



ATLAS BAR

BREAKFAST

FULL ENGLISH BREAKFAST £10

Gluten / Dairy / Egg

Bacon, Sausage, Bury Black Pudding, Fried Eggs, Roast Tomato, Mushroom, Beans, Hash Brown & Holy Grain Sourdough Toast

VEGAN BREAKFAST £9

VG / Gluten

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

BREAKFAST BARMS £3.50

Gluten

- Bacon
- Sausage
- Mushroom
- Two Fried Eggs
- Hash Brown
- Add an extra item for £1

POACHED EGGS & HOLLANDAISE

Gluten / Egg / Dairy


- Benedict (Bacon) £8
- Royale (Smoked Salmon) £8
- Florentine (Spinach) £7

BUTTERMILK PANCAKE STACK £8

Gluten / Sulphites / Egg / Dairy

Streaky Bacon, Scrambled Eggs & Maple Syrup

OR

V / Dairy / Gluten 

Mixed Berries, Whipped Cream & Maple Syrup

GRANOLA & MIXED BERRIES £5

Gluten / VG

LUNCH

SALT BEEF HASH £14

GF / Dairy

Double Yolk Fried Egg & Gherkin Ketchup

WH FROSTS SAUSAGES IN CARAMELISED ONION GRAVY £12

Gluten / Dairy / Mustard / Egg

Hash Brown & Garden Peas

SALMON FISHCAKES WITH POACHED EGGS £14

Gluten / Dairy / Fish / Mustard / Egg

Wilted Spinach & Chive Hollandaise

WILD MUSHROOM CHILLI £10

VG / Gluten / Mustard 

Coriander & Chilli Relish & Cauliflower Rice

GREEN SALAD £5

VG / GF / Sulphites

Cucumber, Spring Onion, Spinach, Parsley & Lemon Dressing

SOUP

DAILY SPECIAL SOUP £6

V / VG / Gluten

Holy Grain Sourdough & Butter / Olive Oil

SANDWICHES

BUTTERMILK FRIED CHICKEN SANDWICH £10

Gluten / Sesame / Dairy / Mustard

Gem Lettuce, Sweetcorn Salsa, Skin-on Fries & House Slaw

SALT BEEF ON SOURDOUGH £12

Gluten / Sulphites / Dairy / Mustard

Swiss Cheese, Gherkins, Skin-on Fries & House Slaw

TUNA MELT TOASTED SOURDOUGH £8

Gluten / Dairy / Sulphites / Fish

Sweetcorn, Red Onion & Cheese

BLT £8

Gluten / Sulphites / Egg / Mustard




Bacon, Lettuce, Tomato, Skin-on Fries & House Slaw

FALAFEL FLATBREAD £9

Gluten / VG / Sesame

Aubergine Chutney, Spinach & Roast Garlic Hummus, Skin-on Fries & House Slaw

ADDITIONS

- Streaky Bacon £2
- Smoked Salmon £2
- Avocado  £2
- Two Poached Eggs £2
- Two Hash Browns  £2
- Skin-on Fries  £3

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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