

FRESHLY BAKED

FLOWER POT MUFFINS
£1.75

Choose from our selection.

HOMEMADE CHEESE OR FRUIT SCONES £1.55
With butter or low fat spread.

HOMEMADE FRUIT SCONES £1.65

With butter or low fat spread and preserve.

TOASTED TEACAKE
£1.75

With butter.

SELECTION OF CAKES, TRAY BAKES AND FLAPJACKS FROM £1.65

COOKIES £1.00



YOUNG PEOPLE'S MENU

DESIGNED BY LITTLE ONES, INSPIRED BY YOU

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.

HOMEMADE BEEF BURGER IN A SOFT BUN
£4.25

Served with fries, baked beans and ketchup.

LIGHTLY BATTERED FILLET OF FRESH COD
£4.25

Served with fries, garden peas and ketchup.

CHEESE AND TOMATO PIZZA SLICE ♥ £3.95

Served with fries and baked beans.

PASTA SHELLS ♥ £3.95

With either bolognese or tomato sauce and grated cheese.

CRISPY CHICKEN CHUNKS £4.25

100% Chicken breast with fries, garden peas and ketchup.

GRILLED PORK OR MEAT FREE SAUSAGES £4.25

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

PICNIC PLATTER ♥ £3.95

Choose from ♥ egg mayonnaise, cheese ♥, ham or tuna with carrot sticks and dip, fruit pot and a cookie.

NEW CRISPY BATTERED FISH FINGERS £3.95

With fries, garden peas and ketchup.

ADD ONE OF THE FOLLOWING AND TICK OFF ANOTHER OF YOUR CHILD'S 5-A-DAY.

PORTION OF FRESH VEGETABLES £0.75

FRUIT POT £0.70

SMOOTHIE £2.50

OR CHOOSE A GLASS OF MILK £1.00

A great source of calcium.

SMOOTHIES & JUICE BAR

ALL OF OUR SMOOTHIES AND JUICES CONTRIBUTE TO 1 OF YOUR 5-A-DAY.

PLEASE CHECK OUR SMOOTHIE BOARD FOR TODAY'S FLAVOURS £2.50

LARGE ORANGE JUICE £2.35

LARGE APPLE JUICE £2.35

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 GRAVY AVAILABLE. THANK YOU.

OPENING HOURS:
16 HORSEMARKET 8AM. BISTRO 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. 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. ♥

Baby Menu

WE ADVISE THAT THIS WOULD BE SUITABLE FOR CHILDREN AGED 2 YEARS OR BELOW.

CHEESY MASH AND BEANS ♥ £1.85

A bowl of cheese topped mashed potato with baked beans.

BABY FINGER SANDWICHES £1.85

With a choice of ham, cheese, tuna or egg mayonnaise on white or wholemeal with no crusts, served with a few spiral fries or swap to a fruit pot and tick off a 5-A-Day portion.



Wrap Specials

ALL SERVED WITH A GARNISH OF LATTICE FRIES OR VINE RIPENED CHERRY TOMATOES.

CHICKEN CAESAR WRAP £4.65

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

HOT CHICKEN FAJITA WRAP £4.65

Mexican spiced chicken cooked with sweet peppers and spicy tomato salsa.

Dolphin Centre MENU

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 £4.50

Chargrilled chicken, bacon, lettuce, tomato and light mayonnaise.

PRAWN MAYONNAISE £4.50

Fresh prawns tossed in a light mayonnaise with iceberg lettuce.

*FREE RANGE EGG MAYONNAISE ♥ £3.95

*TUNA WITH CUCUMBER AND LIGHT MAYONNAISE £3.95

*CHEESE AND CHUTNEY ♥ £3.95

Mature cheddar with salad and autumn fruit chutney.

*ROAST HAM £4.25

With iceberg lettuce, tomato, cucumber and a side pot of wholegrain mustard.

ADD CHEDDAR CHEESE FOR £0.60

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 *).

