

Dolphin Centre MENU

BREAKFAST

AVAILABLE UNTIL 11.30AM

White, Granary or
Gluten Free Toast **V**£1.65
With low fat spread and low sugar preserve.

Grilled Crispy Smoked Bacon in a
White or Wholemeal Bap£2.65
Three rashers of bacon served with
fresh tomato.

Grilled Farmhouse Pork Sausage in a
White or Wholemeal Bap.....£2.65
Two sausages served with either ketchup
or brown sauce.

Meat Free Sausage in a White
or Wholemeal Bap **V**£2.65
Served with either ketchup or brown sauce.

EXTRAS

1 Rasher of Bacon.....65p
1 Sausage.....65p
1 Egg.....55p
Black Pudding.....65p

Toasted English
Breakfast Muffin **V**£4.45
Topped with eggs as you like them, hash
browns and grilled cherry tomatoes
on the side. Also available with
scrambled tofu (VG).

Classic Big Breakfast£6.65
Two eggs, two grilled bacon, two sausages,
beans, tomato, sautéed mushrooms, hash
browns and warm buttered toast.

NEW Breakfast Salad£4.75
Muffin, poached egg, bacon and salad
Garnish.

Meat Free Big Breakfast **V**£6.65
Two eggs, two meat free sausages, tomato,
sautéed mushrooms, hash browns, baked
beans and warm buttered toast.

NEW Vegan Big Breakfast (VG).....£6.65
Scrambled tofu, two meat free sausages,
tomato, sautéed mushrooms, hash brown,
baked beans and brown toast.

Breakfast Combo.....£3.55
Choose from a crispy bacon bap,
farmhouse pork sausage or meat free
sausage bap served with an Americano
coffee or pot of tea.

Porridge Oats **V**£2.55
Using semi-skimmed milk with a choice
of toppings: honey, berry compote or
sunflower seeds.

3 Egg Omelette£3.50
Choose from ham and cheese or
mushroom and cheese, served with
baked beans and grilled tomatoes.

For a super healthy option ask for the cheese
to be left out when placing your order.

NEW Express Breakfast£4.95
Farmhouse pork sausage, bacon, egg,
hash brown, toast plus beans or tomato.

NEW Two Warmed Croissants£2.65
Served with butter and preserve.

BREADS & FAVOURITES

Homemade Soup **V**£3.65
Healthy and hearty and served with a
warm bread roll.

UPGRADE TO A SANDWICH FOR £2.00

10" Stone Baked Garlic Bread **V**£2.95
Crisp Italian bread with tomato sauce and
garlic butter.

10" Stone Baked Garlic Bread with
Melted Cheese **V**£3.65
Crisp Italian bread with tomato sauce,
garlic butter and cheddar cheese.

Crispy Jacket Potato Wedges **V**£3.75
With a light garlic mayonnaise and salsa dips.

NEW Oven Baked Sweet Potato Wedges..£3.75
With a light garlic mayonnaise and salsa dips.

NEW Nachos.....£4.00
Topped with chilli con carne or five bean
chilli. (VG)

Freshly BAKED

Flower Pot Muffins£1.95
Choose from our selection.

Homemade Cheese, Fruit or
Cherry Scone.....£1.65
With butter or low fat spread.

ADD STRAWBERRY PRESERVE AND CLOTTED CREAM FOR £1

Toasted Teacake.....£1.75
With butter.

Selection of Cakes, Tray Bakes
and Flapjacks.....from £1.65

Cookies£1.00



Afternoon Tea

FOR 2

AVAILABLE 2-5PM

Pre-orders only.

SANDWICHES & WRAPS

Choose from white, granary, gluten free bread or wrap. All served with a garnish of lattice fries or vine ripened cherry tomatoes

Chicken BLT£4.60
Chargrilled chicken, bacon, lettuce, tomato and light mayonnaise.

Prawn Mayonnaise.....£4.60
Fresh prawns tossed in a light mayonnaise with iceberg lettuce.

