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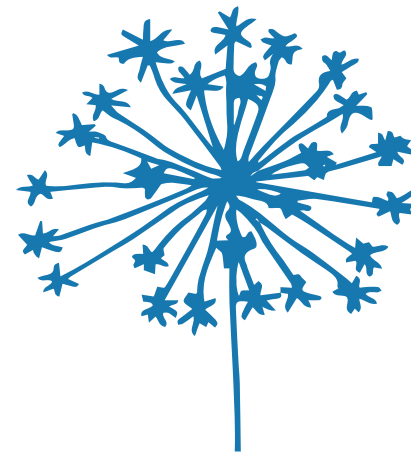
Or visit www.bluegardencafe.co.uk



BLUE GARDEN CAFÉ

DAILY SPECIALS

We like to keep things fresh and exciting!
Speak with a member of the team to see what we have on offer!



BREAKFAST

Served from 9am - 12pm

The Blue Garden Breakfast £13.50

Two rashers of back bacon, two Frinton sausages, tiptree eggs, hash browns, tomatoes, mushrooms, beans and two slices of toast

Classic English Breakfast £10

One rasher of back bacon, a Frinton sausage, a Tiptree egg, hash brown, tomatoes, mushrooms, beans and a slice of toast

Veggie Breakfast (V) £10

Vegetarian sausages, Tiptree eggs, hash brown, tomatoes, mushrooms, beans and a slice of toast

Breakfast Sandwich (V) £5.50

Your choice of bacon, Frinton sausage or a fried Tiptree egg served on white or granary bread

Eggs Royale £10.25

Poached Tiptree eggs with smoked salmon and hollandaise sauce served on a toasted english muffin

Eggs Benedict £9.50

Poached tiptree eggs with bacon and hollandaise sauce on a toasted english muffin

Eggs on Toast (V) £5

Two slices of toast and two Tiptree eggs

Add To Your Breakfast Or Brunch...

Smoked Salmon £2.50

Bacon £2

Black Pudding £2

Sausage £2

Avocado £2

Hash Browns £2

Egg £1.50

Beans £1.50

Toast Slice £1.50

ALL DAY BRUNCH

The Fisherman £9.75

Sourdough toast topped with smoked salmon with your choice of eggs, crispy capers and lemon

The Spanish £9.50

Sourdough toast topped with a chunky chorizo and tomato sauce and scrambled eggs

The Cali (V) £9

Sourdough toast topped with smashed avocado, your choice of eggs, tomato & red onion salsa, pesto dressing

The Avo & Bacon £8.50

Sourdough toast topped with avocado, bacon, poached eggs and a garlic pesto

Upgrade Bacon to Smoked Salmon for £2 extra

The Funghi (V) £9.00

Sourdough toast topped with sliced mushrooms in a white wine cream sauce topped with shaved parmesan

The Hash £9.50

Sourdough topped with homemade chorizo & leek hash, poached eggs and hollandaise sauce

American Pancakes (V) £8.50

Three fluffy pancakes served with your choice of:

- Banana, salted caramel and walnut honeycomb
- Fresh blueberries, compote and maple syrup
- Bacon and maple syrup
- Stewed apple, blackberry and crumble topping

Brunch Roll £6.50

Bacon, Frinton sausage and a fried egg in a tiger roll

Allergens & Dietary Requirements

Please speak to our staff about any allergies or dietary requirements. A number of our dishes can be made as Gluten Free, Dairy Free, Vegetarian or Vegan. Due to the busy nature of our café, we cannot guarantee the absence of nuts or other allergens.

