

MAY HEYDAYS SAMPLE MENU for May 3rd 2026



To be updated Spring 2026

Proprietor: John Ishmael

Breakfast

5 Item Cooked Breakfast

Bacon or Sausage Bap

Porridge with toppings

Lunch

Filled Sandwiches

Chicken Salad

BLT

Cheddar Ploughman's

Coronation Chicken

Egg, Mayo & Cress

Just Ham, or Cheese or Tuna

Cheese & Onion

Vegan Sandwiches

Vegan Ploughman's

Vegan Filled Wrap

GF Rolls

Chicken

Cheese

Salad Bowls.

(Choice of Protein & Sauce, served with couscous, or seasoned fries, or half and half, and Salad).

Options: Lemon & Herb Chicken or Peri Peri Chicken both GF

Buffalo Cauliflower (incl. bean salad) Vegan

Sweet potato falafel (incl. bean salad/chickpeas) Vegan & GF

Dessert / Fruit

Mango & Yoghurt pot

Fruit Pot (apple, grapes)

Dinner

Mains

Thai Chicken & Coconut Curry GF

Or, Beef Bolognese GF

Caribbean Sweet Potato & Black Bean Cassoulet GF/V

Served with Flavoured Rice / Pasta and Salad, Naan Bread or Garlic Bread

Desserts

Apple Crumble & Custard GF/V Or, Raspberry Cheesecake
