


# Gannets

MIDDLEBECK

<b>Traditional Grilled Breakfast</b>	<b>6.95</b>	<b>Sibley's Sausage Bap</b>	<b>3.85</b>
Grilled Triple Smoked Bacon, Sibley's Lincolnshire Sausage, Poached Free Range Egg served on a Toasted English Muffin with Grilled Tomato and Gannets Creamed Mushrooms		<b>Porters Smoked Bacon Bap</b>	<b>3.50</b>
<b>Vegetarian Grilled Breakfast</b> 	<b>5.75</b>	<b>Chunky Toast</b> 	<b>1.75</b>
2 Poached Free Range Eggs, Grilled Tomato, Vegetarian Sausage, Beans, Gannets Creamed Mushrooms served on a Toasted English Muffin		<b>Creamed Mushrooms on Toast</b> 	<b>3.95</b>
<b>Vegan Grilled Breakfast</b> 	<b>5.75</b>	<b>Organic Beans on Toast</b> 	<b>3.50</b>
1 Vegan Sausage, Beans, Herby Mushrooms, Grilled Maple Tomato and Smashed Avocado served on a Toasted English Muffin		<b>Cheese on Toast</b> 	<b>3.25</b>
<b>Scrambled or 2 Poached Eggs on Toast</b> 	<b>4.50</b>	<b>Vegan Smashed Avocado and Tomato on Toast</b> 	<b>3.95</b>
With Smoked Bacon	<b>5.75</b>	<b>Chunky Toast with Jam, Marmalade or Honey</b> 	<b>2.50</b>
With Smoked Salmon	<b>6.25</b>	<b>Toasted Plumbread</b> 	<b>2.10</b>
<b>Eggs Benedict with Spinach and Hollandaise Sauce</b> 	<b>4.95</b>	<b>Vegan Cinnamon and Blueberry French Toast</b> 	<b>2.95</b>
With Smoked Bacon	<b>6.25</b>	<b>Porridge freshly made with either Milk or Water</b> 	<b>3.25</b>
With Smoked Salmon	<b>6.95</b>	<b>Granola with Greek Yoghurt and Fruit Compote</b> 	<b>3.75</b>



<b>Homemade Soup of the Day with a G/F Muffin, Olive or Baguette Bread</b>	<b>5.25</b>	<b>Jacket Potatoes – 1 filling</b>	<b>5.50</b>
<b>Traditional Beef Lasagne</b>	<b>7.75</b>	<b>2 fillings</b>	<b>6.75</b>
<b>Mushroom and Hazelnut Lasagne</b> 	<b>7.75</b>	Filling options – Cheese, Ham, Tuna, Baked Beans or Smoked Salmon, Cream Cheese and Chive	
With Garlic Bread	<b>9.20</b>	<b>Add a Side Salad</b>	<b>2.00</b>
With a Small Salad	<b>10.50</b>	<b>Multigrain Flatbread</b>  	<b>5.95</b>
<b>Gannets Vegetarian Quiche and Salad</b> 	<b>8.25</b>	with Hummus Mixed Leaves, Cucumber and Tomato topped with Grilled Halloumi or Roasted Vegan Falafel	
		<b>Salad Bowl</b>	<b>5.25</b>
		<b>Garlic Bread</b>	<b>2.10</b>
		<b>Garlic Bread with Cheese</b>	<b>3.30</b>

OPEN: Wednesday, Thursday and Sunday 10am - 3pm, Friday and Saturday 9am - 4pm



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[Redacted]	
Soup of the Day with Bread	£3.95
Traditional Beef Lasagne	£4.25
Mushroom and Hazelnut Lasagne 	£4.25
Cheese and Tomato Pasta 	£3.95




Children's portions available on other main courses

[Redacted]	
Chocolate and Raspberry Brownie 	2.50
Stem Ginger Cake	2.50
Lemon Bar 	2.50
Date and Walnut Loaf 	2.50
Buttery Shortbread	1.95
Fruit and Nutty Flapjack 	2.25
Seasonal Cake	3.25
Gannets Legendary Carrot Cake	2.75

[Redacted]	
Range of Teas	2.25
Cappuccino	2.40/3.00
Espresso	1.75/2.35
Flat White	3.10
Macchiato	1.95/2.55
Latte	2.50/3.10
Americano	1.85/2.45
Caramel Latte	3.10
Mochaccino	3.25
Green and Black's Hot Chocolate	2.95
Shot of Coffee	60p

Semi Skimmed Milk, Soya Milk and Decaf available

[Redacted]	
Starkey's Apple Juice	2.60
Range of Belvoir Presses	2.50
Range of Fentimans Drinks	2.50
Appletiser	2.40
Wenlock Spring Water or Sparkling Water	2.10/3.60
Chocolate or Strawberry Milkshake	2.95

 = Gluten Free  = Vegetarian  = Vegan

Dishes may contain nut/nut derivatives. If you have any allergens please inform/ask a member of staff who will be able to advise of all ingredients used.

[www.gannetsinnewark.co.uk](http://www.gannetsinnewark.co.uk)

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