

Charlie Harpers Vegetarian Menu

Breakfast

Porridge - £5.20

Banana & Honey | Hot Berries | Sultana & Cinnamon

Granola - £5.95

Served with Hot Berries & Yoghurt

Hotcakes - £7.95

Banana & Maple Syrup | Mixed Berries & Yoghurt

Vegetarian Breakfast - £7.55

Vegetable Sausage, Egg, Mushrooms, Tomato, Beans, Fried Bread, Fried Potatoes & Toast

Avocado Salsa on Toast - £7.80

Crushed Avocado Salsa on Toasted Bloomer, topped with Feta & Poached Egg

Veggie Florentine - £6.95

2 Eggs on a Toasted Muffin with Spinach & Hollandaise Sauce

Beans on Toast- £3.95

Eggs on Toast - £6.45

Poached, Fried or Scrambled on two slices of Toast. Served with Beans & Tomato

3 Egg Omelette - £7.95

Choose 2 of the following: Mushrooms, Tomato, Avocado, Cheese or Onion
Served with Toast, Fries or Salad

Veggie Brunch - £6.45

Wilted Spinach, Roasted Pepper, Red Onion, Tomato and Potato Cubes.
Finished with a balsamic glaze & herb oil dressing.

Round of Toast ...£2.50 | Jam/Marmalade ..80p

Breakfasts Extras @ £1.40 each

Charlie Harpers Vegetarian Menu

Lunch

Soup of the Day - £5.50

Please check with your server for today's options

Greek Platter - £7.75

Feta Cheese, Olives, Hummus, Tzatziki, Roasted Peppers, Falafel, Lettuce & Pitta

Feta Cheese & Olive Salad - £7.30

On a bed of Mixed Leaves, Tomato, Cucumber, Roasted Peppers and Onions. Finished with our own Harpers Dressing.

Brie, Avocado & SunDried Tomato Salad - £7.95

On a bed of Mixed Leaves, Tomato, Cucumber, Roasted Peppers and Onions. Finished with our own Harpers Dressing.

The Veggie Burger - £8.75

Spiced Sweet Potato & Bean Burger in a Bun with Lettuce & Salsa.
Served with Chipotle Mayo & Fries.

Vegetable Curry - £8.75

Sweet Potato, Chickpea & Spinach Curry. Served with Coriander Rice & Toasted Flatbread.

Sandwiches

**On your choice of White, Brown, Granary or Gluten Free Bread; Ciabatta, Pitta or Wrap.
Served with Fries or Salad**

Cheese & Tomato – £5.50

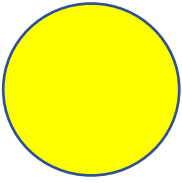
Roasted Pepper, Lettuce & Hummus - £5.50

Egg Mayonnaise & Mushroom - £5.95

Falafel, Lettuce & Sweet Chilli - £5.95

Mushroom, Brie & Avocado - £6.30

Tomato, Onion & Cheese Toasted Melt - £6.80



Charlie Harpers Vegan Menu

Porridge - £5.20 ~ *Made with Soya or Almond Milk*
Banana & Maple Syrup | Hot Berries | Sultana & Cinnamon

Granola - £5.95
Hot Berries | Soya or Almond Milk

Hotcakes - £7.95 ~ *Made with Soya or Almond Milk*
Banana & Maple Syrup | Mixed Berries

Beans on Toast - £3.95

Vegan Breakfast - £7.55
Vegetable Sausage, Avocado, Mushrooms, Tomato, Beans, Fried Bread, Fried Potatoes & Toast.

Avocado Bruschetta - £5.80
Crushed Avocado Salsa on Toasted Bloomer

Avocado & SunDried Tomato Salad – £7.20
Served on a base of Lettuce, Roasted Peppers, Tomatoes, Cucumber & Onion;
Dressed with a Wholegrain Mustard Vinaigrette & Served with Rustic Bread

Falafel Salad - £7.95
Served with a Mixed Salad, Pitta Bread & Sweet Chilli

Vegan Platter - £7.75
Olives, Hummus, SunDried Tomato, Roasted Peppers, Falafel, Lettuce & Pitta

The Vegan Burger - £8.75
Spiced Sweet Potato & Bean Burger in Crusty White Bread with Lettuce & Salsa.
Served with Relish & Fries.

