

COFFEE HOUSE

FOAM & FLOUR

RING O' BELLS



BREAKFAST

FOAM & FLOUR FULL ENGLISH / 9.5 (GF)*

BACON, BLACK PUDDING, SAUSAGE PATTY, HASH BROWN, SMOKY BEANS, FIELD MUSHROOM, FRIED EGG, ROASTED TOMATO & TOASTED SOURDOUGH.

THE VEGGIE BREAKFAST / 9.5 (V) & (GF)*

GRILLED HALLOUMI, SMOKY BEANS, FIELD MUSHROOM, CRISPY HASH BROWN, ROASTED TOMATOES, FRIED EGG & TOASTED SOURDOUGH.

VEGAN BREAKFAST / 8.5 (VE) & (GF)*

SMASHED AVOCADO, SMOKY BEANS, FIELD MUSHROOM, CRISPY HASH BROWN, ROASTED TOMATOES & TOASTED SOURDOUGH.

SMOKY BEAN CROISSANT MELT / 5.5 (VE* & GF)*

OUR HOMEMADE SMOKY BEANS ON CROISSANT, TOPPED WITH CHEDDAR & MOZZARELLA, BAKED UNTIL OOZY. (WHY NOT ADD AN EGG? + 1.5).

MAPLE HAZELUT GRANOLA BOWL / 5.5 (VE) & (GF)

HOMEMADE CRUNCHY GRANOLA, ALPRO PLAIN YOGURT, FRESH SEASONAL FRUIT WITH A DRIZZLE OF MAPLE SYRUP AND SPRINKLE OF HAZELNUTS TO FINISH.

HASH BROWN BENNIE / 7.5 (GF)*

POACHED EGGS, HAM, HOUSE MADE HOLLANDAISE, SERVED ON HOMEMADE CRISPY HASH BROWNS OR SOURDOUGH.

HASH BROWN FLO / 7.5 (V) (GF)*

POACHED EGGS, GARLIC SAUTEED BABY SPINACH, HOUSE MADE HOLLANDAISE, SERVED ON HOMEMADE CRISPY HASH BROWNS OR SOURDOUGH.

HASH BROWN ROY / 7.5 (GF)*

POACHED EGGS, FRESH SMOKED SALMON, HOUSE MADE HOLLANDAISE, SERVED ON HOMEMADE CRISPY HASH BROWNS OR SOURDOUGH.

TOASTED SOURDOUGH / 3 (VE)*

CROISSANT OR BAGEL / 3.5

SERVED WITH BUTTER & YOUR CHOICE OF JAM, MARMALADE, BISCOFF, PEANUT BUTTER OR NUTELLA.

GLUTEN FREE TOAST / BAGELS AVAILABLE.

BRUNCH

THE ULTIMATE BRUNCH BURGER / 8 (GF)*

SAUSAGE PATTY, CRISPY BACON, HASH BROWN, CHEESE AND A FRIED EGG IN A BRIOCHE BUN, WITH KETCHUP OR BROWN SAUCE.

ADD FRIES? / 2.5

TRUFFLE MUSHROOM BRIOCHE TOAST / 9 (V)

GRILLED FIELD MUSHROOMS IN TRUFFLE OIL, POACHED EGG & A DRIZZLE OF OUR HOUSE MADE HOLLANDAISE ON BRIOCHE TOAST.

+ BACON / 2.5

CINNAMON SUGAR FRENCH TOAST / 9 (V)

BRIOCHE FRENCH TOAST COATED IN CINNAMON SUGAR, TOPPED WITH FRESH BERRIES, VANILLA MASCARPONE, MAPLE DRIZZLE & CHOCOLATE FLAKES.

+ BACON / 2.5

SAUSAGE OR BACON SANDWICH / 4.5 (GF)*

HOMEMADE SAUSAGE PATTY OR BACON ON YOUR CHOICE OF SOURDOUGH, CROISSANT OR BAGEL. + EGG / 1.5

YOUR OWN WAY

BUILD YOUR BREAKFAST EXACTLY HOW YOU LIKE IT!