*Free Range Egg Mayonnaise and Tomato **V**£4.05

*Tuna with Cucumber and Light Mayonnaise.....£4.05

*Cheese and Chutney **V**£4.05
Cheddar with salad and autumn fruit chutney.

*Roast Ham£4.35
With iceberg lettuce, tomato, cucumber and a side pot of wholegrain mustard.
Add cheddar cheese for £0.65

Fish Finger Sandwich£4.35
Three large crispy cod fish fingers served with iceberg lettuce and tartar sauce on the side.

UPGRADE TO FULL PORTION OF LATTICE FRIES FOR £1.50

Soup and Sandwich Platter£5.65
A bowl of our hearty homemade soup served with a cold sandwich of your choice from the menu (marked *).

Speciality SANDWICHES

All served with a garnish of lattice fries or vine ripened cherry tomatoes.

Dolphin Centre Classic Club£6.00
Triple decker toasted sandwich filled with chicken breast, bacon, cheese, salad and mayonnaise.

Mature Cheddar Cheese, Red Onion and Mushroom Club **V**.....£6.00
Toasted triple decker packed with flat mushrooms, sliced tomato, cheese, rocket and mayonnaise.

Tuna Melt Baguette.....£5.95
Delicious tuna mayonnaise topped with melted cheese on a crispy baguette.

NEW Ham and Cheddar Cheese Baguette.....£5.95
With iceberg lettuce, tomato, cucumber and side of autumn fruit chutney.

NEW Prawn Mayonnaise Baguette....£5.95
Fresh prawns tossed in a light mayonnaise with iceberg lettuce.

UPGRADE TO FULL PORTION OF LATTICE FRIES FOR £1.50

PANINIS

Served with a garnish of lattice fries or cherry tomatoes.

Sliced Chicken Breast and Chorizo Panini£5.95
With mozzarella cheese.

Ham and Cheddar Panini£5.95

BBQ Chicken and Bacon Panini.....£5.95
With mozzarella cheese.

NEW Caprese Panini **V**£5.95
Sliced tomatoes, mozzarella and fresh basil leaves.

UPGRADE TO FULL PORTION OF LATTICE FRIES FOR £1.50

WRAP SPECIALS

All served with a garnish of lattice fries or vine ripened cherry tomatoes.

Chicken Caesar Wrap.....£4.75
Chicken breast with crisp lettuce and Caesar dressing folded in a soft tortilla wrap.

Hot Chicken Fajita Wrap.....£4.75
Mexican spiced chicken cooked with sweet peppers and spicy tomato salsa.

Our wraps are gluten free.

UPGRADE TO FULL PORTION OF LATTICE FRIES FOR £1.50

OVEN BAKED JACKET POTATOES

Served with a side salad of iceberg lettuce, red onion, mixed peppers and tomatoes.

Cheddar Cheese **V**£4.65

Chicken Korma£4.65
Mild and deliciously creamy.

Baked Beans (VG).....£4.65

Chilli Con Carne£4.65

Tuna Mayonnaise.....£4.65

Prawn Mayonnaise.....£4.65

Homemade Light Coleslaw **V**£4.65

NEW Five Bean Chilli (VG)£4.65

Add cheese for 65p

Swap to a Sweet Jacket Potato for an extra £1.

OMELETTES

3 egg omelette served with chips and a garnish of salad.

.....
Ham and Cheese £5.95

.....
Mushroom and Cheese£5.95

.....
Mixed Roasted Mediterranean Vegetables..... £5.95

For a super healthy option why not replace chips with a full salad and leave the cheese out.

Classic SALADS

Greek Houmous **V**£5.60
With warm pitta bread, olives, mixed salad and balsamic dressing.

Chicken Caesar Salad£6.95
Our delicious Caesar salad in a Caesar dressing with strips of chicken and crispy bacon and topped with pine nuts.

Signature SALADS

With a mix of seasonal leaves, rocket, fresh basil, cherry tomatoes, peppers, cucumber, red onion and beetroot drizzled with our light house salad dressing.

