

# APRIL'S AT CPASE

## ALL DAY BRUNCH

<b>April's full English</b>	12
2 poached eggs, 1 Old English Cumberland sausage, 3 rashers of streaky bacon, black pudding, grilled mushroom & tomato served with toasted sourdough	
<b>Plant power breakfast (VG)(DF)</b>	11
Vegan black pudding, grilled mushroom & tomato, crushed avocado, curly kale served with homemade toasted sourdough	
<b>Steak &amp; eggs (GF)</b>	12
5oz rump steak served with 2 poached eggs, grilled mushroom & tomato	
<b>Sriracha spiced tofu (VG)(DF)</b>	8
Served on a bed of curly kale, cherry tomatoes & homemade toasted sourdough with a side of coconut yoghurt	
<b>3 egg omelette (GF)</b>	8.5
Please choose 2 fillings: Mushroom / Tomato / Kale / Cheese / Onion / Chorizo, bacon or smoked salmon +2	
<b>Overnight oats (VG)(DF)</b>	7.5
Oats, acai, summer fruits, dried mango & banana, flax seeds, chia seeds & granola	
<b>Granola bowl (VG)(GF)(DF)</b>	5.5
Coconut yoghurt topped with homemade granola with a choice of: Mango / Summer berries / Honey	
<b>Warm porridge oats</b>	5.5
Made with your choice of milk & 2 toppings: Honey / Maple syrup / Mixed seeds / Granola / Blueberries / Dried banana	
<b>3 American style pancakes (GF)</b>	7
With a choice of: 2 rashers of steaky bacon / Maple syrup / Strawberries / Blueberries / Crème fraîche / Chocolate Spread	
<b>2 slices of toasted sourdough</b>	4
With strawberry jam, marmalade, or honey	
<b>Campbell &amp; neil smoked salmon, scrambled eggs &amp; kale</b>	10
Served on a toasted seeded bagel	
<b>3 old English sausages</b>	9
Served in a toasted ciabatta	
<b>6 rashers of smoked streaky bacon &amp; crushed avocado</b>	9
Served in a toasted ciabatta	

*(DF) - Dairy free (GF) - Gluten free (all bread can be substituted to GF) (VG) - Vegan \*Nuts - Contains nuts.*

*If you have a food allergy or intolerance please let us know before ordering. All our food is freshly prepared to order in a kitchen where nuts, gluten and other allergies are present.*

*Full allergy information on each dish is available upon request.*

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## CRUSHED AVOCADO

**Our famous crushed avocado** served on homemade toasted sourdough. Ask to add fresh chilli or chilli flakes 7

### Add:

2 Cheshire poached eggs / Streaky bacon (GF)	2
Roast tomato / Mushroom / Curly kale / Baked beans (GF)	1.5
Halloumi (GF) / Black pudding / Vegan black pudding / 2 Old English Cumberland sausages / Sriracha spiced tofu / Chorizo	2.5
Feta (GF)	1
Smoked salmon (GF)	3.5

## BUILD YOUR OWN BUDDHA BOWL

14 each

### 1 / CHOOSE YOUR BASE

- Pomegranate quinoa (GF)(DF)
- Coconut & lime rice (GF)(DF)
- Ginger & soy sauce stir fried noodles
- Sweet potato wedges (GF)(DF)

### 2 / CHOOSE YOUR PROTEIN

- Piri piri chicken (GF)(DF)
- Teriyaki rump steak (GF)(DF)
- Lemon & garlic king prawns (GF)(DF)
- Salsa verde sea bass (GF)(DF)
- Sriracha spiced tofu (GF)(DF)

### 2 / CHOOSE A SPRINKLE

- Sunflower seeds
- Pumpkin seeds
- Walnuts \*Nuts
- Chia seeds

## SIDES

4.75 each

- Salt & pepper potato wedges (GF)(DF)
- Sweet potato wedges (GF)(DF)
- CPASE fries (GF)(DF)
- Beetroot, feta, watercress & walnut salad (GF) \*Nuts
- Sautéed curly kale, sugar snap & garden peas (GF)(DF)
- Tenderstem broccoli (GF)(DF)
- Mixed leaf salad (GF)(DF)

## DON'T FORGET TO ASK YOUR SERVER FOR OUR DAILY SPECIALS

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## EVENING MENU

### STARTERS & NIBBLES

<b>Soup of day</b> served with homemade toasted sourdough	5
<b>Piri piri chicken tenders</b> (GF)(DF) served with mixed leaf & a mango & vine tomato salsa	7
<b>Cumberland sausage &amp; chorizo bites</b>	7
<b>Lemon &amp; garlic king prawns</b> (GF) served with mixed leaf & crème fraîche	8
<b>Beetroot, feta &amp; walnut salad</b> (GF) *Nuts	6.5

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## EVENING MENU

### MAINS

<b>Thai red curry</b> with red pepper, sugar snap peas, kale & coconut & lime rice served with a grilled flatbread (DF) <b>Add Chicken or prawns</b>	14 3
<b>8oz rump steak au poivre</b> with tenderstem broccoli & honey glazed carrots (GF)	18
<b>Lemon &amp; rosemary pan fried sea bass fillets</b> with asparagus, green beans & vine tomatoes (GF)(DF)	17.5
<b>Fillet of salmon</b> with asparagus, kale, tenderstem, cherry tomatoes topped with a sun-dried tomato pesto (GF)(DF)	17.5
<b>5 bean chilli</b> served with a choice of sweet potato wedges, coconut & lime rice or mixed vegetables (VG)(GF)(DF)	14

### SIDES

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- Sweet potato wedges (GF)(DF)
- Beetroot, feta, watercress & walnut salad (GF) \*Nuts
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