EST. 1946

Menu

TRADITIONAL SHEPHERD'S PIE

Eggs Royale 11.95

Toasted English muffin topped with poached eggs, Scottish smoked salmon, chive hollandaise and rocket

Eggs Benedict 10.95

Toasted English muffin topped with poached eggs, Woburn baked ham, chive hollandaise and rocket

Vegetarian Muffin V 9.65

Smashed avocado, field mushroom on toasted English muffin with chive hollandaise and rocket

The Full Frostie 12.95

Two free-range Bedfordshire pork sausages, two rashers of dry cured bacon, two free-range fried eggs, two hash browns, baked beans, roasted tomato, mushroom & mixed white and brown toast

The Frostie Lite 9.95

Free-range Bedfordshire pork sausage, rasher of dry cured bacon, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of brown toast

The Veggie Frostie V (VE AVAILABLE) 9.75

Vegetarian sausage, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of white toast

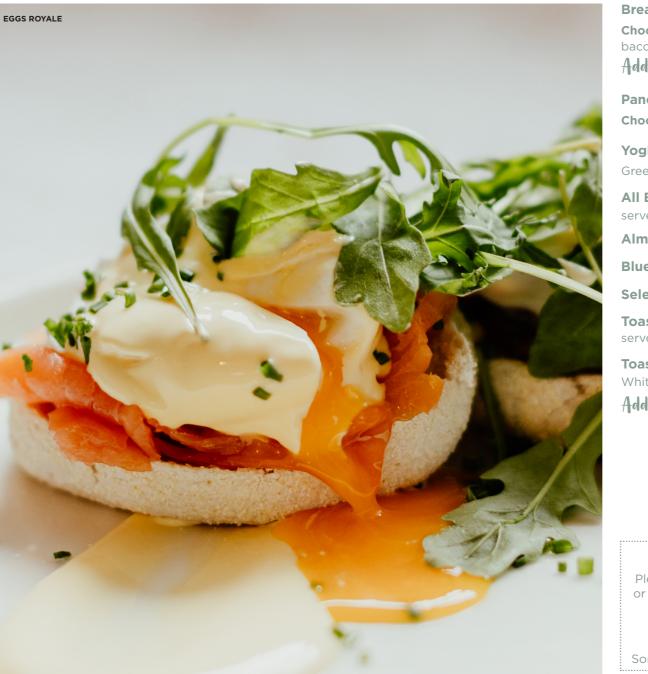
Baked Beans or Free-Range Fried Egg on buttered Sourdough Toast V 7.25

Additional Items Choose From:

Two Bacon Rashers | Free-Range Bedfordshire Pork Sausage Black Pudding | Vegetarian Sausage | Vegan Sausage VE 1.80 per portion

2 Hash Browns | Baked Beans | Tomato | Mushrooms 2 Free-Range Fried Eggs 1.50 per portion

Orange Marmalade) 0.95 each



Breakfast Bap 6.95 **Choose From:** Free-range Bedfordshire pork sausage, dry cured bacon or vegan sausage Add a Free-Range Fried Egg 0.75

served with butter

Toasted Teacake 3.25 served with butter

Toasted Bloomer 2.50 Add a preserve 0.95

Please speak to your server before you order if you have any allergies or intolerances. We cannot guarantee that any of our dishes are 100% allergen free.

Some dishes can be made vegan or gluten free, please ask your server.

Pancake Stack 7.95 VE

Choose From: Bacon and maple syrup | Berries and yoghurt

Yoghurt Berry Parfait 5.95

Greek yoghurt, fruit compote, granola, berries and honey

All Butter Croissant 2.95

Almond Croissant 2.95

Blueberry Muffin 2.95

Selection of Danish Pastries 2.95

White or brown toast (gluten free or vegan also available)

IMPORTANT DIETARY INFORMATION

V Vegetarian VE Vegan GF Gluten Free

Brunch MONDAY - SUNDAY FROM 11.30AM

Smashed Avocado on Sourdough Toast

10.95

Smashed avocado on sourdough toast, thyme roasted cherry tomatoes on the vine and poached egg

Chorizo Hash with Fried Eggs GF

10.95

Fried new potatoes, chorizo, chorizo jam topped with two fried eggs and harissa ketchup

Bacon, Brie & Mushroom filled Croissant 10.95

Freshly baked flaky butter croissant filled with bacon, brie and mushroom served with dressed salad garnish or triple cooked chips

