

### EGGS ROYALE

Toasted English Muffin topped with Poached Eggs, Scottish Smoked Salmon, Chive Hollandaise & Rocket

### EGGS BENEDICT

Toasted English Muffin topped with Poached Eggs, Woburn Baked Ham, Chive Hollandaise & Rocket

### VEGETARIAN MUFFIN

Smashed Avocado, Field Mushroom on Toasted English Muffin with Chive Hollandaise & Rocket

### THE FULL FROSTIE

Free-Range Bedfordshire Pork Sausage, 2 Rashers of Sweet Dry Cured Bacon, 2 Free-Range Eggs (Fried, Scrambled or Poached), 2 Hash Browns, Baked Beans, Roasted Tomato & Mushroom

### THE FROSTIE LITE

Free-Range Bedfordshire Pork Sausage, Rasher of Sweet Dry Cured Bacon, Free-Range Egg (Fried, Scrambled or Poached), Hash Brown, Baked Beans, Roasted Tomato & Mushroom

### THE VEGGIE FROSTIE

Vegan Sausage, Free-Range Egg (Fried, Scrambled or Poached), Hash Brown, Baked Beans, Roasted Tomato & Mushroom

### BAKED BEANS OR FREE-RANGE EGG **ON SOURDOUGH TOAST**

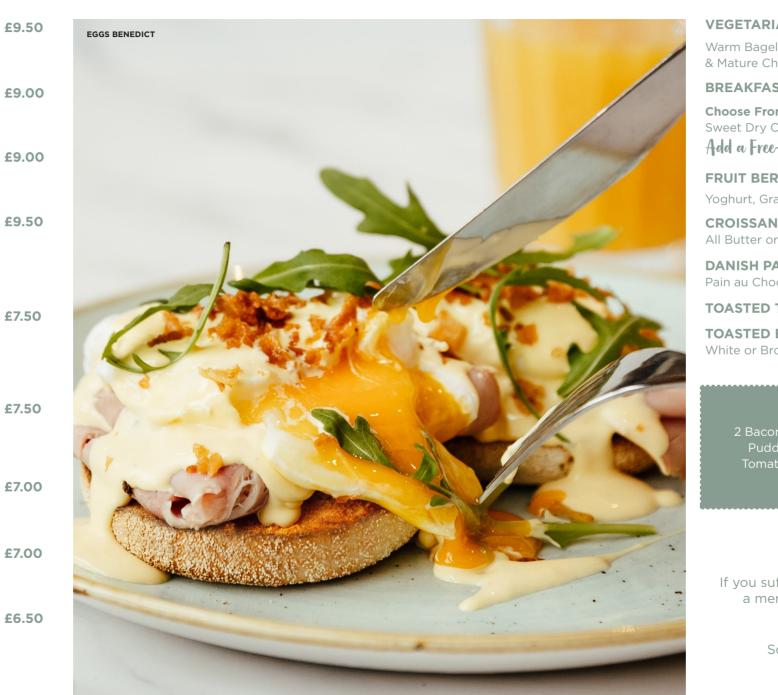
**Choose From:** Fried, Scrambled or Poached Egg

### PANCAKE STACK

**Choose From:** Bacon & Maple Syrup or Berries & Yoghurt

### FILLED BREAKFAST BAGEL

Warm Bagel Filled with Sausage, Bacon, Egg Mayonnaise & Mature Cheddar



Warm Bagel & Mature Ch

### BREAKFAS

**Choose From** Sweet Drv C Add a Free

FRUIT BER Yoghurt, Gra

**CROISSAN** All Butter or

DANISH PA Pain au Choo

TOASTED

TOASTED White or Bro

If you suffer from a food intolerance or food allergy, please let a member of the team know before placing your order.

