

eat.

AUTUMN 2020



breakfast.

Available 8am - 12noon

Crunchy Granola

With Greek style natural yoghurt and fruit.

£4.25

Toast or Crumpets

Served with a choice of jam, honey or marmite.

£2.50

Eggs and Crumpets

Crumpets, butter, marmite and your choice of fried or poached eggs.

Gluten free option available.

£3.95

American Style Pancakes

With crispy bacon and maple syrup.

£4.50

Antenna breakfast sandwich

Free-range egg, bacon and grilled tomato on a rustic roll.

£4.45

Antenna Vegetarian breakfast sandwich

Free-range egg, portabello mushroom and grilled tomato on a rustic roll.

£3.95

Build your own scrambled eggs

Three eggs scrambled and served with two choices from the following; bacon, smoked salmon, cheddar cheese, feta cheese, spring onions, avocado, cherry tomatoes, or chives.

£3.95

Smoked salmon & scrambled eggs

Scottish smoked salmon and scrambled eggs served on seeded granary toast.

£5.50

Build your own breakfast

Choose from: toast, egg (scrambled, fried or poached), black pudding, bacon, sausage, vegan sausage, grilled tomato, grilled mushroom, hash browns, or beans.

£4 items = £4.00, add items for 65p

antenna classics.

Available 11am - 5.45pm

All day breakfast

Lincolnshire sausages, local bacon, black pudding, portobello mushrooms, grilled tomatoes, hash browns, scrambled, poached or fried egg and toast with beans on the side.

£7.75

All day vegetarian breakfast

Vegan sausages, portobello mushrooms, grilled tomatoes, hash browns, scrambled, poached or fried egg and toast with beans on the side.

£6.25

Antenna club sandwich

Free-range chicken, local bacon, avocado, baby gem lettuce, cheddar and spring onion mayonnaise.

£6.95

Veggie club sandwich

Chickpea puree, roasted red pepper, sautéed mushrooms, grilled courgette and goats cheese.

£6.75

Cajun-spiced chicken ciabatta

with baby gem lettuce and zesty lemon mayonnaise.

£5.95

Grilled halloumi sandwich

with homemade chilli jam and rocket on toasted ciabatta.

£5.95

Omelette

3 free-range egg omelette served with a dressed side salad – choose your filling from:

Wild mushroom, black garlic and truffle, topped with rocket or Sweet potato, smoked pancetta, caramelised red onion and goats cheese.

£5.95

Fully loaded

Classic beef burger, crispy bacon, mozzarella, onion ring, jalapeno mayonnaise, beef tomato, baby gem lettuce and gherkin served in a black bun.

£8.95

All sandwiches are available gluten-free on request

small plates.

Hummus & pitta

Served with garlic pitta bread.

£3.95

Chicken skewers

Cajun spiced chicken skewers with lemon mayonnaise or mango salsa.

£4.75

Chips

Skinny chips, chunky chips, sweet potato fries or spice wedges.

£2.50

Garden Salad

Mixed green leaves, tomato, cucumber, carrot, celery and onion with a balsamic dressing.

£2.50

Mozzarella sticks

with jalapenos and dips.

£3.95

Fresh Croissant

Served with butter and preserve.

£2.50

Antenna Vegan Roll

Vegan pastry roll served with a pot of homemade chutney.

£1.50

Antenna Sausage Roll

Meat pastry roll served with a pot of homemade chutney.

£1.50

Bar snacks

Chilli crackers, Bombay mix, wasabi nuts or almonds.

£1.50

Daily specials also available