Croaue Monsieur 10.95

Mature cheddar and ham, mornay sauce, cheddar crust on white bloomer bread served with dressed salad garnish or triple cooked chips Add a Free-Range Fried Egg 0.75

MONDAY - SUNDAY FROM 12PM

SANDWICHES

Egg Mayonnaise Open Sandwich V 9.95

Free-range egg mayonnaise on crusty brown bread, topped with grated Red Leicester & spring onions, served with cherry tomatoes and baby salad leaves or triple cooked chips

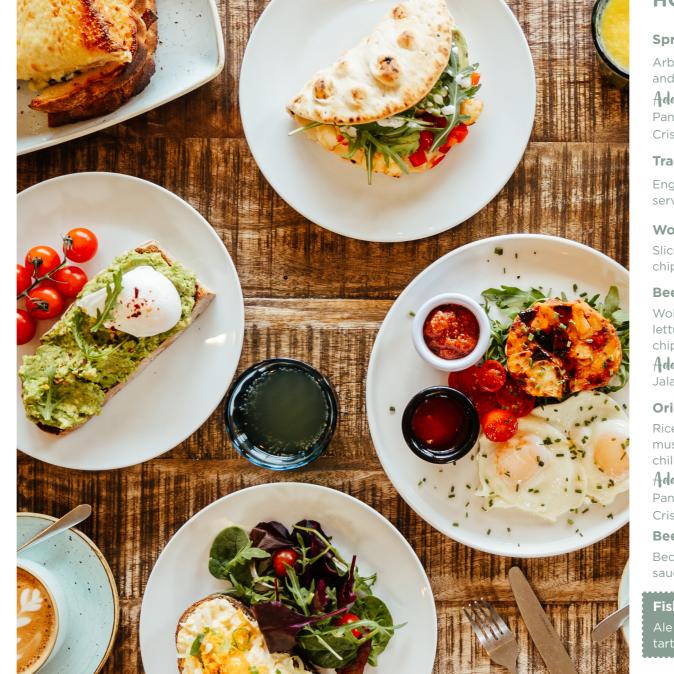
Halloumi & Avocado Naan Bread V



Grilled halloumi & avocado, harissa charred peppers, pomegranate and dressed rocket, served with garden salad or triple cooked chips

Tuna Melt 9.95

Tuna and grated cheese on white bloomer served with dressed salad garnish or triple cooked chips



HOT MAIN COURSES

Spring Risotto V GF 12.95

and parmesan Add your choice of topping Crispy tofu **1.95**

Traditional Shepherd's Pie GF 13.95

English lamb & vegetable ragu topped with creamy cheddar mash served with a medley of spring vegetables

Woburn Ham, Egg & Chips (GF AVAILABLE) 13.95

Sliced Woburn ham served with 2 fried free-range eggs, triple cooked chips and minted peas

Beef Burger (VE AVAILABLE) 13.95

Woburn beef patty, dry cured streaky bacon, Montrey jack cheese, lettuce, tomato & gherkin in a pretzel bun, served with triple cooked chips and coleslaw Add your choice of Topping 0.60 each Jalapeños | Sour cream | Salsa

Oriental Noodle Bowl V (VE AVAILABLE) 12.95

chilli soya and lime broth Add your choice of topping Crispy tofu 1.95

Beef Lasagne 13.95

Bedfordshire Beef bolognese layered with pasta sheets and cheese sauce served with rocket & parmesan

tartare sauce

Arborio rice, asparagus, peas & broad beans finished with mint pesto

Pan-roasted chicken supreme 2.50 | Poached salmon 2.50 |

Rice noodles, edamame beans, carrots, bok choy, roasted flat mushrooms, spring onions, pickled daikon radish, cucumber,

Pan-roasted chicken supreme 2.50 | Poached salmon 2.50 |

Fish & Chips (available Friday only) 13.95

Ale battered fish, triple cooked chips, mushy peas and homemade

SUNDAY ROAST

Served with Frosts homemade Yorkshire pudding, thyme roasted potatoes, green vegetables, carrots, cauliflower cheese, herb and onion stuffing and gravy

Quartet of meats 21.00 Roast lamb 17.50 Slow roasted Bedfordshire beef topside 16.00 Roast loin of pork with stuffing & apple sauce 15.50 Lemon and thyme chicken 15.50 Nut roast VE 14.50 Served with thyme roasted potatoes, green vegetables, carrots and vegan gravy

