

## Grilled sandwiches

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Served with choice of side salads

### **The Mail Rail Reuben (vg) £6.75**

Vegan smoked Gouda, roast sweet potato and beetroot, spinach, cornichons and sauerkraut with vegannaise in a rye bloomer

### **West country Cheddar and Farmhouse chutney baguette £6.25**

### **The Postal £7.95**

Roast beef, blue cheese, balsamic onions, pear and date chutney and rocket on ciabatta

## From the Kitchen

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### **Loaded sweet potato**

Plain with Netherend Farm butter **£4.95**

With feta and caramelized onion **£6.95**

With ham and crispy bacon **£6.95**

### **Croque monsieur £6.95**

Gruyere, smoked ham and creamy mustard mayo on sourdough, served with choice of side salads

### **Cobb salad £7.50**

With chopped chicken, boiled egg, crispy bacon, avocado, cherry tomatoes, baby gem and blue cheese dressing

### **Fish Finger wrap £6.95**

Cod goujons, baby gem and homemade tartar sauce. **Friday-Sunday**

## Salads side or main plate

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### **Butternut squash, pomegranate seeds and goat's cheese**

**Beetroot, radicchio, sunflower seeds, vinaigrette  
Mixed leaves**

## Soup of the day

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Served with chunky bread and Netherend Farm Butter **£5.50**

## Quiche of the day

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Served with 2 side salads **£6.75**

## Children's menu All £5.25

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Served with carrot and crudité pot and a free babyccino

### **Macaroni and cheese**

**Homemade British meatballs, with creamy mash potatoes**

**Cod goujons with creamy mash potatoes**

**Any half grilled sandwich with side salad**

**Soup of the day with bread and butter**

Children's lunch box also available from the fridge

# — THE — COUNTER

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We use a wide range of ingredients in our kitchen, some of which may contain allergens. If you have a specific allergy or dietary requirement please let us know. We would love to tell you what is in our food to assist you with your choice.

(v) = Vegetarian / (vg) = Vegan

## Soft drinks and water

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Life water still / sparkling 500ml	£1.60
Coke	£2.25
Diet Coke	£1.85
San Pellegrino Limonata / Aranciata	£2.25
Homemade lemonade 500ml	£3.50

## Sparkling and wine

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Ca' di Alte Prosecco Spumante	£7.00
Cantina di Monteforte Soave Classico 187ml	£5.50
Cantina Valpolicella 187ml	£5.50

## Beer and cider

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Camden Hells 330ml 4.6% ABV	£4.50
Indian Hells 330ml 6.2% ABV	£4.50
Camden Pale Ale 330ml 4% ABV	£4.50
Birra Moretti 330ml 4.5% ABV	£4.50
Orchard Thieves Cider 4% ABV	£4.50

## Coffee

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Our Benugo espresso blend uses beans from Rainforest Alliance certified™ farms

Espresso / double espresso	£1.90 / £2.30
Macchiato / double macchiato	£2.00 / £2.40
Americano	£2.70
Cappuccino	£2.80
Latte	£2.80
Hot chocolate	£2.80
Mocha	£2.90
Flat White	£2.80
Chai latte	£2.80

Free Babyccino with any children's meal

## Tea

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Loose leaf tea	£2.65
English Breakfast	
Earl Grey	
Green Lemon	
Chamomile	
Oriental Sencha	
Peppermint	
Ginger and Lemon	
Darjeeling	
Garden Berries	
Elderflower and Lemon	