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

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IAN BAGEL 💟	£5.95
el Filled with Vegetarian Sausage, Field Mushroom heddar	
ST BAP	£5.50
om: Free-Range Bedfordshire Pork Sausage, Cured Bacon or Vegan Sausage VE Renge Fried Egg for 1	
	£5.50
anola, Fresh Berries & Honey	
<b>IT</b> r Almond	£2.50
ASTRIES ocolat or Cinnamon Swirl	£2.50
TEACAKE WITH BUTTER	£2.25
<b>BLOOMER</b> rown Toast (gluten free also available)	£2.25

# Additional Items Choose From:

2 Bacon Rashers, Free-Range Bedfordshire Pork Sausage, Black Pudding, Vegan Sausage VE, 2 Hash Browns, Baked Beans, Tomato, Mushrooms or 2 Free-Range Eggs (Fried, Scrambled or Poached) **£1.50 per portion** Preserves or Marmalade 85p each

### IMPORTANT DIETARY INFORMATION



Vegetarian VE Vegan GF Gluten Free

### **HOT MAIN COURSES**

MONDAY - SATURDAY 12PM - 3PM

### **BARBECUED LAMB KOFTE**

BBQ Style Lamb Kofte marinated in Lemon, Garlic & Oregano, Served with Lemon Cous Cous & Roasted Vegetables, Side Salad, Mint Yoghurt & Hummus

### PAN-ROASTED SEA BASS GF

Pan-Roasted Sea Bass Fillet, Fennel, Orange & Watercress Salad & Provencale French Beans

### TOMATO, VEGETABLE & GOAT'S CHEESE TART

Open Tart of Marinated Tomato, Courgette & Rocket, Roasted Red Pepper Salsa, Whipped Goat's Cheese & Tapenade Dressing

### FROSTS BEEF BURGER

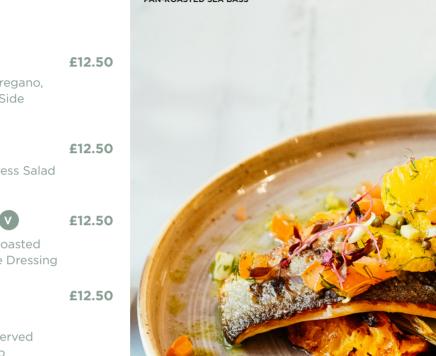
Beef Patty topped with Pulled Pork Shoulder, Smoked Cheddar, Baby Gem & Sliced Tomato in a Pretzel Bun served with Crunchy Slaw, Triple Cooked Chips & BBQ ketchup

### FROSTS VEGAN BURGER VE

Crispy Onion Bhaji Burger, Mint Vegannaise in a Pretzel Bun served with Crunchy Slaw, Triple Cooked Chips & Curried Ketchup

COD & CHIPS (AVAILABLE ON FRIDAY ONLY)

Beer Battered Cod, Triple Cooked Chips, Mushy Peas & Homemade Tartare Sauce



£12.50

£11.50



& Gravy

**TRIO OF M** SLOW ROA

ROAST LO STUFFING

LEMON & STUFFING

NUT ROAS Served with Vegetables,

### JACKET POTATOES SERVED WITH SIDE SALAD MONDAY - SUNDAY 12PM - 3PM

### CORONAT

### **BEEF CHIL**

### **VEGAN CH**

### **TUNA & SI** Tuna & Sprii

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# SUNDAY ROAST 12PM - 3PM

Served with Frosts Homemade Yorkshire Pudding, Thyme Roasted Potatoes, Steamed Green Vegetables, Carrots, Cauliflower Cheese

:
£15.50
£13.50
£13.50
£13.50
£12.50

CORONATION CHICKEN	£8.95
Topped with Mango Chutney, mini Poppadoms, Onion, Tomato & Coriander	
BEEF CHILLI	£8.95
Topped with Mature Cheddar Cheese, Guacamole, Tortillas, Jalapeños, Salsa & Sour Cream	
VEGAN CHILLI VE	£8.95
Topped with Vegan Cheese, Guacamole, Tortillas, Jalapeños & Salsa	
TUNA & SPRING ONION MAYONNAISE	£8.95
Tuna & Spring Onion Mayonnaise, Mature Cheddar Topped with Prawn Crackers	
BEANS & CHEESE V GF	£8.95
Baked Beans with Mature Cheddar	

