

ALL DAY BREAKFAST

THE BREAKFASTS

THE GRAIN SHED ONE £11.00

sausage, bacon, scrambled/poached/fried egg, vine tomato, mushrooms, beans, white/granary toast (sourdough toast +£1.10)

THE BUMPER ONE £14.40

2 sausages, 2 bacon rashers, 2 hash browns, 2 scrambled/poached/fried eggs, vine tomato, mushroom, beans, white/granary toast (sourdough toast +£1.10)

THE VEGAN ONE £12.20

1 vegan sausage, 2 hash browns, spinach, vine tomato, mushrooms, beans, white/granary toast (sourdough toast +£1.10)

THE CARB-FREE ONE £11.00

3 poached eggs, 2 bacon rashers, spinach, vine tomato and mushroom

SARNIES & TOASTS

SAUSAGE OR BACON SARNIE £7.70

served in thick cut white or granary bread (sourdough +£1.10 / toasted +£1.10 / egg +£1.10)

THE GRAIN SHED SARNIE £12.20

2 sausages, 2 bacon rashers, egg, 2 hash browns on white or granary bread (toasted +£1.10)

EGGS ON SOURDOUGH £11.00

2 scrambled / poached / fried eggs on sourdough toast

MUSHROOM ON SOURDOUGH £11.00

drizzled with chilli oil, seasoned with salt and garlic, roasted red peppers and cream cheese/vegan cheese

THICK CUT TOAST £3.40

white or granary (sourdough +£1.10) (add tiptree preserve +£1.10)

THE GRAIN SHED FAVOURITES

THE GRAIN SHED PANCAKE STACK £8.80

3 pancakes £8.80
5 pancakes £11.00

Choose from: berry compote, banana, nutella, ice cream, lotus biscoff, mixed berries, clotted cream (+£1.10), bacon (+£1.10), maple syrup (+£1.10) **extra toppings for £1.10 each (clotted cream, bacon and maple syrup +£2.20)**

EGGS BENEDICT £11.00

homemade hollandaise drizzled over crispy bacon and poached eggs on a muffin

EGGS ROYALE £13.30

homemade hollandaise drizzled over smoked salmon and poached eggs on a muffin

SMASHED AVOCADO ON SOURDOUGH TOAST £12.20

drizzled with chilli oil, seasoned with salt and garlic

FANCY SOMETHING EXTRA?

black pudding £2.20

sausage £2.20

bacon £2.20

egg (fried, scrambled, poached) £1.10

hash brown £1.10

smoked salmon £4.40

vegan sausage £2.20

mushroom £1.10

tomato £1.10

🌿 = Vegetarian 🌱 = Vegan 🌾 = Low Gluten (may contain traces of gluten)

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LUNCH & SNACKS

available from midday

THE MAIN PLATES

CHICKEN LOADED WRAP £13.30
lemon and herb chicken, roasted peppers, baby leaf salad and tomato, with tzatziki and hummus

FALAFEL LOADED WRAP £13.30
mildly spiced falafels, roasted peppers, baby leaf salad and tomato, with tzatziki and hummus

QUICHE OF THE DAY £12.20  available
served with a choice of chunky chips or roasted vegetables and coleslaw

FISH FINGER SANDWICH £14.40
white or granary thick cut bread filled with chunky fish fingers and creamy tartare sauce served with chips and coleslaw

THE BEST IN ESSEX

available all day

HOMEMADE SAUSAGE ROLL £7.70  available
served with coleslaw (add baked beans +£1.10)

HOMEMADE QUICHE OF THE DAY £7.70  available
served with coleslaw

TOASTED TEACAKE £3.30   available
served with butter (add tiptree preserve +£1.10)

PLAIN / FRUIT / CHEESE SCONE £3.30   available
served with butter (add tiptree preserve +£1.10, add rodda's clotted cream +£2.20)

THE SARNIES






served with coleslaw on white or granary bread

TUNA MAYO AND SWEET CORN £9.90
ROASTED VEG AND HUMMUS  £9.90
ROASTED VEG AND CREAM CHEESE   available £9.90
SMOKED SALMON, CREAM CHEESE AND ROCKET £9.90
BRIE, BACON AND CRANBERRY £9.90
BRIE AND CRANBERRY £9.90
CORONATION CHICKEN £9.90
HAM AND MATURE CHEDDAR £9.90

THE TOASTIES






CIABATTA PANINI £11.00
SOURDOUGH TOASTIE £12.10
served with coleslaw

choose from:

tuna melt
roasted veg and hummus 
roasted veg and cream cheese   available
brie, bacon and cranberry
brie and cranberry 
ham and mature cheddar
goats' cheese and red onion chutney 