Thai Style Fish Cakes£5.85
With mixed salad leaves, tomatoes, sweet peppers and red onion garnished with sweet chilli sauce and lemon.

Grilled Salmon Fillet£6.95
Seasoned with cracked black pepper and lemon.

NEW Gluten Free Salmon and Dill Fishcakes£5.85
With mixed salad leaves, tomatoes, sweet peppers and red onion.

From the Grill

BURGERS

Our 6oz burgers are delicious and made with 100% lean steak mince served in a choice of floured white or wholemeal bap.

Beef Burger£6.00

Cheeseburger£6.25

Signature Burger.....£6.95
Monterey Jack cheese, smoked bacon and onion rings.

Falafel and Spinach Burger (VG).....£6.25
A double Vegan chickpea and spinach burger lightly spiced with a yoghurt and mint dressing on the side.

Breaded Chicken Breast Fillet.....£6.80
In a floured bap with crisp lettuce and mayonnaise dressing.

Hunters Chicken Burger.....£6.95
With smoked bacon, cheddar cheese and BBQ sauce.

NEW Cajun Chicken Breast Burger.....£6.80
Fresh chicken breast fillet marinated in Cajun spices.

Our burgers contain lettuce, tomatoes and light mayonnaise and are served with fries

**DOUBLE UP AND ADD AN EXTRA BURGER TO YOUR BUN FOR £2
UPGRADE TO SWEET POTATO, CURLY OR LATTICE FRIES FOR 65P**

LARGE PLATES

Chicken Korma.....£6.95

Mild and deliciously creamy, served with basmati rice and naan bread. Swap to brown rice for a healthier option.

10oz Horseshoe Gammon Steak with Egg & Pineapple .£7.15
Grilled gammon steak classically served with pineapple, egg, fries and salad garnish.

Fillet of Fresh Cod.....£7.30
In homemade crispy batter with chips, mushy peas and tartar sauce.

Whole Tail Scampi.....£7.30
With fries, salad and tartar sauce.

Chicken Breast Fillet Parmesan.....£7.60
Breaded butterfly chicken breast fillet smothered in cheese sauce topped with melted cheese and served with fries and salad or vegetables and new potatoes.

NEW Tofu and Sweet Potato Curry (VG).....£6.95
Served with rice and naan bread. Swap to brown rice for a healthier option.

NEW Hot Shot Chicken Breast Parmesan£7.85
Breaded butterfly chicken breast fillet smothered in bechamel sauce topped with melted cheese, chorizo and jalapeños. Served with fries and salad or vegetables and new potatoes.

NEW Five Bean Chilli (VG).....£6.95
Served with basmati rice. Swap to brown rice for a healthier option.

NEW Three Grilled Hearty Pork Sausages.....£6.95
Served with mash, garden peas and onion gravy.

WHY NOT UPGRADE FROM FRIES TO LATTICE, CURLY OR SWEET POTATO FRIES FOR AN EXTRA £0.65

YOUNG PEOPLE'S MENU

Plus all of our young people's meals include one portion of your child's 5-A-DAY. perfect! Children's meals with this symbol ♥ contain at least 2 of your child's 5-A-DAY target.

NEW Hotdog in a Finger Roll.....£4.25
Served with fries or veg sticks, baked beans and ketchup.

Lightly Battered Fillet of Fresh Cod.....£4.25
Served with fries or veg sticks, garden peas and ketchup.

Cheese and Tomato Pizza Slice (V).....£4.25
Served with fries or veg sticks and baked beans.

Pasta Shells (V) ♥.....£4.25
With either bolognese or tomato sauce and grated cheese.

Crispy Chicken Chunks..... £4.25
100% Chicken breast with fries or veg sticks, garden peas and ketchup.
Gluten Free Option Available

Grilled Pork or Meat Free Sausages.£4.25
With mash/chips or veg sticks, garden peas and gravy or baked beans.