Fish and Chips £13.75

A large locally-sourced cod fillet in crispy batter with fries, homemade tartare sauce and a choice of mushy peas or garden peas

Pie and Mash £13

Frinton butcher's steak & ale pie with creamy mash, caramelised onion gravy and tenderstem broccoli

Blue Garden Beef Burger £13.50

Frinton butcher's beef patty topped with cheddar cheese, tomato, red onion and homemade bbq sauce in a toasted brioche bun, served with fries and slaw

Cajun Chicken Burger £13.50

Crispy chicken breast with cajun spices, garlic mayonnaise and salad in a toasted brioche bun, served with fries and slaw

Vegan Burger (Ve) £12.50

Moving Mountains vegan burger with vegan bbq sauce, sliced tomato, red onion and vegan pesto dressing in a toasted vegan brioche bun, served with fries

Blue Garden Omelette (V) £9

Tiptree eggs with a choice of any of the following fillings, served with a salad and crisps:

Cheese | Tomato | Mushroom | Bacon | Peppers | Onion

Toasted Paninis (V) (Ve) £7.50

Served with a dressed salad and crisps. Choose from:

Ham And Cheddar | Tuna Melt | Tomato, Mozzarella & Pesto (V) | Red Onion & Cheddar (V) | Vegan Cheese & Tomato (Ve) | Vegan Cheese & Onion (Ve)

Hearty Sandwiches (V) (Ve) £7.50

Served with a dressed salad and crisps. Choose from:

Ham and Cheddar | Tuna Mayo | Prawn Marie-Rose | Tomato, Mozzarella & Pesto (V) | Coronation Chicken | Avocado & Roasted Pepper (Ve) | Falafel & Caramelised Onion (Ve)

Upgrade any dish from Crisps to Fries for £2 or Sweet Potato Fries for £2.50

LUNCH

Served from 12pm

Skate Wing £13.75

Locally-sourced skate wing, pan-fried and served with buttered new potatoes, lemon, capers and tenderstem broccoli

Sausage and Mash £12

Frinton Sausages with creamy mashed potato, caramelised onion gravy and tenderstem broccoli

All Day English Breakfast £10

One rasher of back bacon, a Frinton sausage, a Tiptree egg, hash brown, tomatoes, mushrooms, beans and a slice of toast

Blue Garden Club Sandwich £10.50

Triple-stacked club sandwich of chicken, bacon, tomato, lettuce & mayo served with salad and chips

Fish Finger Ciabatta £9

Cod goujons and homemade tartare sauce served in a toasted ciabatta with salad and crisps

Chicken and Bacon Wrap £8

Cajun fried chicken & bacon with homemade bbq sauce and salad in a tortilla wrap

Jacket Potatoes (V) (Ve) £6.95

Served with butter, salad and slaw. Add the following toppings:

Coronation Chicken £2.50 Prawn Marie Rose £3

Tuna Mayo £1.50 Beans £1.50

Cheddar Cheese £1.50

SIDE DISHES

Fries £3

Sweet Potato Fries £3.50

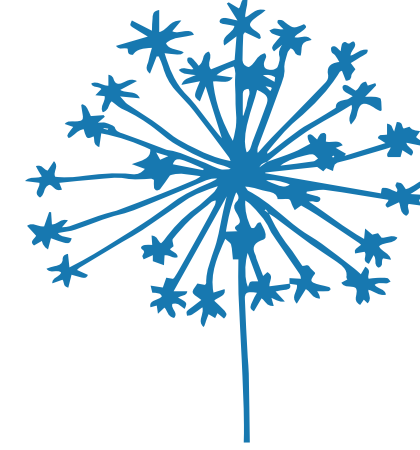
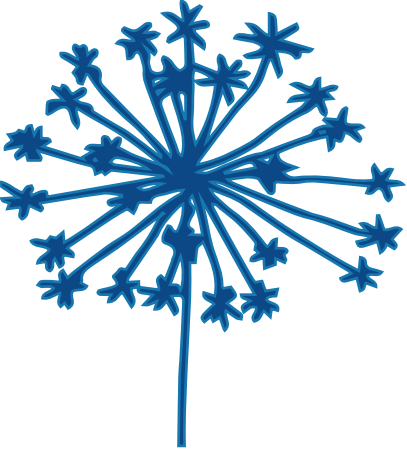
Halloumi Fries £5.50

Garlic Bread £3.50

Side Salad £3

Dishes with (V)(Ve) symbols can be made vegetarian or vegan if required

Our dishes are cooked freshly in our kitchen to order. It's fresh food, not fast food!



