

# FLYING HIGH CAFÉ MENU

## Breakfast Menu

- Bacon baps
- Sausage baps
- Oaty pots: yoghurt, jumbo oats, seeds, topped with fresh fruit
- Breakfast pastries
- Porridge pots
- Fruit juices
- Free tea & coffee all-day

## Day Time Menu

### Sub Rolls

- Traditional – salt beef, pickle, mustard
- Coronation chicken
- Ham & cheese
- Cheese
- Tuna mayo
- BLT
- Egg mayo
- Chargrilled chicken
- Smoked red pepper hummus

### Hot Savoury Options

- Dirty fries: melted cheese, BBQ pulled pork
- Melted cheese, jalapenos, spicy salsa & crispy onions
- Melted cheese, crispy bacon bits, smoked herby pork meatballs
- Melted cheese, spicy 3 bean chilli
- Jacket Spuds: coronation chicken, cheese & beans, chilli beef, tuna, BBQ pulled pork, spicy 3 bean chilli, homemade slaw
- BBQ chicken wings, BBQ or warm chilli sauce, chopped spring onions and white sesame seeds,
- Selection hot pasties
- Sausage rolls

### Salads

- Mixed salad served with either: coronation chicken, grilled halloumi, ham, tuna mayo, pork pie, chargrilled chicken
- Homemade slaw

## **Friday Curry Night**

- Chicken Balti
- Veggie Balti

All served with chips, rice or jacket spuds.

## **Saturday Pie Night**

- Steak & ale pie
- Chicken, ham & leek pie
- Spicy 3 bean pie
- 3 Cheese Pie, potatoes & onions
- Choice of two deserts

All served with chips, mash & gravy & spicey Mexican veggie sauce