JACKET POTATOES Served with side salad

MONDAY - SUNDAY FROM 12PM

Coronation Chicken 10.95

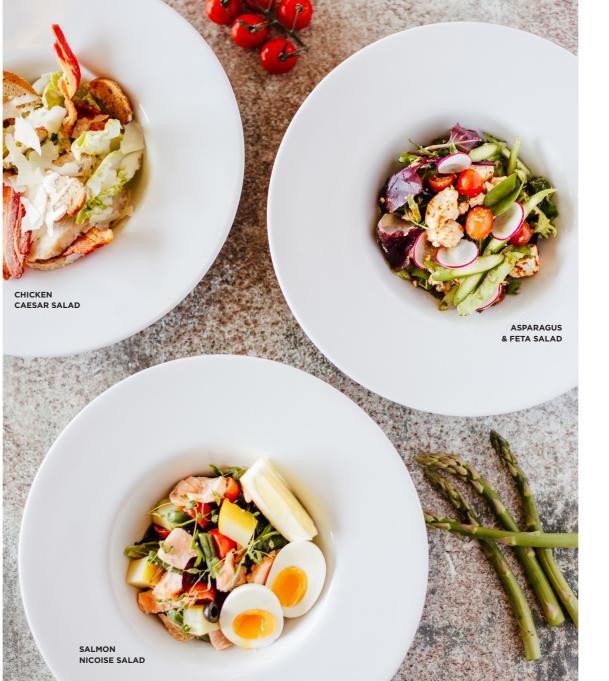
Topped with coronation chicken, coriander, red onion & tomato salad and poppadom

Beef Chilli (VE AVAILABLE) 10.95

Topped with beef chilli, sour cream, guacamole. tomato salsa, ialapeños and tortilla chips Add Cheese 1.00

Beans & Cheese V GF (VE AVAILABLE) 9.95 Topped with baked beans and mature cheddar

Gluten free options are available, please ask your server.



SALADS MONDAY - SUNDAY FROM 12PM

Chicken Caesar Salad 13.95

Free-range Woburn chicken breast, shaved parmesan, white anchovies, creamy Caesar dressing, crispy bacon and croutons

Asparagus & Feta Salad V GF 11.95 Shaved asparagus, crumbled feta, baby leaves, cherry tomatoes radish and sun-dried tomato dressing

Poached salmon, saffron new potatoes, black olives, cherry tomatoes, french beans, free-range egg and lemon dressing

SOUP

Soup Of The Day 6.95 Served with bread (GF AVAILABLE)

Triple Cooked Chips VE 3.45 Sweet Potato Fries VE 3.95 Frosts Garden Salad 3.25 Onion Rings 3.45 **Cajun Spiced Wedges**

Salmon Nicoise Salad GF

13.95

MONDAY - SUNDAY FROM 12PM

SIDE DISHES (GF AVAILABLE)