### SOUPS

SERVED WITH BREAD

POTATO & WATERCRESS THAI SWEET POTATO & COCONUT VE	£6.50 £6.50
SALADS MONDAY - SUNDAY 12PM - 3PM	
FETA, WATERMELON & MINT SALAD 💟 🌾	£10.95
Feta, Watermelon & Mint with Rocket, Baby Spinach & Land Cress served with a Raspberry French Dressing	
SMOKED SALMON SALAD	£10.95
Scottish Smoked Salmon with Lemon Dressed Baby Leaves & Rocket with Dill & Chive Potato Salad	
FROSTS CAESAR SALAD	£8.95
Crispy Baby Gem Lettuce, Herbed Croutons, Shaved Parmesan Cheese topped with Caesar Dressing (Can be Vegetarian & Gluten Free)	
Add your choice of Topping £2.50 EACH Chicken & Bacon (GF), Smoked Salmon (GF) or Herb Marinated Feta	(GF)

### COLD SANDWICHES

SERVED WITH DRESSED SALAD GARNISH & CRISPS

### SMOKED SALMON

£8.95

£8.95

Open Sandwich of Scottish Smoked Salmon, Dill & Chive Cream Cheese, Sliced Cucumber on Brown Bloomer Bread with Beetroot Chutney

### CHICKEN, BACON & AVOCADO

Chicken, Bacon & Crushed Avocado, Mixed Leaves served on a choice of White or Wholemeal Bloomer Bread

### PLOUGHMAN'S

Mature Cheddar & Brie, Apple Chutney, Dijonnaise, Mixed leaves served on a choice of White or Wholemeal Bloomer Bread

# £8.95

### **HOT SA** SERVED WIT

### **GREEK STY**

Slow Roasted topped with

### HAM & CHE

Woburn Hone served in a Ci

### **CHICKEN &** Chicken, Baco

**ROASTED** V

Roasted Vege Ciabatta Roll

# SIDE DI

**TRIPLE COO** SWEET POT CAJUN SPICED WEDGES

SMOKED SALMON SANDWICH

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£3.25

ANDWICHES TH DRESSED SALAD GARNISH & CRISPS	
YLE LAMB NAAN	£8.95
ed Greek Style Lamb served in a soft Naan Bread Feta Crumbs & Mint Yoghurt	
EESE CIABATTA	£8.95
ney Roasted Ham, Cheddar, Emmental & Brie Ciabatta Roll	
& BACON BLT	£8.95
con, Lettuce & Tomato served on Bloomer Bread	
VEGETABLE CIABATTA VE	£8.95
getables, Vegan Pesto, Vegan Cheddar Served in a II	
ISHES	
OKED CHIPS	£3.25
TATO FRIES	£3.50

# Cakes & Desserts

### CAKES

VICTORIA SPONGE
CARROT
COFFEE
CHOCOLATE FUDGE 🌾
ORANGE, LEMON & LIME (dairy free) 📭
COURGETTE & AVOCADO (dairy free) 🕞

### **TRAYBAKES**

TRIPLE CHOCOLATE BROWNIE
ROCKY ROAD
FRANGIPANE
CHOCOLATE CARAMEL SHORTBREAD
FRUIT FLAPJACK 🌾
FRUIT & ALMOND SLICE VE
LEMON DRIZZLE SLICE GF

