

Market Street



# CAFÉ

Quality ingredients,  
freshly prepared  
throughout the day.

We use  
British bacon  
and sausage  
in all of our  
Breakfasts

We use  
fresh Cod or  
Haddock for  
our battered  
fish

We use white  
baps baked in  
store

Good to know it's  
Morrisons

## BREAKFAST

SERVED UNTIL 3PM

**BIG DADDY BREAKFAST** (9186kJ/2210kcal) **£6**

Three sausages, three rashers of bacon, three hash browns, Heinz Baked Bean, mushrooms, two halves of tomato, two fried eggs, two slices of black pudding and two half slices of fried bread.

**BIG BREAKFAST** (5362kJ/1290kcal) **£4.80**

Two sausages, two rashers of bacon, two hash browns, one fried egg, Heinz Baked Bean, mushrooms, half a tomato and half a slice of fried bread.

+ Add two slices of toast and a fruit juice on the **above** breakfasts for **£1.50**.

**BUILDERS' BIG BREAKFAST BUTTY** (6357kJ/1520kcal) **£5**

Two sausages, two rashers of bacon, two hash browns, one fried egg, Heinz Baked Bean, mushrooms and two halves of tomato, all served in a giant bap.

**SMALL BREAKFAST** (3901kJ/934kcal) **£3.80**

One sausage, one rasher of bacon, one hash brown, one fried egg, Heinz Baked Bean and half a tomato, served with two slices of white **OR** brown toast.

**BREAKFAST OMELETTES** (2138kJ/513kcal) **£3.80**

Two omelettes, mushrooms, half a tomato and Heinz Baked Bean.

**LIGHTER BREAKFAST** (2063kJ/493kcal) **£3.80**

Two rashers of bacon, Heinz Baked Bean, two halves of tomato, one poached egg and one slice of white **OR** brown toast.

**VEGAN BREAKFAST** (3977kJ/953kcal) **£3.80**

Three meat free sausages, two hash browns, Heinz Baked Bean, two halves of tomato and one slice of white **OR** brown toast.

**VEGETARIAN BREAKFAST** (3898kJ/936kcal) **£3.80**

One meat free sausage, two hash browns, Heinz Baked Bean, mushrooms, half a tomato, two fried eggs and one slice of white **OR** brown toast.

**BIG VEGETARIAN BREAKFAST BUTTY** (4547kJ/1094kcal) **£5**

Three meat free sausages, two hash browns, Heinz Baked Bean, mushrooms, two halves of tomato and two fried eggs, all served in a giant bap.

**BREAKFAST SANDWICH** (3084kJ/741kcal) **£2.50**

Two sausages **OR** three rashers of bacon **OR** two meat free sausages, served in a bap.

+ We love black pudding. Add it to your breakfast for **75p**.

**EGGS BENEDICT** (2977kJ/715kcal) **£3.80**

Two poached eggs and two rashers of bacon, served on a breakfast muffin and topped with hollandaise sauce.

**POACHED EGG WITH AVOCADO** (2434kJ/585kcal) **£3.80**

Two poached eggs with smashed avocado, served on a breakfast muffin.

**EGGS ON TOAST** (2790kJ/670kcal) **£2.50**

Two poached **OR** scrambled **OR** fried eggs, served on two slices of white **OR** brown toast.

**PORRIDGE** (1311kJ/312kcal) **£1.50**

Freshly made to order with a choice of semi-skimmed milk **OR** water **OR** soya alternative **OR** almond alternative.

+ **TOPPED WITH BANANA & HONEY** (806kJ/190kcal) **50p**

+ **TOPPED WITH BANANA & HAZELNUT CHOCOLATE FLAVOUR SPREAD** (1148kJ/274kcal) **50p**

+ **TOPPED WITH BERRY COMPOTE & FRUIT** (214kJ/51kcal) **50p**

**TOAST** (1377kJ/328kcal) **£1**

Two slices of white **OR** brown toast.

