

with Wilted Spinach £5.50

Avocado on White or Wholemeal Toast £4.95

with Scrambled or Poached eggs £6.45

Cheddar Cheese on White or Wholemeal Toast £4.95

Heinz beans on White or Wholemeal Toast £3.50

LUNCH MENU

SIGNATURE SANDWICHES

Served with Fresh Side Salad, Our Homemade Coleslaw & Pipers Crisps

Hand Cut Wiltshire Ham, Avocado, Beetroot Chutney & Cress	£7.50
Free Range Chicken, Cold Crispy Bacon and Avocado	£7.95
Hummus, Grilled Red Peppers with Rocket or Spinach	£5.95
Homemade Coronation Chicken with Rocket	£6.50
Free Range Egg Mayo and Cold Crispy Bacon	£6.95

ON TOAST

Beans (vegan)	£3.50
Cheddar Cheese	£4.95
Avocado (vegan)	£5.25

HOT BACON ROLLS & MUFFINS

Bacon or Sausage	£4.50
Bacon or Sausage with an Egg	£4.95
Sausage and Bacon	£5.50
Bacon, Sausage and Egg	£5.95

SPECIAL HOT SANDWICHES & ROLLS

Served with a Fresh side salad and Our Homemade Coleslaw.

Bacon, Chicken and Avocado	£7.95
Bacon, Spinach and Avocado	£7.25
Bacon, Lettuce and Tomato	£6.75
Bacon, Chicken and Spinach	£7.25

OVEN BAKED JACKET POTATOES

Served with a Fresh Side Salad and Our Homemade Coleslaw.

Homemade Chilli Con Carne	£7.25	Cottage Cheese	£6.25
Prawns in Marie Rose Sauce	£7.95	Heinz Baked Beans	£5.95
Grated Cheddar Cheese	£6.25	Tuna & Cheese	£7.95
Cheese & Coleslaw	£6.95	Cheese & Beans	£6.95
Tuna, Sweetcorn & Red Onion	£6.95	Chilli & Cheese	£7.95

Homemade Chicken Makhani £7.25

OUR TOASTED WRAPS

Served with a Fresh Side Salad and Our Homemade Coleslaw

Cheshire Cheese ,Onion Chutney & Fresh Apple	£6.50
Tuna ,Cheese & Onion	£6.95
Hand Cut Wiltshire Ham ,Cheese, & Chilli Relish	£7.25
Free Range Chicken, Bacon & Spinach	£7.25
Hand Cut Wiltshire Ham ,Brie and Cranberry	£7.25

TOASTED SANDWICHES & PANINIS

served with a Fresh Side Salad and Our Homemade Coleslaw.

Cheese & Beans	£5.95
Tuna, Cheese & Red Onion Melt	£6.95
Cheese & Tomato or Onion	£5.95
Ham, Cheese, Pineapple	£6.95
Cheshire Cheese, Red Onion Chutney & Fresh Apple	£6.50

SANDWICHES , WRAPS & ROLLS

Served with Fresh Side Salad, Our Homemade Coleslaw and Pipers Crisps

Tuna, Sweetcorn & Red Onion	£5.95
Cheshire Cheese & Apple Chutney	£5.95
Cheddar Cheese & Red Onion Chutney	£5.95
Prawns in Marie Rose Sauce	£6.95
Prawns in Marie Rose Sauce & Avocado	£7.95
Free Range Egg Mayo & Watercress	£5.95
Free Range Chicken & Avocado	£6.95
Free Range Chicken & Cold Crispy Bacon	£6.95
Hand Cut Ham & Mustard Or Apple Chutney	£6.25
Hand Cut Ham, Egg Mayo & Watercress	£7.50
Hand Cut Ham, Cheddar Cheese & Red Onion Chutney	£7.25
Hand Cut Ham, Cheshire Cheese & Apple Chutney	£7.25

HOMEMADE SOUP

Served with a Roll & Butter, Granary, Brown or White £4.50

Served with a Roll & Hummus, Granary, Brown or White £4.95

All our soups are suitable for vegetarians & vegans

OUR SIGNATURE SALAD £8.95

Free Range Chicken, Hand Cut Wiltshire Ham, Free Range Egg
& Cheddar, Cheshire or Cottage Cheese

FRESHLY MADE SALADS

Mixed Lettuce, Cucumber, Red Onion, Celery, Vine Tomato,

Sweetcorn, Fresh Beetroot & Our Homemade Coleslaw

Free Range Chicken & Crispy bacon	£7.95
Prawns in Our Homemade Marie Rose Sauce	£7.95
Cheddar or Cheshire Cheese	£6.75
Free Range Chicken, Crispy Bacon with Avocado	£8.95
Hand Cut Wiltshire Ham and Free Range Sliced Egg	£7.95
Hand Cut Wiltshire Ham	£7.25
Prawns in Our Marie Rose Sauce with Avocado	£8.95
Homemade Coronation Chicken	£7.25
Free Range Chicken with Avocado	£7.95