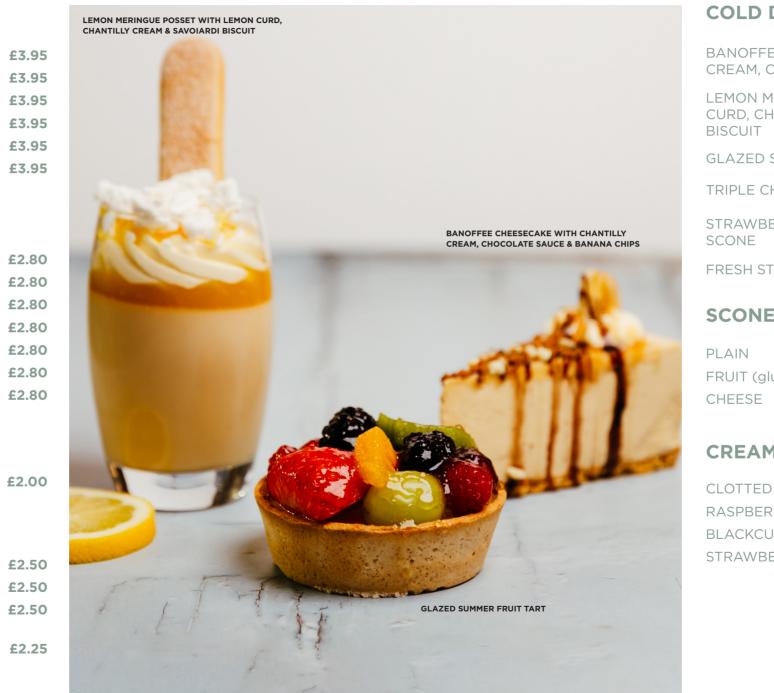
## COOKIES

TRIPLE CHOCOLATE

### **MUFFINS**

TRIPLE CHOCOLATE	
BLUEBERRY	
RASPBERRY & WHITE CHOCOLATE	

TOASTED TEACAKE WITH BUTTER



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### **COLD DESSERTS**

EE CHEESECAKE WITH CHANTILLY CHOCOLATE SAUCE & BANANA CHIPS	£3.95
MERINGUE POSSET WITH LEMON HANTILLY CREAM & SAVOIARDI	£3.95
SUMMER FRUIT TART	£3.95
CHOCOLATE & RASPBERRY ÉCLAIR	£3.95
ERRY JAM & CHANTILLY CREAM	£3.95
TRAWBERRIES & CREAM	£3.95
ES	
	£2.50
luten free also available)	£2.50
	£2.50

## **CREAM & JAMS**

D CREAM	£1.00
RRY	85p
JRRANT	85p
ERRY	85p

### **HOT DRINKS**

AMERICANO	from <b>£2.80</b>
LATTE	from <b>£3.00</b>
CAPPUCCINO	from <b>£3.00</b>
FLAT WHITE	£3.00
МОСНА	from <b>£3.10</b>
SINGLE ESPRESSO	£2.00
DOUBLE ESPRESSO	£2.45
TEA	£2.20
PREMIUM LOOSE LEAF TEA (Variety of flavours available)	£2.85
HOT CHOCOLATE	£3.00
LUXURY HOT CHOCOLATE	£3.85
ESPRESSO SHOT	70P
SYRUP SHOT (Variety of flavours available)	60P

Milk alternatives available on request Almond, Oat or Coconut +20p | Soya free of charge

### **SEASONAL DRINKS**

FRAPPE (Choose from 'Unicorn Frappe', Chocolate, Salted Caramel or Pistachio)	£3.95
SMOOTHIES (Choose from Mango, Strawberry & Banana or Summer Fruits)	£3.95
ICED COFFEE (Choose from Vanilla Iced Latte or Iced Mocha)	£3.95
COOLERS (Choose from Dragon Fruit & Mango, Strawberry & Cucumber, Peach Iced Tea or Still Lemonade)	£2.95
GRANITA (CRUSHED ICE) (Choose from Strawberry or Watermelon)	£2.95



COKE OR SPARKLIN SAN PELL (Lemon or Blo FRESH OI

FRANKLII (Dandelion & Ginger Beer, Rhubarb Lemonade)

APPLE JU ORANGE CHOCOL STRAWB INNOCEN CHILDREI BABYCCI

# **ALCOHOLIC DRINKS**

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# **COLD DRINKS**

R DIET COKE	£2.70
NG OR STILL WATER	£1.95
LEGRINO SOFT DRINKS	£2.70
Blood Orange)	
RANGE OR APPLE JUICE	£2.70
IN & SONS SOFT DRINKS	£2.70
& Burdock, Orange & Grapefruit, Cherry & Plum, Elderflower Lemonade, Raspberry Lemonade &	

# **CHILDREN'S DRINKS**

UICE CARTON	£1.35
JUICE CARTON	£1.35
ATE MILKSHAKE CARTON	£1.35
ERRY MILKSHAKE CARTON	£1.35
NT SMOOTHIES	£1.95
N'S HOT CHOCOLATE	£2.50
INO	60P

	£4.50
	£4.50
riety of flavours available)	£4.50
HITE, ROSÉ OR RED) 187ml	£4.50
CO 200ml	£6.00

If you feel that the service you received today deserves recognition through a gratuity, rest assured that the team <u>receive 100% and it's shared equally amongst them</u>.

Wanting to soak up the sunshine?

Our restaurant garden is calling your name! Enjoy some delicious food and refreshing drinks in our outdoor seating area.







Where possible we source all of our free-range meat, eggs and vegetables locally, including tender Bedfordshire Beef and delicious Whipsnade Pork.

fostsgardencentres.co.uk