

Café Bar

Breakfast *Served until 11.30am*

All our toast is served buttered unless requested otherwise

Portion of regular toast brown or white (2 slices)	£1.75
Doorstop thick cut toast granary or white (1 slice)	£1.65
Portion of medium granary (2 slices)	£2.15
Toasted teacake	£2.25

Soup *Served from 11.30am*

Soup of the day served with croutons and artisan breads	£7.45
Homemade Soup and Sandwich—Choose from Egg Mayo, Cheese, Vegan Burrito, Ham or Sweet Chilli Chicken	£11.95
Homemade Soup and Sandwich—Choose from Prawns in Lemon Mayo or Flaked Salmon	£12.45

Build your own Sandwich

*All our build your own sandwiches are served on a bread of your choice
Traditional White or Brown, Italian White Sliced, Granary, Ciabatta, Tortilla Wrap*

Free range egg mayonnaise, Garstang mature cheddar cheese, Vegan burrito (Mixed beans, Avocado and Vegan feta cheese)	£8.85
Line Caught Tuna and sweetcorn mayo, Bents Honey Glazed Ham, Roast Beef, Sweet Chilli Chicken, Piri Piri Chicken, Tomato and Buffalo Mozzarella	£9.25
Extra sandwich filling for the above	80p
North Atlantic Prawns in Lemon Mayo, Scottish Flaked Salmon, Smoked Salmon and Cream Cheese	£9.95
Extra sandwich filling for the above	£1.00

Salads

All our salads are freshly prepared daily.

Classic chicken caesar with kos, parmesan pancetta and croutons	£10.95
Greek salad with marinated feta cheese and lemon dressing (V)	£10.95
Flaked salmon dressed with salsa verde	£10.95

If you have any **allergens** or **intolerances**, please ask a colleague for assistance.

Homemade
by us,
loved by you

bents

Homebakes

All cakes and pastisseries are expertly created by our chefs in our on-site bakery using only the freshest of local ingredients.

Bents famous scones: Cherry, fruit or plain	£2.65
Pot of jam	60p
Clotted cream	£1.35
Custard tart	£2.95
Apricot and almond slice	£3.10
Vegan chocolate brownie (vegan)	£3.10
Fairy bun	£3.10
Viennese whirl	£2.75
White chocolate and raspberry flapjack	£2.95
Carrot cake muffin (GF)	£2.85
Triple chocolate muffin	£2.85
Jammy Dodger blondie	£3.10
Gluten free scone (GF)	£2.85
Red velvet gâteaux	£4.65
Chocolate fudge gâteaux	£4.65
Victoria sponge	£4.65
Carrot cake	£4.65
Gluten free Victoria sponge (GF)	£4.65
Mince Pie	£2.30

Bents Patisserie

Bents famous jam and cream scone	£4.95
Mulled Wine and poached Pear Cheesecake	£5.25
Belgian chocolate tart (contains nuts)	£5.50
Fresh fruit pavlova with Chantilly cream (GF)	£5.25
Lemon meringue	£5.50
Strawberry tart filled with crème patisserie	£5.25
Vegan meringue with a selection of seasonal fresh berries (vegan)	£5.50
Dessert of the day	£5.50

Café Bar

Hot Drinks

Speciality Coffees

	regular	large
Cappuccino	£3.15	£3.65
Latte	£3.15	£3.65
Café au Lait	£3.15	£3.65
Mochaccino	£3.55	£3.95
Mocha	£3.55	£3.95
Americano		
served black unless requested otherwise	£2.95	£3.15
Bents Style Flat White	£3.15	

	single	double
Espresso	£2.05	£2.35
Bents Style Macchiato	£2.05	£2.35

Filter Coffee

	regular	large
Bents Filter Coffee	£2.35	£2.90

Tea

Pot of Yorkshire Tea	£2.45
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Hot Chocolate

	regular	large
Hot Chocolate	£3.25	£3.75
Babychino - Plain	£1.05	

Soya Milk or Almond Milk is available upon request

Complement any of our coffees with:

Whipped cream	55p
Flavoured Syrup	65p
Cream or Marshmallows for your Hot Chocolate	30p each



Cold Drinks

All drinks are available chilled from the fridge

Frobisher bottled drinks range **£2.95**

Ginger and Juniper, Raspberry and Rhubarb or Apple and Elderflower

Juice

Cloudy Apple Juice	£2.95
Freshly squeezed Orange Juice	£2.95

Bottled Water

Still or Sparkling 330ml	£2.05
Still Water 750ml	£3.75

Coca Cola and Diet Coca Cola	£2.65
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Childrens Drinks

Fruit Based Drinks

Apple, Orange, Blackcurrant & Apple or Summer Fruits	£1.95
Water	£1.25
Cold Milk	£1.55

Childrens Lunch Bag

with a choice of children's ham or cheese sandwich on white bread, a children's drink and three treats (Choose from Pom bears, Jelly fruit pot, raisins or a chocolate treat) **£6.25**

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