

appetite

a healthy, fresh approach to eating

All day breakfasts

The Appetite Full English	5.90
Grilled butchers best sausage, smoked back bacon, fresh tomatoes and portobello mushroom with two poached or scrambled eggs, granary toast and a mug of tea	
Freshly made blueberry pancakes with maple syrup (v)	4.00
Eggy bread dusted with cinnamon sugar (v)	3.50
Farmhouse white or granary toast	2.00
Add poached or scrambled eggs, pan fried mushrooms, fresh tomatoes or baked beans (v)	2.00
Smoked salmon or ham with scrambled eggs on a toasted bagel	4.50
Sausage or bacon and egg sandwich on farmhouse white or granary bread	4.00
Freshly made porridge	2.50
Banana or mango smoothie	3.00

Main courses

The Appetite Burger	5.50
Homemade lean beef and wholegrain mustard burger in a ciabatta bun with hand cut jacket potato wedges and salad	
Add cheese, mushrooms or bacon	0.50
Smoked haddock, mashed potato, poached egg and spinach	5.90
Traditional beef and guinness casserole with onion crusted dumplings	6.50
Penne pasta in a rich tomato and fresh basil sauce (v)	4.90
Add homemade meatballs or spicy chicken breast	2.00
Braised lamb shanks, roast garlic mash, rosemary and redcurrant gravy	6.90
The Appetite Chicken Caesar	6.50
Poached chicken breast, cos lettuce, croutons, egg and shaved parmesan with caesar dressing	

Some foods may contain nuts.

For any special dietary requirements please ask to speak to me personally.

For buffets and functions please call 0781 763 8877 and ask for Neil or email appetite@abbeysports.co.uk

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Sandwiches

Cold

The Appetite Club (see specials board for weekly changing)	4.50
Chicken, smoked bacon and mayonnaise	4.00
Tuna salad	3.90
Ham, mozzarella, tomato and fresh basil	4.00
Vintage cheddar and smoked tomato chutney (v)	3.50
Smoked salmon, low-fat cream cheese and chive	4.00

Hot

Roast beef and stilton	4.00
Leek welsh rarebit (v)	3.90
Fish finger and ketchup	3.50

All sandwiches served on a choice of farmhouse white, granary bread, wrap or toasted bagel

Add jacket potato wedges or homemade soup to any sandwich	2.00
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Snacks

Homemade soup with warm bread (see specials board)	3.00
Hand cut jacket potato wedges with a selection of dips (v)	2.75
4 egg free range omelette with ham, cheese (v) or mushroom (v)	3.90
Whole oven baked camembert with vegetable dips (v)	4.50
Jacket potato with vegetarian chilli (v), cheese and beans (v) or tuna mayonnaise	4.00

Opening Times: Monday 11 - 2 and 5 - 8

Tuesday 11 - 2 and 5 - 8

Wednesday 11 - 2 and 5 - 8

Thursday 11 - 2 and 5 - 8.30 (Pie Night)

Friday 11 - 3

Saturday 10 - 3

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