*CHEDDAR CHEESE SAVOURY AND ICEBERG LETTUCE ♥ £3.95

Grated cheddar cheese with carrot, onion, peppers and light mayonnaise.

NEW FISH FINGER SANDWICH £4.25

Three large crispy cod fish fingers served with iceberg lettuce and tartar sauce on the side.

BREAKFAST

WHITE, GRANARY OR GLUTEN FREE TOAST ♥ £1.55

With low fat spread and low sugar preserve.

GRILLED CRISPY SMOKED BACON IN A WHITE OR WHOLEMEAL BAP £2.55

Three rashers of bacon served with fresh tomato.

GRILLED FARMHOUSE PORK SAUSAGE IN A WHITE OR WHOLEMEAL BAP £2.55

Two sausages served with either ketchup or brown sauce.

MEAT FREE SAUSAGE IN A WHITE OR WHOLEMEAL BAP ♥ £2.55

Served with either ketchup or brown sauce.

THE DOLPHIN BREAKFAST BAP £3.10

Grilled smoked bacon, farmhouse pork sausages, fried egg and tomato in a white or wholemeal bap.

TOASTED ENGLISH BREAKFAST MUFFIN ♥ £4.50

Topped with eggs as you like them, hash browns and grilled cherry tomatoes on the side.

CLASSIC BIG BREAKFAST £6.25

Two eggs, two grilled bacon, two sausages, tomato, sautéed mushrooms, hash browns and warm buttered toast.

MEAT FREE BIG BREAKFAST ♥ £6.25

Two eggs, two meat free sausages, tomato, sautéed mushrooms, hash browns, baked beans and warm buttered toast.

AVAILABLE UNTIL 11AM

0% FAT GREEK STYLE NATURAL YOGHURT £2.95 ♥

With granola, and a choice of mixed berries or honey.

BREAKFAST COMBO £3.45

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 ♥ £2.55

Using semi-skimmed milk with a choice of toppings: honey, berry compote or sunflower seeds.

NEW 3 EGG OMELETTE £3.25

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

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 ♥ £6.00

Toasted triple decker packed with flat mushrooms, sliced tomato, cheese, rocket and mayonnaise.

TUNA MELT BAGUETTE £5.85

Delicious tuna mayonnaise topped with melted cheese on a crispy baguette.

BREADS & FAVOURITES

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**
£3.55

Crisp Italian bread with tomato sauce, garlic butter and cheese.

HOMEMADE SOUP **V**
£3.65

Healthy and hearty and served with a warm bread roll.

ADD A SANDWICH FOR
£2.00

CRISPY JACKET POTATO WEDGES **V**
£3.75

With a light garlic mayonnaise and salsa dips.

NEW "CHEESY" SHARING PLATTER **V**
£6.95

Crispy fried potato wedges, mozzarella sticks, garlic mushrooms, jalapeño and cream cheese shells, onion rings, brie wedges with red onion served with garlic mayonnaise.

FROM THE GRILL

Homemade Burgers

OUR HOMEMADE 60Z BURGERS ARE DELICIOUS AND MADE WITH 100% LEAN STEAK MINCE SERVED IN A CHOICE OF FLOURED WHITE OR WHOLEMEAL BAP.

BEEF BURGER £5.90

CHEESEBURGER £6.05

CHILLI BURGER WITH JALAPENOS £5.90

CHILLI BURGER WITH JALAPENOS AND CHEESE £6.05

SIGNATURE BURGER £6.65

Monterey Jack cheese, smoked bacon and onion rings.

NEW FALAFEL AND SPINACH BURGER **V**
£5.95

A double 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.

NEW HUNTERS CHICKEN BURGER
£6.45

With smoked bacon, cheddar cheese and BBQ sauce.

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

Oven Baked Jacket Potatoes

SERVED WITH A SIDE SALAD OF ICEBERG LETTUCE, RED ONION, MIXED PEPPERS AND TOMATOES AND A POT OF FRENCH SALAD DRESSING.

CHEDDAR CHEESE OR CHEDDAR CHEESE SAVOURY **V** £4.50

NEW CHICKEN KORMA
£4.50

Mild and deliciously creamy.