Picnic Platter ♥.....£3.95
Choose from (V) egg mayonnaise, cheese (V), ham or tuna with carrot sticks and dip, fruit pot and a cookie or fromage frais.
Gluten free bread available.

Crispy Breadcrumbed Fish Fingers ...£4.25
With fries or veg sticks, garden peas and ketchup.

Baby Cheesy Mash and Beans (V) ...£2.05
A bowl of cheese topped mashed potato with baked beans. Why not change to sweet potato for no extra charge.

NEW Baby Mash, Veg and Gravy.....£2.05
A bowl of mashed potato with a side of fresh vegetables and gravy.

Add one of the following and tick off another of your child's 5-A-Day.

Portion of Fresh Vegetables.....£0.85

Fruit Pot£0.70

Smoothie£2.50

Or choose a Glass of organic Milk ..£1.00
A great source of calcium.

NEW Flavoured Organic Milk£1.50
Choose from Strawberry & Banana.

CHEF'S Promise

We will:

- ☛ provide SMART SWAP options where possible.
- ☛ use lower fat spreads and lower sugar preserves.
- ☛ use leaner cuts of meat and trim visible fat on meat where possible.
- ☛ work with suppliers to source menu items that are lower in saturated fat.
- ☛ use light mayonnaise and light coleslaw.
- ☛ wherever possible use healthier cooking techniques such as grilling, poaching and oven-baking.
- ☛ use herbs and spices to flavour rather than piling on the salt.
- ☛ use olive oil rather than butter in cooking.
- ☛ support customers and families by carefully designing meal options that contain contributions to their 5-a-day.
- ☛ provide healthy options full of flavour.

SIDES

Fries [gluten free].....	£2.00
Curly Fries	£2.50
Lattice Fries	£2.50
Sweet Potato Fries.....	£2.75
Fries with Gravy.....	£2.50
Fries with Cheese.....	£2.75
Fries with Beans.....	£2.75
Crunchy Vegetable Sticks	£2.75
Carrots, peppers and cucumber with a light garlic mayonnaise dip and houmous dip.	
Bistro Side Salad Bowl	£2.00
A mix of seasonal leaves, cherry tomatoes, peppers, cucumber, red onion.	
Portion of Fresh Vegetables	£1.55
Crusty Bread Roll.....	£0.80
Onion Rings	£2.15
Homemade Light Coleslaw	£1.10
Spinach and Egg Protein Bowl	£2.00
Two British free-range eggs and a handful of fresh baby spinach leaves. Get your protein here!	

Dolphin SUNDAYS

LUNCH AVAILABLE
EVERY SUNDAY
FROM 12 NOON

PLEASE SEE OUR SUNDAY MENU

ALLERGENS AND INTOLERANCES

We have comprehensive information available so please speak to our team about the ingredients in your food when placing your order. Please note our regular fries are gluten free and we also have gluten free chicken chunks, bread & gravy available.

FOR AFTERS

ON THEIR OWN OR GREAT TO SHARE
WHILST HALVING THE CALORIES.

Warm Chocolate Fudge Cake with Cream or Ice Cream

..... £3.95

Chocolate and Vanilla Ice Cream and Flake Sundae

..... £3.00

Fruit Salad

A refreshing mix of grapes, strawberry, pineapple and melon.

..... £3.40

Ice Cream Tub

..... £1.00

Add a flake for £0.50

DAIRY FREE ICE CREAM AVAILABLE

Homemade WAFFLES

Signature Waffle£5.00

Chocolate and hazelnut spread, sprinkled in flake chocolate and a scoop of vanilla ice cream.

Ask staff for our waffle of the day

Add an extra scoop of ice cream for £1.

OPENING HOURS:

16 Horsemarket open from 8am.

Bistro open from 10am.

Please place your order at the bar. Prices includes VAT.

All dishes listed are subject to availability. Weights shown are approximate prior to cooking.

Covid secure area

Regrettably, we are unable to guarantee the items on the menu are free from nuts or traces of nuts.

Suitable for vegetarians or vegetarian option available. ♡

Suitable for vegans (VG)

Thank you.