



ATLAS BAR

CAFE MENU | 10am - 4pm



BREAKFAST

Full English Breakfast **£9.50**

(GLUTEN - DAIRY - EGG)

Sausage, Bacon, Bury Black Pudding, Fried Eggs, Roasted Tomatoes, Mushrooms, Beans, Hash Browns & Holy Grain Sourdough Toast

Vegetarian Breakfast **£8.50**

(V - GLUTEN - DAIRY - EGG)

Hash Browns, Roasted Tomatoes, Mushrooms, Fried Eggs, Beans, Spinach & Holy Grain Sourdough Toast

Vegan Breakfast **£8.50**

(VG - GLUTEN)

Hash Browns, Avocado, Spinach, Mushrooms, Roasted Tomatoes, Beans & Holy Grain Sourdough Toast

Breakfast Barmes **£3.50**

(GLUTEN)

Bacon, Sausage, Mushrooms, Fried Eggs or Hash Browns
Add an extra item for **£1**

Poached Egg Breakfast Muffin & Hollandaise

(GLUTEN - EGG - DAIRY)

2 Poached Eggs, Hollandaise Sauce

- **Benedict** (Bacon) **£8.50**
- **Royale** (Smoked Salmon) **£8.50**
- **Atlas** (Chorizo & Avocado) **£8.50**
- **Florentine** (Spinach) **£7.50**

Avocado & Roast Tomatoes on Toasted Sourdough **£6**

(VG - GLUTEN - SULPHITES)

- + **2 Poached Eggs** **£2**
- + **Chorizo** **£2**
- + **Smoked Salmon** **£2**
- + **Feta** **£2**

Yoghurt, Granola & Mixed Berries **£6**

(DAIRY - GLUTEN)

LUNCH

All Lunch Menu Items are Served with Skin-On Fries + House Slaw

Chicken in a Basket **£12.50**

(GF - DAIRY)

Chicken in Spiced Corn Crumb & Sweetcorn Salsa

Smashed Quarter Pound Beef Burger **£12**

(GLUTEN - SESAME - DAIRY)

Emmental Cheese, Caramelized Onions & Tomato Salsa

Falafel Burger **£8.50**

(VG, GLUTEN - SESAME)

Roast Garlic Hummus & Spinach

Pulled Pork Burger **£10**

(GLUTEN - DAIRY - SULPHITES - MUSTARD)

Pineapple & Jalapeno Chutney, Cheese Sauce & Crispy Onions

Buttermilk Fried Chicken Sandwich **£10**

(GLUTEN - SESAME - DAIRY - EGG - MUSTARD)

Tomato & Gem Lettuce

BLT **£8**

(GLUTEN - SULPHITES - EGG - MUSTARD)

Bacon, Lettuce & Tomato

+ **Herb Poached Chicken Breast** **£2**

3 Cheese Toasted Sourdough **£8**

(GLUTEN - DAIRY - SULPHITES)

Spiced Tomato Chutney (V)

Tuna Melt Toasted Sourdough **£8**

(GLUTEN - DAIRY - SULPHITES)

Sweetcorn, Red Onion & Cheese

SALADS & SIDES

Avocado Salad **£5**

(VG - GF - SULPHITES)

Cucumber, Spring Onion, Lettuce, Spinach, Avocado & Lemon Dressing

- + **Smoked Salmon** **£2**
- + **Herb Poached Chicken** **£2**
- + **Feta** **£2**

Greek Salad **£6**

(V - DAIRY)

Feta Cheese, Tomato, Cucumber, Kalamata Olives & Red Onion

Skin-On Fries **£3**

(VG - GF - SULPHITES)

Spiced Seasoning

All our dishes are made fresh, in house. Where possible we like to source produce from local small businesses. For example our fruit and vegetables come from Strawberry Catering. Our sourdough, delivered daily from Holy Grain. We use WH Frost Butchers for most proteins and our eggs are from Athertons farm.

All dishes that we prepare in our kitchen could potentially be cross contaminated with all allergen groups.

For further information please ask a member of our team.



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