**TOASTED FRUIT TEACAKE** (1169kJ/279kcal) **£1**

A freshly toasted fruit teacake served with butter.

**TOASTED CRUMPETS** (1270kJ/302kcal) **£1**

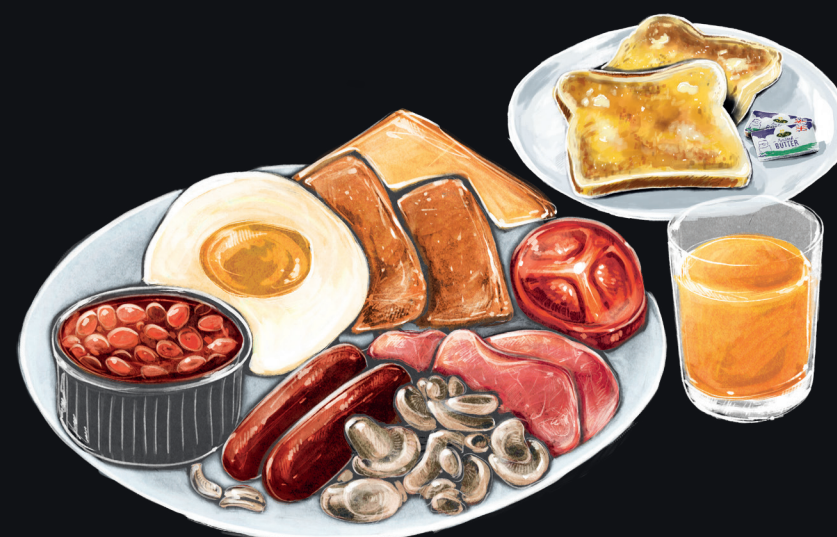
Two toasted crumpets served with butter.

+ Add jam **OR** honey **OR** marmalade for **40p**.

**HEINZ**  
ESTD 1869

We serve  
Heinz Baked  
Bean

How do you  
like your eggs?  
Poached,  
scrambled **OR**  
fried.



**CREATE YOUR OWN BREAKFAST** **75p per item**

Sausage (606kJ/146kcal), bacon (349kJ/84kcal), black pudding (677kJ/162kcal).

**MEAT FREE** Meat free sausage (532kJ/128kcal), Heinz Baked Bean (362kJ/86kcal), half a tomato (42kJ/10kcal), chopped tomatoes (96kJ/23kcal), hash brown (720kJ/173kcal), half a slice of fried bread (986kJ/238kcal).

**VEGETARIAN** Poached egg (230kJ/55kcal), scrambled egg (314kJ/75kcal), fried egg (443kJ/107kcal) mushrooms (176kJ/43kcal).

**KIDS BREAKFAST** **£1.50**

Choose any three items from the above (one slice of white **OR** brown toast can be included as one of the three items).

## TASTY BITES



**FRESH SOUP** **£2.25**

Fresh soup served with a bap.  
Please ask a colleague for today's choices.

**JACKET POTATOES**

Jacket potato with a choice of filling. Served with a salad.

- TUNA CRUNCH** (1809kJ/431kcal) **£3.50**
- HEINZ BAKED BEANZ** (1382kJ/327kcal) **£3.50**
- CHEESE** (2193kJ/525kcal) **£3.50**
- PRAWN COCKTAIL** (1768kJ/423kcal) **£3.95**
- BEEF CHILLI** (2596kJ/619kcal) **£3.95**
- 5 BEAN CHILLI** (1897kJ/449kcal) **£3.95**

**TOASTED SANDWICH**

A freshly toasted sandwich with coleslaw and salad garnish, served with chips **OR** a side salad.