BAKED BEANS **V**
£4.50

Topped with melted cheese.

CHILLI CON CARNE WITH SOUR CREAM
£4.50

TUNA MAYONNAISE
£4.50

PRAWN MAYONNAISE
£4.50

NEW HOMEMADE LIGHT COLESLAW **V** £4.50

PANINIS

SLICED CHICKEN BREAST AND CHORIZO PANINI £5.85
With mozzarella cheese.

NEW HAM AND CHEDDAR PANINI WITH ONION CHUTNEY £5.85

BBQ CHICKEN AND BACON PANINI £5.85
With mozzarella cheese.

TWO CHEESE, MUSHROOM AND PEPPER PANINI **V** £5.85
Mozzarella and cheddar cheese with mushroom and peppers.

CHOOSE FROM JACKET POTATO OR SWEET JACKET POTATO FOR AN EXTRA £1.

LARGE PLATES & SALAD BAR

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 £5.75
With mixed salad leaves, tomatoes, sweet peppers and red onion garnished with sweet chilli sauce and lemon.

GRILLED SALMON FILLET £6.85
Seasoned with cracked black pepper and lemon.

TRY ONE OF OUR DELICIOUS & SATISFYING SALADS

Classic Salads

GREEK HOUMOUS **V** £5.50
With warm pitta bread, olives and mixed salad.

CHICKEN CAESAR SALAD £6.85
Our delicious Caesar salad in a Caesar dressing with strips of chicken and crispy bacon and topped with pine nuts.

SUPERFOOD YOUR SIGNATURE OR CLASSIC SALAD FOR £1.50.

ADD SPINACH, CHOPPED ALMONDS AND SUNFLOWER SEEDS TO BOOST THE HEALTH BENEFITS OF YOUR SALAD.

FOR AFTERS

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

WARM CHOCOLATE FUDGE CAKE £3.95
With cream or ice cream.

CHOCOLATE AND VANILLA ICE CREAM AND FLAKE SUNDAE £3.00

FRUIT SALAD £3.40
A refreshing mix of grapes, orange, strawberry, pineapple and melon.

NEW STICKY TOFFEE PUDDING £3.95
With cream or ice cream.

ICE CREAM TUB £1.00
Add a flake for £0.50

FLOWER POT MUFFIN £1.75

WHY NOT ADD A FRUIT POT... £0.70

SIDES

FRIES (GLUTEN FREE) £2.00

CURLY FRIES £2.50

LATTICE FRIES £2.50

NEW SWEET POTATO FRIES £2.75

FRIES WITH GRAVY £2.50

FRIES WITH CHEESE £2.75

FRIES WITH BEANS £2.65

CRUNCHY VEGETABLE STICKS £2.75

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

SIGNATURE MIXED SALAD BOWL £2.00

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

PORTION OF FRESH VEGETABLES £1.55

CRUSTY BREAD ROLL £0.80

ONION RINGS £2.15

HOMEMADE LIGHT COLESLAW £1.10

NEW SPINACH AND BOILED EGG PROTEIN BOWL £2.00

Two British free-range boiled eggs and a handful of fresh baby spinach leaves. Get your protein here!

Large Plates

FILLET OF FRESH COD £7.15

In homemade crispy batter with chips, mushy peas and tartar sauce.

NEW CHICKEN KORMA
£6.75

Mild and deliciously creamy, served with basmati rice and naan bread.

10oz HORSESHOE GAMMON STEAK WITH EGG AND PINEAPPLE £6.90

Grilled gammon steak classically served with pineapple, egg, fries and salad garnish.

WHOLE TAIL SCAMPI £7.15

With fries, salad and tartar sauce.

CHICKEN BREAST FILLET PARMESAN £7.40

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 HUNTERS CHICKEN BREAST PARMESAN £7.85

Breaded butterfly chicken breast fillet smothered in cheese sauce topped with melted cheese, smoked bacon and BBQ sauce. Served with fries and salad or vegetables and new potatoes.

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