THE SPUDS

served with coleslaw

CHEESE AND BEANS   available £11.00
TUNA MAYO AND SWEET CORN £11.00
ROASTED VEG AND HUMMUS  £11.00
ROASTED VEG AND CREAM CHEESE   available £11.00
CORONATION CHICKEN £11.00
HOMEMADE CHILLI AND CHEESE £12.00

THE SIDES

TRIPLE COOKED CHIPS  £4.40
TRIPLE COOKED CHEESY CHIPS  £5.50
HOMEMADE LEMON AND GARLIC COLESLAW  £3.50
GARLIC CIABATTA BREAD  £4.50
CHEESY GARLIC BREAD  £5.50
ROASTED VEG (PEPPERS, COURGETTES AND MUSHROOMS)  £4.40

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DRINKS

ARTISAN ROASTED COFFEE

Freshly roasted in Suffolk

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| AMERICANO | £3.10 / £3.60 |
| CAPPUCCINO | £4.20 / £4.70 |
| FLAT WHITE | £4.20 |
| LATTE | £4.20 |
| MOCHA | £4.90 |
| ESPRESSO | £3.10 |
| DOUBLE ESPRESSO | £3.60 |
| BABYCCINO | £1.70 |

Plant milks available: almond, oat, coconut, soya (+25p)

Syrups: vanilla, caramel, hazelnut, salted caramel, toasted marshmallow, coconut, raspberry, cherry, peppermint (+50p per shot) Extras: whipped cream  available

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| COLNE VALLEY LOOSE LEAF TEA | pot for one £3.10 |
| | pot for two £5.30 |

Choose from: english breakfast, earl grey, lemon grey, east frisian, assam nudwa, ceylon (decaf), rooibos, peppermint, green tea with jasmine, elderberry raspberry, amaretto cherry, goji berry oolong

HOT CHOCOLATE

made from The Cocoa Counter Belgian chocolate flakes

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| MILK CHOCOLATE | £4.90 |
| DARK CHOCOLATE | £4.90 |

CHAI

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| CHAI LATTE | £4.90 |
| VANILLA CHAI LATTE | £4.90 |

FRAPPÉ & ICED COFFEE

FRAPPÉ  available £6.60

blended ice drinks served with whipped cream

Choose from: caffè, salted caramel caffè, vanilla caffè, cookies and cream, strawberries and cream, Chai

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| ICED LATTÉ | £4.20 |
| VANILLA ICED LATTÉ | £4.70 |
| SALTED CARAMEL ICED LATTÉ | £4.70 |

REAL FRUIT SMOOTHIES

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| RASPBERRY DREAM | £6.60 |
| raspberry / mango / papaya / grape | |
| STRAWBERRY DELIGHT | £6.60 |
| strawberry / banana / peach | |
| PINEAPPLE SURPRISE | £6.60 |
| pineapple / papaya / mango | |
| BLUEBERRY BLISS | £6.60 |
| raspberry / mango / blueberry / papaya | |
| CRANBERRY SQUEEZE | £6.60 |
| cranberry / grape / mandarin / pineapple | |
| STRAWBERRY REFRESHER | £6.60 |
| strawberry / cherry / grape | |
| SPINACH SUPER FUEL | £6.60 |
| spinach / kale / pineapple | |
| CARROT COOLER | £6.60 |
| carrot / mango / parsnip / apple / banana | |
| COCONUT SHY | £6.60 |
| sweet potato / peach / coconut | |
| KALE ALMIGHTY | £6.60 |
| cucumber / kale / apple | |

MILKSHAKES

ice cream shakes served with whipped cream  available

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| VANILLA / STRAWBERRY / CHOCOLATE / BANANA | £5.50 |
| OREO / LOTUS BISCOFF / KINDER BEUNO / TWIX / BANOFFEE | £6.60 |
| VEGAN - VANILLA / STRAWBERRY / CHOCOLATE / BANANA | £7.70 |

SOFT DRINKS

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| CANS (330ML) | £1.90 |
| coca cola (+£0.30), diet coke, coca cola zero, san pellegrino limonata (lemon), san pellegrino aranciata (orange), rio light, 7up free, dr pepper | |
| FENTIMANS (250ML) | £3.30 |
| rhubarb and apple, elderflower pressé, ginger beer | |
| DAYMER MAY (250ML BOTTLE) | £3.30 |
| apple juice, orange juice | |
| STILL / SPARKLING WATER (330ML BOTTLE) | £1.90 |
| apple juice, orange juice | |

CHILDREN'S DRINKS

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| CAWSTON PRESS (200ML) | £1.70 |
| apple and mango, apple and pear | |
| MILK | £1.70 |
| BABYCCINO | £1.70 |
| KIDS' HOT CHOCOLATE | £2.80 |
| whipped cream and marshmallow (+ 70p) | |

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