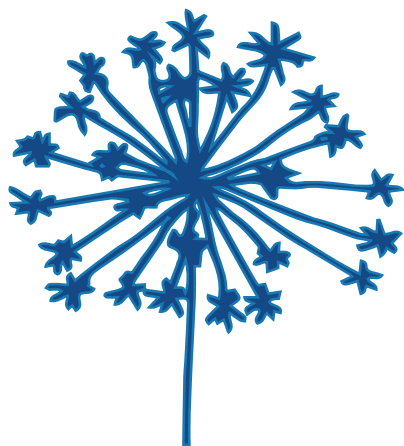




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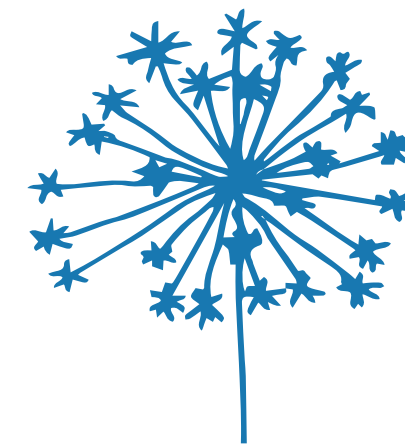
Or visit www.bluegardencafe.co.uk



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 **G/E/M/S** £15.00

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

Classic English Breakfast **G/E/M/S** £11.75

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

Veggie Breakfast (V) **G/E/M/S** £10.00

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

Breakfast Sandwich (V) **G/E/M/S** £6.50

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

Eggs Royale **G/E/F/M/S** £10.50

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

Eggs Benedict **G/E/M/S** £9.95

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

Eggs on Toast (V) **G/E/M/S** £6.00

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 Cali (V) **G/E/S** £10.75

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

The Avo & Bacon **G/E/S** £10.75

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 **G/E/M/S** £10.75

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

Brunch Roll **G/E/M/S** £8.25

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

American Pancakes (V) **G/E/M/S** £9.25

Three fluffy pancakes served with your choice of:

- Berry compote: **G/E/M/S**
- Nutella & Banana: **G/E/M/S/N**
- Salted caramel & walnut: **G/E/M/S/N**
- Maple & bacon: **G/E/M/S**

Add extra maple syrup for £1.00

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 **F/E/M/G/S** £16.50

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

Pie and Chips **G/E/M/S** £15.50

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

Blue Garden Beef Burger **G/E/M/S/SS** £16.00

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

Cajun Chicken Burger **G/E/M/S/SS** £16.00

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

Blue Garden Omelette (V) **G/E/M (Gluten Free)** £10.50

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) £9.00

Served with a dressed salad and crisps. Choose from:

Ham And Cheddar **G/E/M/S** | Tuna Melt **G/F/M/S** | Chicken & Cheddar With BBQ Sauce **M/S/G** | Tomato, Mozzarella & Pesto **G/M/S** (V) | Red Onion & Cheddar (V) **M/G/S** | Vegan Cheese & Tomato (Ve) **G/S** | Vegan Cheese & Onion (Ve) **G/S**

Hearty Sandwiches (V) (Ve) £9.00

Served with a dressed salad and crisps. Choose from:

Served with a dressed salad and crisps. Choose from:
Ham and Cheddar **M/G/S** | Tuna Mayo **F/G/S/E** | Prawn Marie-Rose **CR/G/S/E** | Tomato, Mozzarella & Pesto (V) **G/M/S** | Avocado & Roasted Pepper (Ve) **G/M/S** |

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

Ham, Egg and Chips **E/G** £12.50

NEW - Glazed ham, egg and chips with peas

All Day English Breakfast **E/G/M** £11.75

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 **G/F/E/M/S** £10.00

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

Chicken and Bacon Wrap **G/S** £10.25

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

Jacket Potatoes (V) (Ve) **M** £8.00

Served with butter, dressed salad and slaw. Add the following toppings: Prawn Marie Rose **CR/M/E (Gluten free)** £3.00

Tuna Mayo **F/M/E (Gluten Free)** £2.00

Beans **M(Gluten free)** £1.50

Cheddar Cheese **(Gluten free)** £1.50

KEY: (DOES CONTAIN)

- **G**- Gluten
- **CR**- Crustaceans
- **E**- Egg
- **L**- Lupin
- **S**- Soya
- **M**- Milk
- **Mu**- Mustard
- **N**- Nuts
- **F**- Fish
- **SS**- Sesame Seeds
- **GF**- Gluten Free