MONDAY - SUNDAY FROM 12PM

4.95

Served with sour cream and salsa

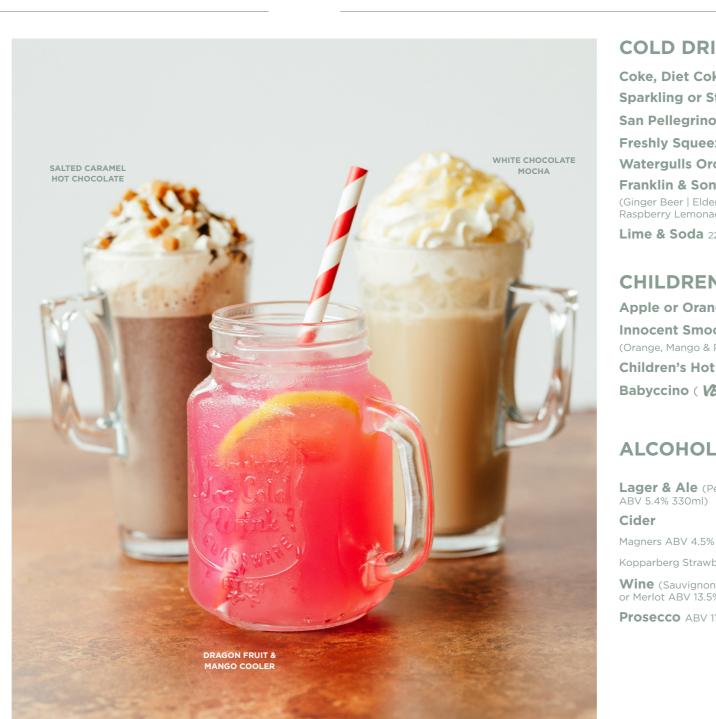
Drinks

HOT DRINKS	Regular	Large
Americano	3.20	3.45
Latte	3.40	3.65
Chai Latte		4.50
Cappuccino	3.40	3.65
Flat White	3.40	
Mocha	3.60	3.85
Filter Coffee	3.00	3.25
Double Espresso	2.80	
Breakfast Tea	2.65	
Premium Loose Leaf Tea (English Breakfast Earl Grey Gunpowder Peppermint Black Red Berries & Rose Petals Lemon & Ginger)	3.15	
Hot Chocolate	3.45	3.75
Luxury Hot Chocolate (with flake, whipped cream & marshmallows)		5.00
Additional Espresso Shot	0.75	
Syrup Shot (Caramel Vanilla Hazelnut) Sugar-free also available	0.75	

FREE milk alternatives available Oat, Coconut or Soya

SEASONAL DRINKS

White Chocolate Mocha Salted Caramel Hot Chocolate	4.95
Salted Caramel Hot Chocolate	4.95
Dragon Fruit & Mango Cooler	3.60



COLD DRINKS

ke or Coke Zero 330ML	3.15
Still Water 330ML	2.55
o Soft Drinks (Lemon Blood Orange) 330ML	3.15
ezed Orange Juice 250ML	3.95
rchard Apple Juice 250ML	3.95
ns Soft Drinks 275ML erflower Lemonade ade Rhubarb Lemonade)	3.15
225ML	2.95

CHILDREN'S DRINKS

nge Juice Carton 200ML	1.65
oothies 150ML	2.65
& Pineapple Raspberry, Apple & Strawberry)	
t Chocolate (with whipped cream & marshmallows)	2.95
E AVAILABLE)	1.25

ALCOHOLIC DRINKS

Peroni ABV 5% 330ml or Brewdog IPA	4.50	
% 330ml	4.50	
vberry & Lime Cider ABV 4% 500ml	4.95	
on Blanc ABV 12%, Zinfandel Rosé ABV 10% 5%) 187ml	4.50	
11% 200ml	6.00	

Cakes & Desserts

COLD DESSERTS

Vanilla, Rhubarb & Ginger Cheesecake	6.95
Fresh Raspberry Cream & Berry filled White Chocolate Éclair	6.95
Lemon Meringue Tart	6.95
Dark Chocolate Mousse with Honeycomb & Orange Crème Fraîche	6.95

HOT DESSERT

(SERVED 12-3PM)	
Sticky Toffee Pudding Served with custard (GF available)	
Apple & Rhubarb Crumble Served with custard (GF available)	
Warm Chocolate Brownie Served with chocolate sauce & ice cream	

CAKES

Victoria Sponge	4.95
Carrot	4.95
Coffee & Walnut	4.95
Chocolate Fudge VE	4.95
Lemon Drizzle	4.95
Courgette & Avocado (Dairy Free) GF	4.95
Blueberry & Banana VE	4.95

TOASTED TEACAKE served with butter

TRAYBAKES

Triple Chocolate Brownie	3.95
Apricot & Almond Frangipane	3.95
Fruit, Nut & Chocolate Flapjack VE GF	3.95
Lemon & Pistachio Shortbread filled with Toffee Caramel	3.95
Rocky Road	3.95
Coconut, Raspberry & Chocolate Macaroon GF	3.95

3.25

SCONES

6.95

6.95

6.95

Choice of plain, fruit or cheese, served with butter (fruit scone available as gluten free or vegan)	2.95
Cream Scone Choice of plain or fruit with strawberry preserve & clotted cream	4.65
Savoury Scone Cheese scone with cream cheese & red onion marmalade	4.65
Preserves or Marmalade (Strawberry Raspberry Blackcurrant Orange marmalade)	0.95
Clotted cream	1.10

Add a scoop of vanilla ice cream 2.50 each



Gift Cards

Whatever the occasion, a Frosts gift card will make the perfect gift!

Buy in-store or online at **frostsgardencentres.co.uk**





Well Sourced, Cooked Well

Where possible we source all of our free-range meat, eggs and vegetables locally.

frostsgardencentres.co.uk