

Dolphin Centre
M E N U

BREAKFAST

AVAILABLE ALL DAY

White, Granary or
Gluten Free Toast **V**£1.95
With low fat spread and low sugar
preserve.

Grilled Crispy Smoked Bacon in a
White or Wholemeal Bap..... £3.25
Three rashers of bacon served with
fresh tomato.

Grilled Farmhouse Pork Sausage in a
White or Wholemeal Bap..... £3.25
Two sausages served with either
ketchup or brown sauce.

Meat Free Sausage in a White
or Wholemeal Bap **V** £3.25
Served with either ketchup or brown
sauce.

Toasted English
Breakfast Muffin **V** £5.35
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.....£7.95
Two eggs, two grilled bacon, two
sausages, beans, tomato, sautéed
mushrooms, hash browns and warm
buttered toast.

Add Black Pudding £1.00

Meat Free Big Breakfast **V**£7.95
Two eggs, two meat free sausages,
tomato, sautéed mushrooms, hash
browns, baked beans and warm
buttered toast.

NEW Vegan Big Breakfast (VG) ...£7.95
Scrambled tofu, two meat free
sausages, tomato, sautéed
mushrooms, hash brown, baked beans
and brown toast.

AVAILABLE UNTIL 12 NOON

Breakfast Combo £4.25
Choose from a crispy bacon bap,
farmhouse pork sausage or meat
free sausage bap served with an
Americano coffee or pot of tea.

NEW Express Breakfast £6.00
Farmhouse pork sausage, bacon,
egg, hash brown, toast plus beans or
tomato.

NEW Two Warmed Croissants ... £3.20
Served with butter and preserve.

V Suitable for vegetarians or
vegetarian option available.

(VG) Suitable for vegans

SANDWICHES & WRAPS

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

*Free Range Egg Mayonnaise
and Tomato **V** £4.95

*Tuna with Cucumber and
Light Mayonnaise..... £4.95

*Cheese and Chutney **V**..... £4.95
Cheddar with salad and autumn fruit chutney.

*Roast Ham.....£5.25
With iceberg lettuce, tomato, cucumber
and a side pot of wholegrain mustard.
Add cheddar cheese for £1.00

Prawn Mayonnaise.....£5.55
Fresh Prawns tossed in a light mayonnaise
with iceberg lettuce.

Hot Chicken Fajita Wrap £6.95
Mexican spiced chicken cooked with sweet
peppers and spicy tomato salsa.

Fish Finger Sandwich £5.95
Three large crispy cod 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£6.50

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.

Tuna Melt Baguette.....£6.95
Delicious tuna mayonnaise topped with melted
cheese on a crispy baguette.

UPGRADE TO FULL PORTION OF LATTICE FRIES FOR £1.50

PANINIS

Served with a garnish of lattice fries or
cherry tomatoes.

Ham and Cheddar Panini£6.95

Caprese Panini **V**£6.95
Sliced tomatoes, mozzarella and fresh basil
leaves.

UPGRADE TO FULL PORTION OF LATTICE
FRIES FOR £1.50

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.

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

OVEN BAKED JACKET POTATOES

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

Cheddar Cheese **V**£6.95
and Baked Beans

Tuna Mayonnaise £6.95

Prawn Mayonnaise.....£6.95

Add cheese for £1.00

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

Classic SALADS

Greek Houmous **V**£6.75
With warm pitta bread, olives, mixed salad
and balsamic dressing.

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.....£7.00

NEW Gluten Free Salmon
and Dill Fishcakes£7.00

Prawn Mayonnaise.....£6.95

Mexican Spiced Chicken£7.50

Omelettes

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

Ham and Cheese £6.95

Mushroom and Cheese £6.95

OPENING HOURS:

16 Horsemarket open from 8am.

Bistro open from 10am.

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

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

Covid secure area

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£7.95

Add Cheese£1.00

Add Bacon£1.00

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 50P

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.

Hotdog in a Finger Roll £5.10

Served with fries or veg sticks, baked beans and ketchup.

Cheese and Tomato Pizza Slice (V) .. £5.10

Served with fries or veg sticks and baked beans.

Crispy Chicken Chunks £5.10

Chicken breast with fries or veg sticks, garden peas and ketchup.

Gluten Free Option Available

Crispy Breadcrumbed Fishfingers... £5.10

Served with fries or veg sticks, garden peas and ketchup.

Grilled Pork or Meat Free Sausages £5.10

With mash/chips or veg sticks, garden peas and gravy or baked beans.

Picnic Platter ♥£4.75

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.

Baby Cheesy Mash and Beans (V) . £2.50

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 £2.50

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.....£1.00

Fruit Pot.....£0.85

Smoothie..... £2.50

Or choose a Glass of organic Milk .£1.50

A great source of calcium.

NEW Flavoured Organic Milk £2.00

Choose from Strawberry & Banana.

BREADS & FAVOURITES

Homemade Soup (V).....£4.50

Healthy and hearty and served with a warm bread roll.

UPGRADE TO A SANDWICH FOR £2.00



Flower Pot Muffins£1.95

Choose from our selection.

Homemade Cheese, Fruit or

Cherry Scone.....£1.95

With butter or low fat spread.

ADD STRAWBERRY PRESERVE AND CLOTTED CREAM FOR £1

Toasted Teacake.....£2.20

With butter.

Selection of Cakes, Tray Bakes

and Flapjacks.....from £2.25

Cookies£1.20



Fries [gluten free] £2.50

Curly Fries£3.00

Lattice Fries£3.00

Sweet Potato Fries£3.00

Fries with Gravy£3.00

Fries with Cheese£3.50

Fries with Beans £3.50

Crunchy Vegetable Sticks£3.25

Carrots, peppers and cucumber with a light garlic mayonnaise dip and houmous dip.

Bistro Side Salad Bowl £2.50

A mix of seasonal leaves, cherry tomatoes, peppers, cucumber, red onion.

Crusty Bread Roll£1.00

Onion Rings£2.75

FOR AFTERS

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

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



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.



Afternoon Tea

FOR 2

AVAILABLE 2-5PM

Pre-orders only.