

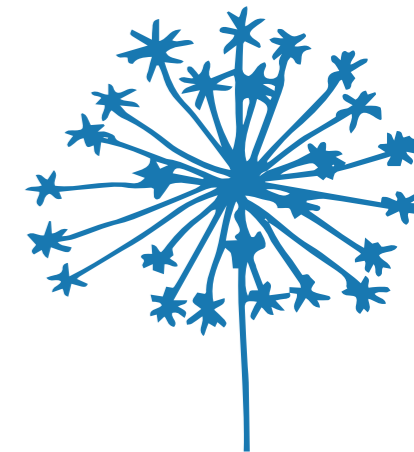
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DAILY SPECIALS
We like to keep things fresh and exciting!
Speak with a member of the team to see what we have on offer!



BLUE GARDEN CAFÉ

BREAKFAST

Served from 9am - 12pm

The Blue Garden Breakfast £14.25

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

Classic English Breakfast £11

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

Veggie Breakfast (V) £10

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

Breakfast Sandwich (V) £6.00

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

Eggs Royale £10.50

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

Eggs Benedict £9.95

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

Eggs on Toast (V) £5.50

Two slices of toast and two Tiptree eggs

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 Fisherman £10.75

Sourdough toast topped with smoked salmon with poached Tiptree eggs, crispy capers and lemon

The Cali (V) £9.75

Sourdough toast topped with smashed avocado, poached Tiptree eggs, tomato & red onion salsa, pesto dressing

The Avo & Bacon £9.75

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

Upgrade Back Bacon to Smoked Salmon for £2.20 extra

The Hash £9.75

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

Brunch Roll £6.95

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

American Pancakes (V) £8.95

Three fluffy pancakes served with your choice of:

- Banana, salted caramel and walnut honeycomb

- Fresh blueberries, compote and maple syrup

- Bacon and maple syrup

- Banana and Nutella

Add extra maple syrup for £1

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 £14.95

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 Chips £14.25

Frinton butcher's steak & ale pie served with fries, caramelised onion gravy and seasonal greens

Blue Garden Beef Burger £14.50

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 £14.50

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

Vegan Burger (Ve) £13.00

Garden vegetable spicy bean burger with vegan bbq sauce, sliced tomato, red onion and a pesto dressing in a toasted brioche bun, served with fries

Blue Garden Omelette (V) £9.50

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

Cheese | Tomato | Mushroom | Ham | Peppers | Onion

Toasted Paninis (V) (Ve) £8.25

Served with a dressed salad and crisps. Choose from:
Ham And Cheddar | Tuna Melt | Chicken & Cheddar With BBQ Sauce | Tomato, Mozzarella & Pesto (V) | Red Onion & Cheddar (V) | Vegan Cheese & Tomato (Ve) | Vegan Cheese & Onion (Ve)

Hearty Sandwiches (V) (Ve) £8.25

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)

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

LUNCH

Served from 12pm

Skate Wing £15.25

Locally caught skate wing, pan-fried and served with buttered new potatoes, lemon, capers and seasonal greens

Classic Caesar Salad £8.95

Crisp lettuce served with anchovies, crisp back bacon, garlic & herb croutons, shaved parmesan and Caesar dressing

Add grilled chicken breast £3

Seasonal Salad Of The Week £11.95

Ask your server for details

All Day English Breakfast £11

A rasher of back bacon, a Frinton sausage, a Tiptree egg, hash brown, grilled tomato, mushrooms, baked 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 crisps

Fish Finger Ciabatta £9

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

Chicken and Bacon Wrap £9.25

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

Jacket Potatoes (V) (Ve) £7.65

Served with butter, salad and slaw. Add the following toppings: Prawn Marie Rose £3 Cheddar Cheese £1.50
Tuna Mayo £1.75 Beans £1.50

SIDE DISHES

Fries £3.30

Sweet Potato Fries £3.85

Halloumi Fries £6.05

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!