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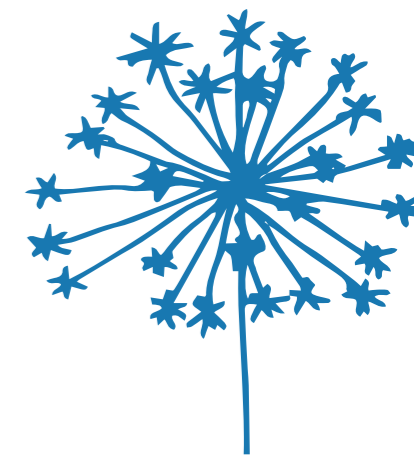
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BLUE GARDEN CAFÉ

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 £15.75

Two rashers of back bacon, two sausages, Tiptree eggs, hash browns, grilled tomato, mushrooms, baked beans and two slices of toast

Classic English Breakfast £12.25

A rasher of back bacon, sausage, a Tiptree egg, hash brown, grilled tomato, mushrooms, baked beans and a slice of toast

Veggie Breakfast (V) £10.50

Two vegetarian sausages, a Tiptree egg, hash brown, grilled tomato, mushrooms, baked beans and a slice of toast

Breakfast Sandwich (V) £7.00

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

Eggs Royale £11.00

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

Eggs Benedict £10.50

Poached Tiptree eggs with back bacon and hollandaise sauce on a toasted English muffin

Eggs on Toast (V) £6.50

Two slices of toast and two Tiptree eggs

Breakfast Granola Pot £5.00

Flavoured yoghurt, toasted almonds, honey granola, fresh berries and macerated peaches

Add To Your Breakfast Or Brunch...

Smoked Salmon £2.50

Back Bacon £2.20

Black Pudding £2.20

Sausage £2.20

Avocado £2.20

Hash Browns £2.20

Egg £1.80

Baked Beans £1.50

Toast Slice £1.80

ALL DAY BRUNCH

The Avo & Bacon £11.25

Sourdough toast topped with avocado, back bacon, poached Tiptree eggs and a pesto dressing

Upgrade Back Bacon to Smoked Salmon for £2.20 extra

The Hash £11.25

Homemade chorizo and leak hash, poached Tiptree egg and hollandaise sauce served on sourdough toast

Brunch Roll £8.75

Back Bacon, sausage and a fried egg in a brioche roll

Bagels -

- Classic bagel, smoked salmon and cream cheese £9.00

- Smashed avocado, poached egg, lemon and chili flakes £10.50

- Crispy bacon, fried halloumi and chili jam £9.00

- The Fisherman - £10.50

Smoked salmon, avocado, microgreens, lemon and chili flakes on toasted sourdough

- The Blue Garden Shakshuka - £12.00

Baked chorizo and tomato eggs with toasted sourdough and smoked paprika compound butter

American Pancakes (V) £9.75

Three fluffy pancakes served with your choice of:

- Classic, butter with maple syrup

- Chocolate chip, marshmallow and chocolate sauce

- Fresh berries, cinnamon sugar, fruit compote

Sharing platter £14.50

A selection of toppings with 6 pancakes - Ask for topping options

Additional toppings - Bacon £2.20 / Compote £1.50 / Nutella £2 /

Maple syrup £2 / Banana £1 / Berries £1

Fish and Chips £17.25

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

Signature Burger £16.75

Frinton butcher's beef patty, melted cheddar cheese, homemade smokey BBQ sauce, sliced tomato, truffle mayo in a toasted brioche bun, homemade slaw and dressed salad and fries

Cajun Chicken Burger £16.75

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

Blue Garden Omelette (V) £11.00

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

Cheese | Tomato | Mushroom | Ham | Peppers | Onion

Toasted Paninis (V) (Ve) £9.50

Served with a dressed salad and crisps. Choose from:

Ham And Cheddar | Tuna Melt | Chicken & Cheddar

With BBQ Sauce | Tomato, Mozzarella & Pesto (V) |

Caprese - chicken, mozzarella, tomato & pesto |

Red Onion & Cheddar (V)

Hearty Sandwiches (V) (Ve) £9.50

Served with a dressed salad and crisps. Choose from:

Ham and Cheddar | Tuna Mayo | Prawn Marie-Rose |

Tomato, Mozzarella & Pesto (V) | Avocado &

Roasted Pepper (Ve)

Club Sandwich £16.00

Grilled chicken breast with cool mayo, bacon, lettuce and tomato in between three pieces of toast, served with crispy fries and salad

*Upgrade any dish from Crisps to Fries for £2.20
or Sweet Potato Fries for £2.75*

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.

LUNCH

Served from 12pm

Ham, Egg and Chips £13.50

Glazed ham, egg and chips with peas

All Day English Breakfast £12.25

A rasher of back bacon, sausage, a Tiptree fried egg, hash brown, grilled tomato, mushrooms, baked beans and a slice of toast

Fish Finger Ciabatta £12.50

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

Jacket Potatoes (V) (Ve) £8.50

Served with butter, dressed salad and slaw. Add the following toppings: Prawn Mayo £3.00 Grated Cheddar £1.50
Tuna Mayo £2.00 Beans £1.50

Market Salads £14.00

See today's selection in our counter

Chicken and Bacon Wrap £10.75

Crispy fried chicken & bacon with homemade bbq sauce & salad in a tortilla wrap served with dressed salad and crisps

Chicken Caesar Wrap £10.75

Grilled chicken breast with crisp lettuce, shaved parmesan and caesar dressing and crisps

Falafal Wrap £9.75

Fried falafal, creamy hummus, mango chutney and tahini dressing and crisps

SIDE DISHES

Fries £3.30 / Sweet Potato Fries £3.85

Halloumi Fries with dip £5.50

Garlic Bread £3.85 / Side Salad £3.30

Dishes with (V)(Ve) symbols are made vegetarian or vegan as required. We also have a number of Gluten Free (GF) options Please ask your server.

Our dishes are cooked freshly in our kitchen to order.

It's fresh food, not fast food!