

ALL DAY BREAKFAST £

FULL ENGLISH BREAKFAST 12

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

Gluten / Dairy / Egg

VEGAN BREAKFAST 10

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

+ 2 Poached Eggs

VG / Gluten

BACON OR SAUSAGE BARM 4

+ 1 Fried Egg

Gluten

MUSHROOM & HASH BROWN BARM 4

+ 1 Fried Egg

Gluten / VG

AVOCADO ON TOASTED HOLY GRAIN SOURDOUGH 9

Roast Tomatoes & Toasted Pumpkin Seeds

+ Feta

+ 2 Poached Eggs

+ Smoked Salmon

Gluten / VG

SCRAMBLED EGGS ON TOASTED HOLY GRAIN SOURDOUGH 6

+ Smoked Salmon

+ Roasted Mushrooms

Gluten / VG

BUTTERMILK PANCAKE STACK 8

Mixed Berries, Whipped Cream, & Nutella

V / Gluten / Egg / Dairy / Nuts

Streaky Bacon, Scrambled Eggs & Maple Syrup 8

Gluten / Egg / Dairy / Sulphites

MIXED FRUIT BREAKFAST OATS 6

Toasted Almonds, Pumpkin Seeds, Mixed Berries & Almond Milk

Nuts / VG / Sesame

LUNCH £

SOUP OF THE DAY 6

Served with Sourdough Toast & Butter

PLEASE LET STAFF KNOW OF ANY ALLERGIES (VG always available)

SALT BEEF HASH 12

Double Yolk Fried Egg & Pickled Red Cabbage

GF / Sulphites / Mustard / Egg

ATLAS DOUBLE CHEESE BURGER 12

Two 4oz patties stacked with Swiss Cheese, Onion, Tomato, Lettuce, Gherkin, House Sauce & Skin-on Fries

Gluten / Dairy / Mustard / Sulphites

MINNIE'S AUSSIE CHICKEN PARMA 12

Chicken, Ham, Tomato Sauce, Mozzarella, Ranch Slaw & Fries

Gluten / Dairy / Egg / Sulphites / Mustard

SPICED LENTILS & OYSTER MUSHROOMS 10

Sourdough Toast, Spinach & Salsa Verde

+ 2 Poached Eggs

+ 2 WH Frost's Sausages

Vg / Gluten / Sulphites / Mustard



ATLAS BAR



SANDWICHES £

SANDWICHES AVAILABLE WITH EITHER SOUP OR SKIN ON FRIES

BUTTERMILK FRIED CHICKEN SANDWICH 11

Tomato, Lettuce, Gherkin, Sweetcorn Salsa & Ranch Slaw

Gluten / Dairy / Mustard / Sulphites

SALT BEEF & EMMENTAL CHEESE BAGEL 11

Gherkins & Ranch Slaw

Gluten / Dairy / Mustard / Sulphites

SMOKED SALMON & CREAM CHEESE BAGEL 10

Lemon Wedge & Mixed Salad

Gluten / Dairy / Mustard / Sulphites

BLT 8

Bacon, Lettuce, Tomato & Ranch Slaw

Gluten / Sulphites / Egg / Mustard

FALAFEL FLATBREAD 8

Aubergine Chutney, Hummus & Mixed Salad

VG / Gluten / Sesame

All our dishes are made fresh, in house. Where possible we like to source produce from local businesses.

Our fruit and vegetables come from Strawberry Catering. Our sourdough is from Holy Grain. We use WH Frost Butchers for most proteins, and our eggs are from JS Atherton and Son. Our black pudding is from Fruit Pig.

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.

We don't add any service charges to bills, but if you have enjoyed our food and service, our staff would be made up if you tipped them.

Thanks so much for your business. We really do appreciate it!



ATLAS BAR



HOT DRINKS

COFFEE	£	£	TEAS	£
	M	L		
Atlas Re-Usable Takeaway Cup plus your 1st Coffee Free		5	Pot of Tea	2.95
Americano	3	3.4	Canton Chamomile	2.95
Cappuccino	3.1	3.5	Canton Earl Grey	2.95
Espresso	2.8	3	Canton English Breakfast	2.95
Flat White	3.1		Canton Jade Green Tea	2.95
Latte	3.1	3.5	Canton Red Berries & Hibiscus	2.95
Iliana's Iced Latte	3.5		Canton Triple Mint	2.95
Macchiato	3		Fairtrade Decaffeinated	2.95
Mocha	3	3.4		
Hot Chocolate	3.5			
Syrups	0.5			

BOTTOMLESS BRUNCH

90 minute sessions bookable Thursday to Sunday - 12pm or 2pm
From only £35

Includes any item from our normal food menu.

Drinks include:

- Bramble, Bloody Mary, Mimosa, Bellini, Aperol Spritz, Prosecco.
- Pint of Amstel or Inch's Cider
- Atlas G'n'T
- 175ml House Red or White Wine
- Any 0.0% Drink or Soft Drink
- Tea or Coffee

T/C's: Only 1 drink at a time, last orders 15mins before end of session.
Whole table must participate, deposit required to confirm booking.