

# THE TERRACE CAFE



Due to the food preparation process, we cannot guarantee our dishes will be prepared in an allergen free environment.  
Fish may contain small bones. All dishes are labelled with allergy indicators.  
Please refer to key for full list of allergy contents.



## MORNING MUNCHIES

served until 11am

<b>full english breakfast</b> (D,E,G,S,Sd) kcal 810 back bacon, eggs of your choice, pork sausage, grilled tomato, mushrooms, hash brown, toast, baked beans	£12.00
<b>toasted english muffin</b> (D,E,G,S,Sd,V) kcal 415 topped with poached egg & hollandaise sauce add marmalade glazed ham kcal 182 add smoked salmon (F) kcal 176	£8.95 £2.60 £6.50
<b>warm churros</b> (G,N,S,Ve) kcal 578 with a dark chocolate & almond dip	£5.95

## SANDWICHES AND WRAPS

served From 11am – 6pm

**all served with house coleslaw & potato crisps (E,V)**

<b>plant based greek salad wrap</b> (G,Ve) kcal 400 flaked plant based feta style cheese, marinated olives, roquette salad, plum tomato, cucumber & wholemeal wrap	£9.50
<b>club wrap</b> (E,G) kcal 490 poached chicken, grilled bacon, mayonnaise, baby gem lettuce, plum tomato, wholemeal wrap	£10.50
<b>white or granary bloomer, house coleslaw &amp; potato crisps</b> (E,G,V)	
<b>marmalade glazed roasted ham salad &amp; whole grain mustard</b> (D,G,Mu) kcal 740	£7.50
<b>free range egg &amp; mustard cress with mayonnaise</b> (D,G,E,Mu,V) kcal 712	£7.50
<b>slow roasted sliced beef, horseradish sauce, roquette salad</b> (Mu,D,E,G) kcal 960	£7.50
<b>flaked tuna, red onion mayonnaise &amp; cucumber</b> (D,E,F,G) kcal 1450	£7.50
<b>smoked applewood cheese &amp; red onion jam</b> (G,Sd,D,V) kcal 725 substitute for vegan applewood (G,Sd,Ve) kcal 796	£7.50 £7.50

## CREAM TEA

served From 1pm – 5pm

<b>three warm fruit or plain scones, fresh clotted cream, strawberry jam</b> (895) (D,E,G,V) Kcal	£10.95
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## MAIN MEALS

served until 9:30pm

<b>whittlebury soup of the day served with whittlebury bakery bread rolls &amp; butter</b> (D,G,V) (please ask your server for allergens)	£5.50
<b>caesar salad</b> (D,E,F,G,S) kcal 460 gem lettuce, croutons, bacon lardons, shaved parmesan, caesar dressing add grilled chicken kcal 284 add roast salmon fillet (F) kcal 436	£10.50 £4.90 £4.90
<b>whittlebury loaded burger</b> (D,G,Sd,Mu) kcal 1175 100% beef burger in a brioche style toasted bun, topped with BBQ pulled pork, melting emmental cheese, grilled back bacon, sliced beef tomato, soused red cabbage, pickled gherkins, served with house chips & corn on the cob.	£15.50
<b>plant based spicy mixed bean burger</b> (G,Sd,Ve) kcal 820 brioche style toasted bun, crushed avocado, soused red cabbage, sliced beef tomato, melting mozzarisella cheese, served with house chips & corn on the cob	£13.50
<b>45 day whittlebury dry aged 8oz sirloin</b> (G) kcal 790 mixed salad, grilled plum tomato, roast field mushrooms, house chips add peppercorn sauce (Sd,D) 335 kcal add hollandaise (Sd,E,D) 300 kcal	£25.00 £2.50 £2.50

<b>spaghetti carbonara</b> (D,E,G,Sd) kcal 1120 pancetta, mushroom, & onion sauce with cream & parmesan	£11.50
<b>pie, mash &amp; gravy</b> buttered mash (D) 144 kcal, green beans (Ve) 32 Kcal & gravy (Ve) 45 Kcal Please choose from the following selection:- steak & harvey's ale (G,F) kcal 592 chicken, gammon & leek (G,D,Sd) kcal 654 plant based broccoli, cauliflower & cheese (G,Sd,Ve) Kcal 538	£12.50

## SIDE ORDERS

house chips (G,Ve) kcal 364	£3.80
sweet potato fries (G,Ve) kcal 280	£3.80
selection of seasonal vegetables (Ve) kcal 52	£3.50
cheesy chips with chorizo (D,G,S,Sd) kcal 471	£5.50
garlic ciabatta with cheese (D,G,V) kcal 520	£5.50

## DESSERTS

<b>apple crumble waffle</b> (D,E,G,S,V) Kcal 800 warm Belgian waffle, apple compote, crumble, vanilla ice cream	£6.00
<b>ben's chocolate eclair</b> (D,E,G,N,S,V) kcal 620 crunchy choux pastry, chocolate chantilly, white chocolate sauce, toasted hazelnuts	£6.50
<b>banana and caramel</b> (D,V) kcal 640 banana chips, caramelised banana compote, banana ice cream, honeycomb, chantilly cream	£6.50

## HOT DRINKS

all teas kcal 14	£3.95
standard black coffee kcal 2	£3.95
latte (D) kcal 169	£4.25
mocha (D) kcal 190	£4.25
cappuccino (D) kcal 98	£4.25
flat white (D) kcal 120	£4.25
hot chocolate (D) kcal 375	£4.25
espresso kcal 9	£2.65
double espresso kcal 18	£4.70
all hot drinks are served with a biscotti biscuit (please see individual biscotti for allergens)	

## SMOOTHIES

<b>berry burst</b> - blueberry, blackberry blackcurrant & banana kcal 130	
<b>strawberry fantasy</b> - strawberry & banana kcal 157	
<b>raspberry heaven</b> - raspberry, blueberry, mango & apple kcal 118	
<b>pineapple sunset</b> - pineapple, mango & papaya kcal 127	
<b>mango dream</b> - mango & pear kcal 133	
<b>the detox</b> - acai berry, strawberry, blueberry & mango kcal 160	
<b>super green</b> - spinach, avocado, apple, lime, basil, spirulina kcal 142	All £3.95

**Allergen Key;** G - Contains Gluten, S - Contains Soya, D - Contains Dairy/Milk, E - Contains Egg, Se - Contains Sesame Seeds, F - Contains Fish, Sd - Contains Sulphur Dioxide, C - Contains Celery, M - Contains Molluscs, Mu - Contains Mustard, N - Contains Nuts, P - Contains Peanuts, Cr - Contains Crustaceans, V - Suitable for Vegetarians, Ve - Suitable for Vegans

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers. Fish may contain small bones. All dishes are labelled with allergy indicators. Please refer to key for full list of allergy contents. Kcal shown are per dish, an ideal daily intake of calories varies depending on age, metabolism and levels of physical activity, among other things. Generally, the recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men