BLUE GARDEN

CAFÉ

SOFT DRINKS

Soft Drinks		Shaken Udder Milkshakes with Cream	All £4.20
Coca Cola	£3.00	Strawberry	
Diet Coke	£3.00	Chocolate	
Sprite Zero	£3.00	Vanilla	
Fanta Orange	£3.00	Salted Caramel	
Appletizer	£3.80		
Fentimans Rose Lemonade	£3.80	Iced Teas	All £4.50
Fentimans Ginger Beer	£3.80	Peach	
Fentimans Sparkling Elderflower	£3.80	Passionfruit & Lemon	
Tonic Water	£3.00	Jasmine & Lime	
Lime Cordial	£0.50	Cooler Slushies	All £4.50
Elderflower Cordial	£0.50	Dragon Fruit & Mango	
Fruit Juice	All £2.70	Green Apple & Raspberry	
Orange			
Apple			
Cranberry			
Pineapple			
Tropical			

HOT DRINKS

Coffee		Tea	
Americano	£2.80	Pot of Tea for One	£2.60
Single Espresso	£2.20	Choose from:	
Double Espresso	£2.80	English Breakfast Earl Grey Green Mint Red Berry Chamomile Decaf	
Latte	£3.40	Hot Chocolate	£4.20
Cappuccino	£3.40	Chocolate or White Chocolate, topped with Cream & Marshmallows	
Flat White	£3.40		
Chocolate Mocha	£3.80		
White Chocolate Mocha	£3.80		
Syrups	Add	£0.60	
Vanilla Toffee Hazelnut			
Non-Dairy Milks	Add	£0.30	
Oat Soya			

Spiced Lattes & Hot Chocolates
Your Choice of a Latte or Hot Chocolate, topped with whipped cream and a unique topping. Choose from:
Gingerbread
Pumpkin Spice
Butterscotch
Honeycomb
£4.50

WINE, BEER & CIDER

White Wine	125ml	175ml	250ml	Bottle
Pinot Grigio	£3.50	£4.95	£6.70	£18.95
Chardonnay	£3.50	£4.95	£6.70	£18.95
Oyster Bay Sauvignon Blanc	£4.80	£7.45	£10.05	£28.50
Red Wine				
Merlot	£3.50	£4.95	£6.70	£18.95
Cabernet Sauvignon	£3.50	£4.95	£6.70	£18.95
Rosé				
Zinfandel	£3.50	£4.95	£6.70	£18.95
Sweet Rosé	£3.50	£4.95	£6.70	£18.95
Blush Rosé	£3.50	£4.95	£6.70	£18.95
Prosecco				
White or Pink - 200ml Bottle	£6.60			
Beer & Lager				
Ghost Ship Pale Ale 500ml	£4.50			
Abbot Ale 500ml	£4.50			
Stella Artois 275ml	£4.00			
Moretti 330ml	£4.00			
Cider				
Magners 575ml	£4.50			
Aspalls 500ml			£4.50	
No/Low Alcohol				
Becks Blue 275ml			£3.50	
0.5% Ghost Ship Pale Ale 500ml			£4.00	

CAKES & SWEET TREATS

Our Selection of Cakes, Traybakes, Pastries and Loaf Cakes is constantly changing.
Please check the display or ask our staff about today's selection!
From £3.50

Sweet Treats
Scone with Butter £3.20
Scone with Butter and Jam £3.60
Scone with Butter, Jam and Cream £4.00
Toasted Tea cake with Butter and Jam £2.70

Blue Garden Café
Cream Tea
Homemade Scone with Jam and Cream
Served with a Choice of Tea or Coffee
£7

Suffolk Meadow Ice Cream
Tubs of Luxury Artisan Ice Cream
Ask for Today's Flavours
£3