BEANS
TOMATO
SOURDOUGH SLICE - 1.0 EACH

PLEASE ASK FOR GLUTEN FREE TOAST

EGG / HASH BROWN / SPINACH
MUSHROOMS - 1.5 EACH

SAUSAGE PATTY / BACON / AVO
HALLOUMI - 2.5 EACH

TAG US ON INSTA

@FOAMANDFLOUR



LUNCH

SOUP & SOURDOUGH / 5.5 (VE) & (GF)*
SEASONAL HOMEMADE SOUP, SERVED WITH FRESH SOURDOUGH TO DIP!

HADDOCK & CHIPS / 9.95 (GF)
EAST COAST HADDOCK IN CRISPY BATTER, CHUNKY TRIPLE COOKED CHIPS, MUSHY PEAS & HOMEMADE TARTAR SAUCE.

SCAMPI & CHIPS / 9.95 (GF)
BATTERED SCAMPI, CHUNKY TRIPLE COOKED CHIPS, BUTTERED PEAS & HOMEMADE TARTAR SAUCE.

HALF & HALF / 12.5 (GF)
BEST OF BOTH! CRISPY HADDOCK AND BATTERED SCAMPI, TRIPLE COOKED CHIPS, BUTTERED GARDEN OR MUSHY PEAS & HOMEMADE TARTAR SAUCE.



SANDWICHES

TRIPLE LAYER BLT / 7.5 (GF)*
BACON, LETTUCE, TOMATO, CHEDDAR CHEESE & FLOAM MAYO BETWEEN 3 SLICES OF SOURDOUGH.

SALMON & CREAM CHEESE BAGEL / 6 (GF)*
CREAM CHEESE, FRESH SMOKED SALMON.
+ **CHIPS OR FRIES + 2.5**

FISH CIABATTA & FRIES / 12 (GF)*
EAST COAST HADDOCK IN CRISPY BATTER, MIXED LEAVES, HERB OIL & HOMEMADE TARTAR SAUCE IN A SOFT CIABATTA SERVED WITH SKIN ON FRIES.

STEAK SANDWICH & CHUNKY CHIPS / 13.95 (GF)*
PAN FRIED SLICED STEAK, FRESH LEAVES, CARAMELISED ONIONS & FLOAM MAYO SERVED WITH CHUNKY CHIPS.

SUPER SPRING SALAD

MIXED LEAVES, CHICKPEAS, RED ONION, CUCUMBER, DICED TOMATO, RADISH, GRATED CARROT AND A DRIZZLE OF HERB OIL & FLOAM MAYO.
(PLEASE ASK IF YOU'D LIKE DRESSINGS ON THE SIDE).

AVOCADO / 10 (VE)
GRILLED HALLOUMI / 10 (V)
SMOKED SALMON / 10
HAM / 10
STEAK / 12



LOADED TOASTS

CREAM CHEESE & RED PEPPER (VE) / 7
CREAM CHEESE, ROASTED RED PEPPERS, HERB & BALSAMIC DRIZZLE ON TOASTED SOURDOUGH.

HALLOUMI / 7 (V) & (GF)*
GRILLED HALLOUMI, GARLIC MUSHROOMS, SAUTEED SPINACH & A DRIZZLE OF HERB OIL ON SOURDOUGH.

SMOKY SAUSAGE / 7 (GF)*
SAUSAGE PATTY, HOUSE MADE SMOKY BEANS & HASH BROWN ON TOASTED SOURDOUGH.

FANCY A SIDE?

FRIES OR CHUNKY CHIPS / 3
CAJUN SEASONED / 3
SWEET POTATO FRIES / 3
GARLIC FRIES / 3
TRUFFLE & PARMESAN / 3.5
SMALL SIDE SALAD / 3

VE - VEGAN
V - VEGETARIAN
GF* - GLUTEN FREE AVAILABLE
VE* - VEGAN OPTION AVAILABLE

Please let staff know of any dietary requirements as there may be some changes to the dish that need to be made.

Due to the fresh preparation of our dishes the majority of our menu can be adapted to suit your dietary requirements, including Gluten-Free & Vegan alternatives, our chefs will do their best to adapt to any requirements you may have.

Please make a member of staff aware of any dietary requirements or allergies PRIOR to ordering.

We **cannot** guarantee there are no traces of allergens present in your food.

