

[ GLUTEN FREE ]

MANY OF OUR DISHES HAVE  
A GLUTEN FREE OPTION, JUST ASK

  
**LITTLE CHANNELS**  
*Bistro*

\* DAILY SPECIALS \*

LOOK UP TO THE BLACK BOARDS  
FOR TODAY'S SPECIALS

🕒 9am - 12 Noon

### BREAKFAST & BRUNCH

<b>Full English</b> 2 bacon, sausage, egg, hash brown, beans, grilled tomato, mushrooms and toast	£7.85
<b>Little English</b> Bacon, sausage, egg, beans and toast	£6.00
<b>Veggie English</b> Vegetarian sausage, egg, hash brown, beans, grilled tomato, mushrooms and toast	£6.85
<b>Smoked Salmon &amp; Scrambled Eggs</b> On 2 slices of toast (gluten free available)	£6.45
<b>Eggs Royale</b> Poached eggs, smoked salmon, hollandaise sauce, all on a toasted breakfast muffin	£6.15
<b>Eggs Benedict</b> Poached eggs, Parma ham, hollandaise sauce, all on a toasted breakfast muffin	£5.95
<b>Warm Porridge or Muesli</b> Served with summer berries	£4.50
<b>Egg on Toast</b> Fried, poached or scrambled, slice of toast	£2.40
<b>Beans on Toast</b> Baked beans on a slice of toast. + Cheese	£2.25 £2.40
<b>Cheese on Toast</b> Extra toppings: mushrooms, tomatoes, onions or bacon	£2.25
Add 1 Topping	£2.85
Add 2 Toppings	£3.15
<b>Slice of Toast</b> On white or granary with jam and butter	£0.95

🕒 12-5pm Mon-Sat | 12-4pm Sun

### SANDWICHES

*Prepared fresh on a choice of: White, granary or gluten free bread, or in a toasted Ciabatta*  
**Served with garnish and crisps**

**The Hot One.**

<b>Bacon, sausage, fried egg, mushrooms, or fried onions</b>	
1 Hot Filling	£4.65
2 Hot Fillings	£5.00
3 Hot Fillings	£5.40
<b>Home Cooked Honey Baked Ham</b> + Sliced applewood cheese or tomato	£4.65 £4.95
<b>Chicken, Avocado, Lettuce &amp; Mayo</b>	£5.95
<b>Classic Prawn &amp; Marie Rose Sauce</b>	£6.50
<b>Smoked Salmon, Cream Cheese &amp; Cucumber</b>	£6.50
<b>Salt Beef, Horseradish &amp; Gherkins</b>	£6.95
<b>Little Channels Club Sandwich</b> 3 slices of toast, bacon, mayo, tomato, little gem lettuce, grilled chicken	£6.75
<b>Classic BLT</b>	£5.25
<b>Mature Cheddar &amp; Chutney</b>	£4.75
<b>Open Tuna &amp; Cheese Melt</b>	
1 Slice	£5.20
2 Slices	£6.75

### LIGHT BITES

<b>Soup of the Day</b> Crusty bread	£4.95
<b>Chicken, Bacon &amp; Avocado Salad</b> Served on little gem lettuce with croutons, cucumber and house vinaigrette	£9.95
<b>Little Channels Salad</b> Atlantic prawns, Stilton, cherry tomatoes, bacon lardon, little gem lettuce, croutons and house dressing	£9.95
<b>Prawn &amp; Smoked Salmon Salad</b> Little gem lettuce, cucumber, cherry tomatoes and marie rose sauce	£9.95
<b>Salad Nicoise</b> Tuna, hard-boiled egg, french beans, croutons and vinaigrette dressing	£8.25
<b>Salt Beef Plate</b> Home cured beef, dill gherkins, pickled red onions, autumn fruit chutney and crusty bread	£8.25
<b>Breaded Chicken Wrap</b> 2 strips of breaded chicken, little gem lettuce and chilli sauce in a warm tortilla wrap	£8.25

### SIDES

Hand Cut Chips	£2.60
Hand Cut Chips + Cheese	£3.00
Garlic Bread	£2.95
Garlic Bread + Cheese	£3.25
Coleslaw	£2.65
Sauté Potatoes	£2.60
New Potatoes	£2.60
Side Salad	£2.95
Fresh Vegetables	£2.95
Onion Rings	£2.95

### BIG BITES

<b>Beer Battered Fish of the Day</b> Served with hand cut fries, mushy peas and tartar sauce	£10.95
<b>3 Egg Omelette</b> Hand cut fries and salad garnish. Choose from: cheese, tomato, pepper, mushroom, ham, onion	
1 Filling	£7.95
2 Fillings	£8.45
3 Fillings	£8.95
<b>Honey Baked Ham, Two Eggs &amp; Chips</b>	£8.95
<b>Cumberland Sausages, Egg &amp; Chips</b>	£8.75
<b>Bistro Burgers</b> Served with hand cut fries, dill gherkins, tomato, pickled red onion mayo and little gem lettuce in a toasted brioche bun	
<b>6oz Angus Beef Burger</b>	£8.75
<b>Breaded Chicken Strip Burger</b>	£8.50
<b>Veggie Burger</b> + Sliced cheese on any burger	£8.25 £ .65
<b>Pasta of the Day</b> Served with garlic bread	£8.75
<b>Pie of the day</b> With sauté potatoes and fresh vegetables	£9.95

### CHILDREN'S MENU

Please ask to see our menu for 10 years & under

All of our food is prepared in a kitchen where nuts, glutes and other allergens may be present, our menu descriptions do not include all ingredients - If you have a known food allergy or intolerance please let us know before ordering. Full allergen information is available from Management if required. This menu is printed on FSC certified material.

### AFTERNOON TEA

Finger sandwiches, quiche, sausage roll, fruit scone, cupcake, macaroon, tea/coffee and a milkshake. Luxury Tea includes a glass of Prosecco (Appetise for kids) and extra dessert.

2PM-5PM MON-SAT / 2PM-4PM SUN

**Traditional Tea** £14.95 Kids £9.95  
**Luxury Tea** £19.95 Kids £11.95



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