SIDE DISHES

Fries **G** £3.30

Sweet Potato Fries **G** £3.85

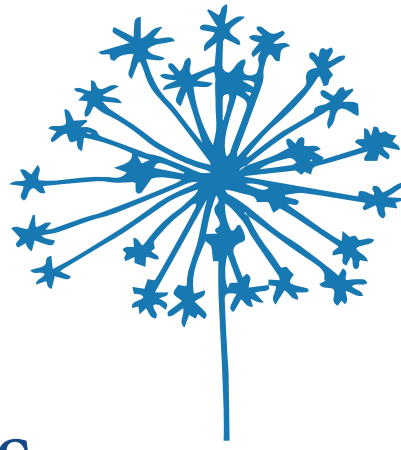
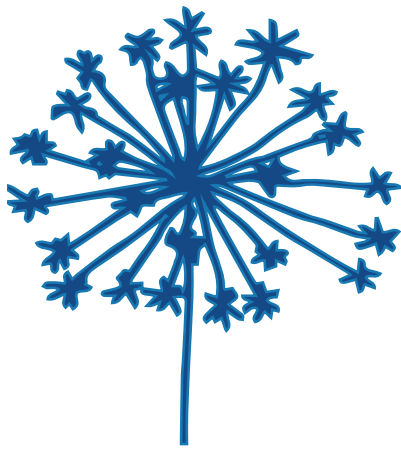
Halloumi Fries with dip **G/M/E/S** £5.50

Garlic Bread **G/M** £3.85

Side Salad **Mu (Gluten free)** £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!*



SOFT DRINKS

BLUE GARDEN
CAFÉ

COFFEES, TEAS &
HOT CHOCOLATES

Soft Drinks		Indulgent Milkshakes With Cream (all 750ml) All £4.75		Coffee - Hot or Iced		Tea			
Coca Cola	£3.70	Strawberry Chocolate Vanilla Salted Caramel		Americano	£3.40	Pot of Tea for One £3.10			
Diet Coke	£3.60	Iced Teas All £4.50		Single Espresso	£2.50	Choose from:			
Sprite Zero	£3.60	Peach		Double Espresso	£2.95	English Breakfast Earl Grey Green Mint Red Berry			
Fanta Orange	£3.60	Passionfruit & Lemon		Latte	£3.90	Chamomile Lemon & Ginger Rooibos Decaf			
Appletiser	£4.00	Jasmine & Lime		Cappuccino	£3.90	Hot Chocolate			
Fentimans Rose Lemonade	£4.00	Mango & Passionfruit Green tea		Flat White	£3.90	Chocolate or White Chocolate £3.90			
Fentimans Ginger Beer	£4.00	Fruit Coolers All £4.50		Chocolate Mocha	£4.20	Cream and Marshmallows Add £1.00			
Fentimans Sparkling Elderflower	£4.00	Dragon Fruit & Mango		White Chocolate Mocha	£4.20	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 Biscoff £4.80			
Tonic Water	£3.00	Pink Lemonade		Syrups Add £0.60					
Still Water	£2.50	Elderflower Lemonade		Non-Dairy Milks Add £0.30					
Sparkling Water	£2.50	Cloudy Lemonade							
Lime Cordial	£0.50	Smoothies All £4.50							
Elderflower Cordial	£0.50	Big 5 Berry Go Round							
J20 - Apple & Mango Raspberry & Apple									
Orange & Passionfruit	£3.50								
Soda Water	£3.00								
Fruit Juice All £3.20									
Orange Apple Cranberry Pineapple Tropical									

WINE, BEER & CIDER

White Wine	125ml	175ml	Bottle
Pinot Grigio	£5.00	£7.00	£25.00
Chardonnay	£5.00	£7.00	£25.00
Oyster Bay Sauvignon Blanc	£5.00	£7.00	£25.00
Red Wine			
Merlot	£5.00	£7.00	£25.00
Cabernet Sauvignon	£5.00	£7.00	£25.00
Rosé			
Zinfandel	£5.00	£7.00	£25.00
Fruit Rosé	£5.00	£7.00	£25.00
Pinot Blush Rosé	£5.00	£7.00	£25.00
Prosecco		Beer & Lager	
White or Pink - 200ml Bottle	£7.50	Ghost Ship Pale Ale 500ml	£5.00
White Large Bottle	£25.00	Abbot Ale 500ml	£5.00
Cider		Stella Artois 284ml	£5.00
Magners 575ml	£4.50	Moretti 330ml	£5.00
Aspalls 500ml	£4.50	Brew Dog Punk IPA 330ml	£5.00
Old Mout Cider - Berries & Cherries Flavour	£4.50	Leffe Premium Lager 330ml	£5.00

CAKES & BAKES - From £3.50

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

Scone with Butter £3.50
Scone with Butter and Jam £3.90
Scone with Butter, Jam and Cream £4.20
Toasted Tea cake with Butter and Jam £3.00

Blue Garden Café Cream Tea
Homemade Scone with Jam and Cream
Served with a Choice of Tea or Coffee
£7.00