



Café daytime menu
Breakfast.....until 11.30am

Choose from:~

2 Eggs, 2 rashers smoked back bacon, mushrooms,
2 Cumberland sausage, grilled tomatoes, 2 hash browns, 2 veggie sausages.

Any 3 items £4.35

Any 4 items £5.05

Any 5 items £5.75

All served with a thick slice of granary toast.

We offer 2 breakfast 'deals', any other 5 items breakfast charged as above.

Wilf's Big 'Meaty' Breakfast

2 eggs, 2 rashers smoked back bacon, 2 Cumberland sausages, grilled tomatoes,
mushrooms, and a thick slice of toast, plus tea or coffee. £6.30

Wilf's Big 'Veggie' Breakfast

2 eggs, double mushrooms, grilled tomatoes, 2 hash browns, 2 veggie sausages,
and a thick slice of toast, plus tea or coffee. £6.30

Snacks

Fresh Croissant with Jam and Butter £1.20

Toast - A thick slice of granary bread with jam / marmalade and butter £1

2 Crumpets toasted with butter & jam £1.20

Toasted T-cake with jam £1.35

Sultana & Banana bread-gluten free-toasted £1.35

B.L.T. £3.70

Smoked bacon, lettuce and tomato topped
with Mayonnaise in a ciabatta bread roll.

Our own Veggie Burger ~served in a soft bun
with a lettuce, tomato & special tomato relish.

Plain ~ £3.70, Cheese ~ £3.95, Spicy ~ £3.95

Cheesy spicey ~ £4.15

Bacon or Sausage Butty £3.10

Double Egg Butty £3.10

Bacon & Egg Butty £3.50

Garlic bread - A hot soft bun oozing with a garlic & herb butter £1.75

Garlic & cheese bread. Even better! £2.25



Hot Stuff!

Soup £3.50

Freshly made & served with our own Crusty Soft Grain Bread

Wilf's famous Veggie Chilli £5.75

served with a topping of cheese, warm pitta bread, salad leaves and a selection of our salads - (Very tasty but not too hot!)

Hot Chicken Salad £6.60

Pan fried chicken with a hint of lemon served on a thick slice of our own tomato bread topped with fresh basil mayonnaise, and a selection of our salads.

Wilf's Rarebits

A Thick Slice of Toasted Granary Bread with loads of melted cheddar cheese, served with a selection of salads plus the following extra toppings.

Plain - £4.95, 1 topping - £5.75, 2 toppings - £6.25

Toppings : Cheddar cheese, Veggie chilli, Tuna mayo, Crispy bacon, Fried mushrooms, Roasted Mediterranean veggies.

Hot Jacket Spuds

~Just Plain with (or without!) Butter £3.40

~With 1 filling £4.20

~With 2 fillings £4.70

Fillings: Cheddar cheese, Veggie chilli, Homemade coleslaw, Homemade hummus, Tuna mayo, Crispy bacon, Baked beans, Fried mushrooms, Prawns in a marie rose sauce, Cottage cheese, Roasted Mediterranean veggies.

Check out our daily 'Specials' Board.

We always have atleast one extra Veggie, Meaty and Fish dish from £6.60

Salads

Wilf's Salad bowl £4.25

A selection of todays salads with crusty bread.

Hummus salad £4.75

As above but with a generous helping of homemade hummus served with warm Pitta Bread.

Prawn Salad £5.25

As 'Wilf's salad' plus prawns in a cocktail sauce served with our crusty brown bread.

Greek Salad £4.75

A classic dish of feta cheese, black olives, cucumber and tomato, served with a thick slice of our own tomato bread

Side salad £2.20

Salad leaves and our crunchy salad, (no bread).

Extras!

A chunky slice of locally baked granary bread and butter 75p

Soft roll and butter £1



Sandwiches

A ciabatta roll filled with a choice of the following fillings and served with a small side salad & mayo
~ Cheese, tuna, chicken, hummus, prawns, ham - £3.45

See the Daily 'Specials' board for the
Hot Sandwich special from £4.95

Gluten Free

Café made gluten free bread is available if preferred
Puddings!

Hot pudding £3.45

We always have a hot pudding on the specials board, served with cream, custard or ice-cream.

2 scoops of local ice-cream flavour on board £2

3 scoops of local ice-cream flavour on board £2.55

Homemade Cakes

Flapjack, Shortbread, Sticky Toffee Cake, Carrot cake, Caramel shortbread, Chocolate Brownie, Tiffin, Moist
Pineapple Fruit Cake From £1.20

Look out for 'guest cakes' on the display.

Hot Drinks

Cafetiere of Fresh or De-Caff. Coffee £1.70

Cappucino £1.40

Large Cappucino £2.10

Mug Instant Fairtrade coffee 90p

Espresso £1

Double espresso £1.75

Espresso Mocha £2.10

~ a dark mixture of espresso, hot chocolate and hot frothy milk in a tall glass.

Caffe Latte £2.10

~ a tall glass filled with a double espresso and hot milk

Americano £1.95

A long drink of an espresso topped up with hot water.

Hot Chocolate £1.70

With toppings! Each 35p

Whipped cream, chocolate flake and marshmallows.

Try a syrup shot with any of the above drinks,
cinnamon, hazelnut or vanilla 35p

A Pot of Tea per person £1.50

Speciality teas including Earl Grey,

Darjeeling and a selection of fruit/herb teas. £1.65

Fairtrade Coffee, Tea & Chocolate

Our ordinary tea is all fairtrade -

We can also offer fairtrade & organic coffee for cafetiere, cappuccino, espresso etc coffees at the same price

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Cold Drinks

Lucozade sport, Elderflower Pressé, Fentiman's Ginger Beer & Victorian Lemonade £1.55

Looza Pure Fruit juices, Cranberry Pressé & Smoothies £1.35

Coca-cola, Diet Coke, Orangina, 7-Up, Apple Tango, Mineral Water,

Orange/Apple/Red Grape Juice, Pomegranate & Ribena All £1

Milk 80p

Milk Shakes £2.10

Made with Lakes Ice cream - Assorted flavours



Childrens menu

Soup of the day with bread £3.25

Cheese on toast £3.25

Beans on toast £3.25

Egg on toast £3.25

Bacon on toast £3.25

Sausage on toast £3.25

Small veggie chilli with cheese £3.25
(no salad)

Baked Potato with 1 Filling £3.25
(Fillings on board, no salad)

Small Special of the day (no salad) £3.25

~ We have a self operated baby/bottle warming facility

~ Around the Café there are high-chairs