VEGAN OPTIONS

Sandwiches served on Granary Bread, Brown Roll or Granary Roll with Pure Spread and a Fresh Side Salad

Hummus and Roasted Peppers with Rocket or Spinach	£5.95
Peanut Butter and Strawberry Jam	£5.50
Avocado with Hummus and Salad	£5.95
Homemade Soup of the day (see specials board)	
Oven Baked Jacket Potato with Baked Beans and Salad	£5.95
Fresh Fruit Salad	£3.95
<u>Mediterranean Salad Bowl</u>	£7.95

Mixed leaves, cucumber, cherry tomatoes, red onion, peppers, mixed beans, olives and avocado dressed with extra virgin olive oil

PLEASE INFORM YOUR SERVER IF YOU ARE VEGAN

ALL PRICES INCLUDE VAT

Credit/Debit Card Payments Accepted



DRINKS & CAKES

Toasted Teacake with Butter £2.45

Fruit Scone with Butter & Jam £2.95

All our juices and Smoothies are made with fresh fruit and vegetables

Fresh Fruit Smoothies & Juices £3.50

BANANA BOOST

Banana, Strawberry & Orange

BLACK BEAUTY

Blackberry, Banana & Apple

SUNSHINE

Mango, Orange & Strawberry

YELLOW PEARL

Apple, Mango, Pineapple

BLUEBERRY DELIGHT

Blueberry, Strawberry & Orange

GREEN GODESS

Apple, Carrot & Spinach

FIREBALL

Apple, Beetroot, Fennel & Ginger

DETOX

Beetroot, Carrot, Apple & Ginger

SUPERCHARGED

Apple, Carrot, Pineapple & Ginger

BERRY ACTIVE

Apple, Banana, Blueberry & Raspberry

JUMPSTART

Apple, Carrot, Ginger, Lime & Orange

VITAMIN C

Orange, Grapefruit, Lemon & Lime

Breakfast in a Glass £3.75

Muesli, Apple, Strawberry, Raspberry & Banana

Our Favourites £3.50

TUTTI FRUTTI

Apple, Pear, Pineapple & Strawberry

GREEN MONSTER

Pear, Spinach, Lime & Ginger

SPICE KICK

Apple, Banana, Cinnamon & Ginger

ON THE GO

Beetroot, Carrot, Strawberry & Orange

ENERGISE

Apple, Mango, Pineapple & Spinach

HOMEMADE CAKES

Victoria Sponge with Jam and Butter Cream £2.75

Dairy and Gluten free Homemade cakes

Lemon, Blueberry, Almond & Polenta £2.75

Orange & Almond £2.75

Strawberry Cream Scone £3.95

Hand Made Scone with Fresh Strawberries, Clotted Cream & Strawberry Jam.

Dairy Smoothies £3.50

Banana, Blueberry, Bio Yoghurt & Milk

Banana, Mango, Pineapple, Bio Yoghurt & Milk

Banana, Strawberry, Bio Yoghurt & Milk

Honey, Mint, Raspberry, Bio Yoghurt & Milk

Banana, Maple Syrup, Pecan Nuts, Bio Yoghurt & Milk **£3.75**

Real Milk Shakes £3.50

Made With Dairy Ice Cream, Fresh Fruit & Milk

Banoffee	Vanilla	Strawberry	Chocolate
Chocolate & Banana		Chocolate & Strawberry	
Vanilla & Strawberry		Vanilla & Banana	
Strawberry & Banana			

Iron Bru £1.50

Diet Coke £1.50

Coke £1.50

Sparkling or Still Mineral Water £1.50

Glass of Milk £1.50

Hot Drinks

	<u>Regular</u>	<u>Large</u>
Espresso	£1.70	£2.20
Americano	£2.20	£2.60
Cappuccino	£2.35	£2.75
Latte	£2.60	
Flavoured Latte	£2.95	
Mocha	£2.95	
Hot Chocolate	£2.95	
Breakfast Tea	£1.95	
Earl Grey	£1.95	
Decaf Tea	£1.95	
Selection of Fruit and Peppermint teas	£1.95	
Add syrup or extra shot 40p		Decaf coffee 20p

ALL PRICES INCLUDE VAT

www.fruititionuk.co.uk



Credit/Debit Card Payments Accepted

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