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# breakfast.

Available from 8am to 12pm

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## **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**

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# antenna classics.

Available from 11am to 5.45pm

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## **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 omelette**

With black garlic and truffle, topped with rocket

### **Pancetta and goats cheese omelette**

Sweet potato, smoked pancetta, caramelised red onion & goats cheese omelette.

**£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**

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All sandwiches are available gluten-free on request

# small plates.

Available from 8am to 12pm

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## **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 & 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**