- TUNA CRUNCH** (5113kJ/1227kcal) **£4**
- CHEESE & BACON** (4957kJ/1189kcal) **£4**
- CHEESE** (4608kJ/1106kcal) **£4**
- CHEESE & ONION** (4634kJ/1112kcal) **£4**
- CHEESE & TOMATO** (4658kJ/1117kcal) **£4**

**LOOK OUT FOR**

- VEGETARIAN** Vegetarian
- VEGAN RECIPE** Vegan Recipe
- UNDER 400** Under 400 calories
- UNDER 600** Under 600 calories
- MEAT FREE** Meat free burgers and sausages are supplied by Naked Glory



# MAINS



**FRESHLY BATTERED FISH & CHIPS\*** (1657kj/394kcal) <sup>UNDER 400</sup> / (3306kj/787kcal) <sup>UNDER 600</sup> **MINI £4.20 FULL £5.60**

Hand-battered to order fish, served with chips, peas and tartare sauce. Swap battered fish for steamed fish for a healthier option (1030kj/246kcal)/(2054kj/491kcal).

**WHITBY WHOLETAIL SCAMPI** (2253kj/539kcal) <sup>UNDER 400</sup> / (4499kj/1076kcal) <sup>UNDER 600</sup> **MINI £4.20 FULL £5**

Succulent pieces of breaded scampi, served with chips, peas and tartare sauce.

**ALL DAY BREAKFAST BRUNCH** (4583kj/1100kcal) **£4.80**

Two sausages, two rashers of bacon, Heinz Baked Beans, two fried eggs, mushrooms, half a tomato and chips. Swap sausages and bacon for meat free sausages <sup>NEW</sup> for a vegetarian option.

**VEGAN RECIPE** <sup>NEW</sup> **SWEET POTATO & CHICKPEA KORMA** (3507kj/832kcal) **£5.50**

A medley of sweet potato and chickpeas in a curry sauce, served with rice.

**BEEF LASAGNE** (5719kj/1370kcal) **£5.50**

Beef mince with smoky bacon, Chianti, vintage mature Cheddar, four layers of lasagne and béchamel sauce. Served with garlic bread.

**VEGAN RECIPE** **BUTTERNUT SQUASH & LENTIL LASAGNE** (2305kj/548kcal) <sup>UNDER 400</sup> **£5.50**

A ragu with sustainably sourced soya mince, tomatoes and lentils in layers of lasagne with a butternut squash sauce. Served with salad.

**MACARONI CHEESE** (4945kj/1179kcal) **£4.75**

Macaroni pasta in a rich, creamy cheese sauce. Served with garlic bread.

**BEEF & ALE PIE** (3975kj/950kcal) <sup>MORRISONS MAKES IT</sup> **£5**

Beef and ale pie served with chips **OR** mash, peas and a jug of gravy.

**CHICKEN, BACON & LEEK PIE** (3938kj/942kcal) <sup>MORRISONS MAKES IT</sup> **£5**

Chicken, bacon and leek pie served with chips **OR** mash, peas and a jug of gravy.

**LAMB SHANK** (4656kj/1110kcal) **£6**

Lamb shank slow cooked in mint gravy. Served with mash and peas.

**BANGERS & MASH** (3187kj/763kcal) **£4.20**

Three sausages **OR** three meat free sausages <sup>NEW</sup> served with mash, peas and gravy.

**SAUSAGE, EGG, CHIPS & BEANS** (3830kj/918kcal) **£4.20**

Three sausages **OR** three meat free sausages <sup>NEW</sup> served with fried egg, chips and Heinz Baked Beans.

**1/2 CHICKEN & CHIPS** (6405kj/1530kcal) <sup>MORRISONS MAKES IT</sup> **£5**

Half an Extra Tasty Chicken served with chips, peas and a jug of gravy.

**GAMMON, EGG & CHIPS** (3023kj/722kcal) **£5**

Gammon served with fried egg, chips and half a tomato. Swap egg for pineapple (2538kj/604kcal).

**SALMON WITH HOLLANDAISE SAUCE\*** (2484kj/596kcal) <sup>UNDER 600</sup> **£6**

Salmon fillet topped with hollandaise sauce. Served with baby potatoes and peas.

