

**BREAKFAST**

MONDAY - SATURDAY 9AM - 11.30AM  
SUNDAY 10AM - 3PM (LAST ORDERS: 2.45PM)

**Full breakfast deal** Organic smoked tofu, Lincolnshire style sausage, fried egg, mushrooms, hash browns, baked beans and a fried tomato. Breakfast includes 1 slice of organic wholemeal toast (G/F and V options) and your choice of hot drink or juice. The vegan version has no egg and extra sausage. **£8.45**

**BUILD YOUR OWN**

- Organic smoked tofu (V) and (G/F) **£1.70**
- Lincolnshire style sausage (V) **95p**
- Mushrooms **95p**
- Free-range fried egg **£1.00**
- Hash Browns (V) and (G/F) **£1.00**
- Baked Beans (V) and (G/F) **95p**
- Tomato **30p**
- Vegan black pudding **£1.00**
- Organic wholemeal toast (1) (or G/F and V toast) **95p**

**KIDS MENU**

- Soup of the day with an organic wholemeal roll (V) **£2.60**
- Sausage, chips and beans or egg **£3.15**
- Jacket Potato with beans, cheese or both & green salad **£2.55**
- Jacket potato with veg chilli & green salad (50p for cheese) **£2.95**
- Filled roll with cheddar or Hummus, green salad & crisps **£2.50**
- Falafel, Tzatziki, pittabread & green salad (V or G/F) **£3.15**
- Hummus, pittabread and green salad (V or G/F) **£2.75**
- Bowl of Whale Tail pasta salad (V) **£1.75**
- Beans on toast (1 slice of toast) (V) **£2.20**
- Crumpets (V) **£1.15**
- Ice cream (V) **£1.55**
- Beaker of juice, dairy milk or vegan alternatives **70p**



PLEASE SEE SPECIALS BOARD FOR DAILY CHANGES.  
WHEN YOU'RE READY, COME TO THE COUNTER TO ORDER.

**MAIN MENU**

- Soup of the day (V, G/F) & organic wholemeal or G/F roll **£4.45**
- Whale Tail Salad Bowl Four generous portions of salad on a bed of mixed leaves (V) Choices: Pasta with sunflower seeds, Mushrooms rosemary and garlic; Curried vegetables and chickpeas; Thai spiced lentil; carrot, mixed toasted seeds and sultanas) **£5.95**
- Whale Tail Salad Platter One of the salad bowls with home marinated olives & your choice of cheese or hummus & an organic wholemeal roll or pitta bread (2) G/F available **£8.00**
- Homity Pie A potato, cheese, chive & onion open topped pie served with Whale Tail salads **£7.25**  
(Replace Whale Tail salads with green salad - £6.10)
- Spicy Bean Burger with homemade piquant tomato and onion relish, chips, coleslaw and green salad (V) **£7.25**  
(Replace chips with Whale Tail salads - £9.60)
- Jacket Potato with vegetable chilli & Whale Tail salads / or green salad **£6.95 / £5.95**  
choice of filling & Whale Tail salads / or green salad **£6.95 / £5.95**
- Filled Organic Wholemeal Roll with your choice of filling & homemade spiced carrot chutney, generous green salad & crisps (G/F option available) **£5.55**
- Fillings for Potatoes or Rolls:-  
Grandma Singleton's mild cheddar; Black Wax mature cheddar; Forest of Bowland traditionally smoked cheddar; Goats cheese; Garstang blue cheese; Stilton; Brie; Grandma Singleton's crumbly Lancashire or hummus (V) Baked beans (for the jacket potato)
- Organic smoked tofu BLT with mixed leaves, tomato and garlic mayo (V) **£4.10**
- Tofu and mushroom bun (V) **£3.95**
- Tofu and egg bun **£3.95**
- Free range scrambled eggs on organic wholemeal toast (can be G/F) **£3.90**
- Sausage bun with homemade tomato & onion relish (V) **£3.25**
- Sausage and egg bun **£3.85**
- Beans on Toast **£2.95**
- Locally made wholemeal, spiced fruit teacake (V) (add preserve or honey for 20p) **£1.75**
- Crumpets **£1.15**

**EXTRAS**

- Chips (V) **£2.95**
- Half portion **£1.50**
- Home marinated olives (V) **£2.95**
- Whale Tail salad crescent (smaller version of the bowl without leaves) can be G/F **£3.95**
- Portion of cheese or hummus **£1.50**
- Organic wholemeal roll or G/F roll (V) **95p**
- Two wholemeal pitta breads (V) (can be G/F) **£1.00**
- Green salad bowl (mixed leaves, cherry tomatoes, shredded carrot, cucumber sprouted radish seeds) (V, G/F) **£3.95**