

**Our aim**

is to provide a simple menu of good quality, home-made tasty food.

Most of the food on the menu is made from scratch here on the premises, with fresh ingredients. Please be patient, this is not a fast food restaurant; we cook your food thoroughly using the oven, rather than re-heating in the microwave. The reason we stop serving lunches at 2.30pm is because we need time to prepare and bake the delicious foods available on this menu – the elves don’t come in at night to make them! From time to time we may sell out of items, we apologise if this is the case on the day of your visit.

We hope you enjoy your time with us. Thank you, Debbie

**Breakfast (served 9.30am-11am)**

A large bowl of homemade porridge with either honey

 or warm spiced berries £2.95

Belgium waffles topped with chocolate spread or warm

 spiced berries & natural yoghurt £4.25

Hot-kiln–roasted smoked salmon with scrambled eggs

 on buttered malted thick sliced toast £4.60

Scrambled eggs on buttered malted thick sliced toast

 £3.85

**Snacks (served 9.30am-2.30pm)**

Bacon sarnie £3.95, with a fried egg £4.85

ActivCycles own recipe sausage sarnie £4.10, with a fried

 egg £4.95

Heinz baked-beans on buttered toast £3.15

Two toasted crumpets £1.60

Crumpets, glazed with mature cheddar cheese £1.90

Crumpets, topped with bacon & glazed with mature

 cheddar cheese £2.50

**Light snacks (served all day)**

Two toasted crumpets £1.60

Two slices wholemeal toast £1.60

Toasted tea-cake £2.00

Mature cheddar cheese scone, warmed in the oven,

 £2.50, with home-made chutney £2.95

Fruit scone with jam, warmed in the oven, £2.50

 & clotted cream £2.95

Choose from raspberry curd, raspberry, strawberry or

 blackberry jam for no extra charge

**All our scones & cakes are made by us**

**in the coffee shop**

**Wraps (served 11.30am-2.30pm)**

**with salad garnish & home-made coleslaw**

Roasted red pimento, feta cheese, rocket & houmous tortilla wrap (v) £4.80 (with soup £6.35)

**New York style red onion & chive bagels**

**(served 11.30am - 2.30pm)**

**with salad garnish & home-made coleslaw**

Mozzarella cheese, fresh tomatoes, home-made tomato chutney £5.00 (v) (with soup £6.55)

Tuna mayonnaise & mature cheddar cheese melt £5.00 (with soup £6.55)

Smoked salmon & cream cheese £5.35 (with soup £6.90)

Home-roasted chicken, mozzarella cheese, tomato, red pesto £5.35 (with soup £6.90)

**Sandwiches (served 11.30am - 2.30pm)**

**in wholemeal bread, with salad garnish**

 **& home-made coleslaw**

Mature cheddar cheese & home-made chutney (v) £4.95

 (with soup £6.50)

Tuna mayonnaise £4.95 (with soup £6.50)

Ham with a choice of English, Dijon, wholegrain mustard

 or homemade chutney £4.95 (with soup £6.50)

Home-roasted chicken, bound in a lemon & black

 pepper mayonnaise £5.15 (with soup £6.70)

Smoked salmon & cream cheese £5.15 (with soup £6.70)

**Soup (served 11.30am - 2.30pm)**

large bowl of home-made soup, served with a chunk of

 warm bloomer £4.35

Soup & cheese scone £5.35

(see blackboard for choice of soups. Our soups are suitable for a gluten free diet)

**Oven-baked jacket potatoes**

**(served 11.30am - 2.30pm)**

with salad garnish & home-made coleslaw

Tuna mayonnaise £5.15

Mature cheddar cheese £5.15

Heinz baked-beans £5.15

Home-roasted chicken, bound in a lemon & black

 pepper mayonnaise £5.50

**Home-made cakes**

Cakes £2.00 - £2.95

Traditional fruit cake £2.95

Chocolate traybakes £2.50

Granola £2.00

Fruity flapjack £1.50

We aim to have a selection of cakes made **without flour** or made with **gluten-free flour** available, please ask staff for details. We **cannot guarantee our gluten-free products are 100% free of gluten** as they are made in the coffee shop kitchen where we use standard flour. Some of our cakes contain nuts, please make us aware if you have a **nut allergy** and we will advise you which cakes are suitable for you



**Refreshing cold drinks**

Iced salted caramel latte £2.40

Peach iced tea £1.50

Fentimans, all £1.95 each

 Rose Lemonade, Victorian Lemonade, Ginger Beer,

 Elderflower, Mandarin and Seville Orange Jigger,

 Curiosity Cola, Cherry Tree Cola

Cans £1.00

Fresh orange (not from concentrate) £1.95

Pressed apple juice £1.95

Still / sparkling water £0.95

Child’s milk / apple / fresh orange juice £0.50

Fruit shoot £0.85

**Hot Chocolate drinks**

Hot chocolate, small cup £2.00 / mug £2.70

Deluxe hot chocolate (cream, marshmallows, Cadbury’s

 chocolate flake, chocolate dust & cinnamon crunch),

 small £2.20 / in a mug £2.90

Hot chocolate with a choice of orange, hazelnut or

 caramel syrup, small £2.20 / in a mug £3.00

Deluxe hot chocolate with syrup £3.30

Mocha (2 espresso shots plus hot choc, served in a mug)

 £2.90

**Suki loose-leaf teas**

Tea for one £2.50, for two £4.00, for three £6.00

Breakfast

Decaffeinated breakfast (teabags)

Apple loves mint

Whole peppermint

Earl Grey blue flower

Green tea

Lemongrass and ginger

Red berry

Spiced citrus

Goji berry and pomegranate

Pink grapefruit

**Alcoholic drinks**

Hollows & Fentimans Ginger Beer, 500ml 4% £3.95

Allendale Brewery Wolf Strong Ruby Ale, 500ml 5.5%

 £3.95

Wylam Loco No.1 lagered beer, 500ml 5% £3.95

Wylam Angel Amber Ale, 500ml 4.3% £3.95

Peroni, 330ml 5.1% £3.25

**Coffees**

We serve our latte & cappuccino coffees at the correct temperature between 140 - 150 degrees fahrenheit

Cafetière for one £2.95, for two £3.95, for three £4.95

Filter, small £1.60 / regular £1.80 (refill included in price)

Flat white £2.30 (2 shots & served in a small cup)

Single shot espresso £1.50 / double shot espresso £2.00

Americano, small £2.00 (1 shot) / regular £2.20 (2 shots)

Latte, small £2.20 (1 shot) / regular £2.40 (2 shots)

Cappuccino, topped with a sprinkling of chocolate dust, small £2.20 (1 shot) / regular £2.40 (2 shots)

Flavoured latte or cappuccino with either orange,

 hazelnut, vanilla, caramel, gingerbread or spiced

 pumpkin syrup £2.70

Mocha (2 espresso shots plus hot choc, served in a mug)

 £2.90

All of the above coffees are available in decaffeinated except filter coffee.

**Food allergies and intolerances**

Before ordering please speak to our staff about

your requirements

**Opening times**

Closed Mondays

Tues, Wed, Thurs, Fri 9.30am – 4pm

Saturday 9.30am – 4.30pm

Sunday 9.30am – 4.00pm

Minimum debit card spend is £5 and £10 for a credit card.

**Wifi code: be981ebj**

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