**CHICKEN & AVOCADO SALAD** (3052kj/729kcal) **£5.50**

Warm chicken breast and avocado served with a tossed mixed leaf salad, cherry tomatoes and French dressing.

**VEGAN RECIPE** **CHEESE & ONION QUICHE** (3344kj/803kcal) <sup>MORRISONS MAKES IT</sup> **£5.50**

Cheese and onion quiche served with mixed leaf salad, coleslaw, roasted vegetable couscous and balsamic dressing.

**CHEESE FILLED OMELETTES** (3633kj/870kcal) **£4.75**

Two omelettes with a choice of fillings, served with chips and Heinz Baked Beans. Choose from: cheese **VEGAN** **OR** cheese and mushroom **VEGAN** **OR** cheese and bacon.

## WELSH FAVOURITES

**TAN Y DDRAIG - "THE DRAGON'S FIRE"** (3617kj/858kcal) **£5.50**

A hot chicken curry with peppers, leeks and whole chillies, served with rice and stone-baked naan.

**WELSH BEEF CURRY** (4416kj/1053kcal) **£5.50**

Tender diced Welsh beef in a Madras sauce, served with rice and stone-baked naan.

**WELSH BEEF COTTAGE PIE** (2245kj/537kcal) <sup>UNDER 600</sup> **£5**

Minced Welsh beef cottage pie topped with mash, served with peas and gravy.

**FAGGOTS & PEAS** (3240kj/774kcal) **£5**

Pork and liver faggots in onion gravy, served with mash and peas.

## ROAST DINNERS

SERVED SUNDAY 11.30am-2.30pm\*

**CHICKEN** (4089kj/975kcal) **£5.75**

Half an Extra Tasty Chicken, served with golden roast potatoes, mash, peas, carrots and a Yorkshire pudding, drizzled with gravy.

**BEEF** (2444kj/580kcal) <sup>UNDER 600</sup> **£5.75**

Tender slices of beef, served with golden roast potatoes, mash, peas, carrots and a Yorkshire pudding, drizzled with gravy.

**VEGAN RECIPE** <sup>NEW</sup> **MUSHROOM WELLINGTON** (3371kj/806kcal) **£5.50**

Mushroom Wellington served with golden roast potatoes, peas, carrots and drizzled with gravy.

\*Available all week in selected Cafés

# BURGERS



**6oz BEEF BURGER WITH BACON & CHEESE** (5417kj/1296kcal) <sup>MORRISONS MAKES IT</sup> **£6**

6oz British beef burger topped with bacon and cheese, served in a bap with lettuce, tomato, battered onion rings and coleslaw with chips **OR** side salad.

**6oz BEEF BURGER** (4669kj/1116kcal) <sup>MORRISONS MAKES IT</sup> **£5**

6oz British beef burger served in a bap with lettuce, tomato, battered onion rings and coleslaw with chips **OR** side salad.

**SOUTHERN FRIED CHICKEN BURGER** (3830kj/913kcal) **£5**

Southern fried chicken burger served in a bap with lettuce, tomato, battered onion rings and coleslaw with chips **OR** side salad.

**VEGAN RECIPE** <sup>NEW</sup> **MEAT FREE BURGER** (3483kj/830kcal) **£5**

Meat free burger, served in a bap with lettuce, tomato, battered onion rings and sweet potato fries.

ADD AN EXTRA

**+** CHEESE (398kj/96kcal) **50p**

**+** BBQ SAUCE (259kj/61kcal) **50p**

**+** BACON (349kj/84kcal) **75p**

**+** BURGER **£1**

Choose from 6oz British beef burger (1873kj/450kcal) **OR** southern fried chicken burger (1034kj/247kcal) **OR** meat free burger <sup>NEW</sup> (798kj/191kcal).

**+** Upgrade your chips **OR** side salad to sweet potato fries for **50p** extra.

## TEATIME MEAL DEAL

SERVED FROM 3pm\*



**ONE MEAL + ONE DRINK = £6**

\*Available every day from 3pm. Teatime Meal Deal applies to any meal priced £4.50 or more and includes one regular hot drink, regular fizzy drink or bottle of water per meal.

