



FOOD

The Marrowbar Café

BREAKFAST MENU

FULL ENGLISH £6.50

2 Cumberland sausages, 2 rashers of bacon, a fried egg, baked beans and a fried tomato, brown or white toast. Served with a pot of tea or a regular americano coffee.

Optional extras (70p each):
mushrooms, black pudding, hash browns.

BLT £4.10

Locally sourced bacon, crisp lettuce and tomato served as a traditional sandwich.

BACON BUTTIE £2.70

On white, wholemeal or granary bread.

EGGS BENEDICT £6.10

Toasted English muffin topped with 2 poached eggs, 2 rashers of bacon and creamy hollandaise sauce.

EGGS OF YOUR CHOICE £3.60

Scrambled, poached or fried eggs on toast.

TOAST £1.60

Toasted white, wholemeal or granary bread served with butter and jam.

LIGHT SNACKS

CAKES, MUFFINS AND SCONES

All are home baked. Please see our cakes board for details.

TOASTED TEA CAKE £2.55

Served with butter and jam.

CRUMPETS £2.05

Served with butter and jam or with cheese (for an extra 50p).

POTATO WEDGES £2.75

Served with a garlic or salsa dip.

CURLY FRIES £2.75

Optional garlic or salsa dip.

NACHOS £3.95

Tortilla chips layered with cheese and salsa, topped with sour cream and jalapeno chilli peppers.

Optional extra (£1.75 extra):
home made vegi or beef chilli.

GARLIC BREAD £2.55

GARLIC BREAD AND CHEESE £3.00

HOMEMADE BREAD £1.85

A mini loaf of freshly baked wholemeal bread. Served with butter.

LUNCH MENU

HOMEMADE DAILY SPECIALS

Please check the blackboards for details.

HOMEMADE SOUP OF THE DAY £4.00

Served with freshly baked bread. Please see our specials board for today's soup.

SOUP AND SANDWICH DEAL £5.75

White, wholemeal or granary sandwich, served with homemade soup.

Choose from the following fillings:

- Tuna mayonnaise
- Egg and cress
- Ham and red onion marmalade
- Cheese savoury
- Prawns in Marie Rose sauce (60p extra)

SANDWICH £3.85

Choose from the above fillings on either white, granary or wholemeal bread. Served with a side salad and homemade coleslaw.

HOMEMADE QUICHE OF THE DAY £5.25

Please see our specials board for today's quiche. Served with a side salad and homemade coleslaw.

THICK CUMBERLAND SAUSAGE STOTTIE £4.95

Served with red onion marmalade and a side salad.

TORTILLA WRAPS £5.80

Served with a side salad and homemade coleslaw. Filled with your choice of the following:

Fresh breadcrumb chicken with lettuce and caesar dressing

Fresh breadcrumb chicken with barbeque sauce and lettuce

Tuna mayonnaise, pepper and red onion

Spicy roasted vegetables, houmous and yoghurt

Falafel, houmous, grated carrot and lettuce

CIABATTAS AND PANINIS £5.80

Served with a side salad and homemade coleslaw. Choose from a warm ciabatta or panini of your choice:

Ham, mature cheddar and red onion marmalade

Bacon and brie

Roasted vegetable and mozzarella

Tuna melt

Goats cheese, roasted vegetables and olives

Mozzarella, tomato and pesto

CLUB SANDWICH £6.10

Chicken breast served on a lightly toasted crusty bloomer, layered with Bacon, lettuce, tomato and Cajun mayo.

PLOUGHMAN'S LUNCH £5.95

A hunk of brie or mature cheddar, served with roast ham, plum chutney, homemade coleslaw and mixed leaves. Served with our homemade bread.

HEALTHY ALTERNATIVE £3.95

Toasted pitta bread with olives, houmous and yoghurt & cucumber dip. Served with homemade coleslaw and salad.

FALAFELS £5.40

Served in a wholemeal pitta with a dressed salad, houmous and cucumber & yoghurt dips.

OVEN BAKED JACKET POTATO

with a side salad and homemade coleslaw. Add your choice of filling:

Tuna mayonnaise **£4.85**

Bacon and brie **£4.85**

Cheese and coleslaw **£4.85**

Homemade vegetable or beef chilli with cheese **£5.35**

Cheese and beans **£4.85**

Prawns in a Marie Rose sauce **£5.70**

SALADS

CHICKEN CAESAR SALAD £5.85

Fresh breadcrumb chicken on a bed of lettuce. Topped with Caesar salad dressing, parmesan cheese and croutons.

FRESH MOZZARELLA, TOMATO AND PESTO SALAD £5.85

On a bed of mixed leaves.