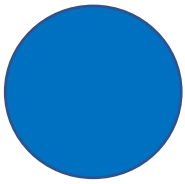
Vegetable Curry - £8.75
Sweet Potato, Chickpea & Spinach Curry. Served with Coriander Rice & Toasted Flatbread.

Falafel, Lettuce & Sweet Chilli Sandwich - £5.95
Served with Fries or Salad.

Roasted Pepper, Lettuce & Hummus Sandwich - £5.50
Served with Fries or Salad

Veggie Brunch - £6.45
Wilted Spinach, Roasted Pepper, Red Onion, Tomato and Potato Cubes.
Finished with a balsamic glaze & herb oil dressing.

Round of Toast ...£2.50 | Jam/Marmalade ..80p
Breakfasts Extras @ £1.40 each



Charlie Harpers Gluten Free Menu

Please be advised that due to a small kitchen, all gluten-free products will be cooked on/in equipment alongside gluten-containing products. We will however make every other effort to prevent any cross-contamination.

Breakfast

Fresh Porridge* - £5.20

Served with Honey & Banana; Hot Berries or Sultana & Cinnamon

Homemade Granola* - £5.95

Served with Hot Berries & Natural Yoghurt

*Please note: The Gluten content of Oats is currently up for debate. Please make your own decision regarding their suitability for you. As a precaution, we do not recommend oats for those with Celiac disease.

Beans on Gluten Free Toast - £3.95

Eggs on Gluten Free Toast - £6.45

Poached, Fried or Scrambled with Grilled Tomato & Bacon

Smashed Avocado Salsa on Gluten Free Toast - £7.80

Topped with Feta Cheese & Poached Egg

The All Day Breakfast - £7.55

2 Bacon, Egg, Fried Potatoes, Fried Bread, Mushrooms, Grilled Tomato, Beans & Toast.

Vegetarian Breakfast - £7.55

Fried Egg, Fried Bread, Grilled Tomato, Avocado, Mushrooms, Beans, Fried Potatoes & Toast

3 Egg Omelette - £7.95

With 2 fillings: Cheese, Tomato, Mushrooms, Ham, Onion, Bacon.
Served with Salad, Fries or Toast.

Harpers Breakfast - £ 8.35

Smoked Salmon & Scrambled Eggs on Gluten Free Toast

Kedgeriee - £9.50

Our own twist on a Traditional Victorian Breakfast of Smoked Haddock, Curried Rice & Egg.
Served with Toast.

Please allow a cooking time of 25 minutes.

Bacon OR Sausage Sandwich - £3.95

**Round of Toast ...£2.50 | Jam/Marmalade ..80p
Breakfasts Extras @ £1.40 each**

Salad & Light Bites

Soup of The Day - £5.50

Please check with your server whether today's option is Gluten-Free

Greek Platter - £7.75

Feta Cheese, Olives, Hummus, Tzatziki, Roasted Red Peppers, Lettuce & Gluten Free Toast.

Italian Platter - £7.75

Parma Ham, Mozzarella, Sliced Tomatoes, Garlic Butter, Olives, Sundried Tomatoes, Lettuce & Gluten Free Toast

Brie, Avocado & SunDried Tomato Salad - £7.95

On a bed of Mixed Leaves, Tomato, Cucumber, Roasted Peppers & Onion.

Add Bacon for free!

Served with Gluten Free Bread

Grilled Cajun Chicken Salad £7.95

On a bed of Mixed Leaves, Tomato, Cucumber, Roasted Peppers & Onion.

Served with Gluten Free Bread

Prawn, Avocado & Marie Rose Salad 7.95

On a bed of Mixed Leaves, Tomato, Cucumber, Roasted Peppers & Onion.

Served with Gluten Free Bread

Feta Cheese & Olive Salad - £7.30

On a bed of mixed leaves, Tomato, Cucumber, Roasted Peppers & Onion.

Served with Gluten Free Bread

Smoked Mackerel Pate 7.30

Served with Gluten Free Toast & Tomato Chutney

Main Meals

Home Roasted Ham, Egg & Fries - £8.50

Vegetable Curry - £8.75

Sweet Potato, Chickpea & Spinach Curry with Coriander Rice & Gluten Free Toast.

Side Salad - £2.60

Portion of Fries - £2.95

Sandwiches

All sandwiches can be made Gluten Free except for the Falafel.

Please see the Main Menu