# SIDES



**VEGAN** **BREAD & BUTTER** (1896kj/454kcal) <sup>UNDER 600</sup> **75p**

**VEGAN** **SIDE SALAD** (528kj/127kcal) <sup>UNDER 400</sup> **75p**

**VEGAN** **GARLIC BREAD** (1973kj/471kcal) <sup>UNDER 600</sup> **£1**

**VEGAN RECIPE** **BATTERED ONION RINGS** (967kj/231kcal) <sup>UNDER 400</sup> **£1**

**VEGAN RECIPE** **CHIPS** (1205kj/288kcal) <sup>UNDER 400</sup> **£1**

**VEGAN RECIPE** **LARGE CHIPS** (1808kj/431kcal) <sup>UNDER 600</sup> **£1.30**

**VEGAN RECIPE** **SWEET POTATO FRIES** (1374kj/329kcal) <sup>UNDER 400</sup> **£1.50**

# DESSERTS



**VEGAN** **ICE CREAM SUNDAE** <sup>UNDER 400</sup> **£1.75**

Strawberry (1283kj/306kcal) **OR** chocolate (1308kj/313kcal).

**VEGAN** **BREAD & BUTTER PUDDING\*** (1542kj/368kcal) <sup>UNDER 400</sup> **£2**

**VEGAN** **BRAMLEY APPLE CRUMBLE\*** (1783kj/424kcal) <sup>UNDER 600</sup> **£2**

**VEGAN** **STICKY TOFFEE PUDDING\*** (1994kj/473kcal) <sup>UNDER 600</sup> **£2**

**VEGAN** **SYRUP SPONGE PUDDING\*** (2202kj/523kcal) <sup>UNDER 600</sup> **£2**

**VEGAN** **WARM CHOCOLATE FUDGE CAKE\*** (2268kj/541kcal) <sup>UNDER 600</sup> **£2**

**VEGAN RECIPE** <sup>NEW</sup> **CHOCOLATE SPONGE PUDDING** (2299kj/550kcal) <sup>UNDER 600</sup> **£2**

Served with vegan ice cream (326kj/77kcal).

\*Served with a choice of:  
Custard (335kj/80kcal) **OR** ice cream (192kj/46kcal) **OR** cream (400kj/96kcal) **OR** <sup>NEW</sup> <sup>VEGAN</sup> <sup>GLORY</sup> **vegan ice cream** (326kj/77kcal).

### LOOK OUT FOR

**VEGAN** Vegetarian <sup>VEGAN RECIPE</sup> Vegan Recipe

<sup>UNDER 400</sup> Under 400 calories <sup>UNDER 600</sup> Under 600 calories

<sup>VEGAN RECIPE</sup> <sup>NEW</sup> <sup>GLORY</sup> Meat free burgers and sausages are supplied by Naked Glory

### IMPORTANT ALLERGEN INFORMATION

IF YOU WOULD LIKE TO KNOW ABOUT THE SPECIFIC STATUTORY ALLERGENS THAT ARE PRESENT IN OUR MENU ITEMS, PLEASE ASK ONE OF OUR CAFÉ COLLEAGUES TO REFER TO THE ALLERGEN INFORMATION GUIDE. PLEASE BEAR IN MIND THAT, DUE TO THE WAY WE PREPARE FOOD, IT IS POSSIBLE OTHER ALLERGENS MAY ALSO BE PRESENT.

<sup>VEGAN RECIPE</sup> ALTHOUGH THE RECIPE FOR THIS PRODUCT IS SUITABLE FOR VEGANS PLEASE BE AWARE THAT THEY ARE PREPARED IN AN AREA WHERE FOOD THAT IS NOT SUITABLE FOR VEGANS IS ALSO HANDLED.

\*OUR FISH MAY CONTAIN BONES.