

Breakfast

Served Mon - Sun, until 11.30am

The Full Frostie 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 and mixed white and brown toast See additional items below!	£12.95	Selection of Danish pastries	£2.95
The Frostie Lite 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	£9.95	All butter croissant Served with butter	£2.95
The Veggie Frostie V (VE Option) Vegetarian sausage, free-range fried egg, two hash browns, baked beans, roasted tomato, mushroom and one slice of white toast	£9.75	Almond croissant	£2.95
Breakfast bap Choose from: Free-range Bedfordshire pork sausage, dry cured bacon or vegan sausage Add a free-range fried egg	£6.95	Blueberry muffin	£2.95
Filled breakfast bagel Warm bagel filled with sausage, bacon, egg mayonnaise and mature cheddar	£8.25	Toasted teacake Served with butter	£3.25
Vegetarian bagel V (VE Option) Warm bagel filled with vegetarian sausage, field mushroom and mature cheddar	£8.25	Add a preserve Strawberry, raspberry, blackcurrant, orange marmalade or Marmite	£0.95
Baked beans or free-range fried eggs on buttered sourdough toast	£7.25	Specials	
Toasted bloomer White or brown toast (gluten-free or vegan also available)	£2.50	Eggs Royale	£11.95
Pancake stack Choose from: bacon and maple syrup or berries and yoghurt	£7.95	Toasted English muffin topped with poached eggs, Scottish smoked salmon, chive hollandaise and rocket	
Yoghurt berry parfait Greek yoghurt, fruit compote, granola, berries and honey	£5.95	Eggs Benedict	£10.95
		Toasted English muffin topped with poached eggs, Woburn baked ham, chive hollandaise and rocket	
		Smashed avocado on sourdough toast	£10.95
		Smashed avocado on sourdough toast, thyme roasted cherry tomatoes on the vine, chilli and poached egg	
		Add smoked salmon or streaky bacon	£2.95
		Pancake stack with Southern Fried chicken (V Option)	£10.95
		Served with crispy streaky bacon, free-range fried egg, and maple syrup	
		Toasted sourdough with creamy garlic wild mushrooms	£10.25
		Served with thyme roasted cherry tomatoes and rocket	

Additional items

Two bacon rashers, free-range Bedfordshire pork sausage, black pudding, vegetarian sausage, vegan sausage	£1.80 each
Two hash browns, baked beans, tomato, mushrooms, two free-range fried eggs	£1.50 each

EST. 1946
FROSTS

FOOD ALLERGIES AND INTOLERANCES

Please ask our helpful staff if you or a member of your party has a food allergy or a special dietary requirement. It is important that you inform a member of our team prior to placing your order. Whilst we have taken every care to ensure that allergens do not cross-contaminate, the food prepared here may have come into contact with one of the 14 allergens.

Adults require around 2000kcal per day • (V) Vegetarian • (VE) Vegan • (GF) Gluten-free • (N) Contains nuts

Drinks

Served all day

Hot Drinks

	Regular	Large
Americano	£3.20	£3.45
Latte	£3.40	£3.65
Chai Latte		£4.50
Matcha 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	
Iced Latte		£3.65
Breakfast Tea	£2.65	
Premium Loose Leaf Tea	£3.15	
English breakfast tea, Decaf English breakfast tea, Earl grey tea, Camomile, Peppermint black, Pure peppermint, Darjeeling, Japanese sencha, Ginger & apple, Ceylon orange pekoe		
Hot Chocolate (VE Option)	£3.45	£3.75
Luxury Hot Chocolate		£5.00
Flake, whipped cream and marshmallows		
Additional Espresso Shot		£0.75
Syrup Shot		£0.75
Caramel, Vanilla, Hazelnut, Salted Caramel, Toffee, Honeycomb, Gingerbread, Sugar-Free Caramel, Sugar-Free Vanilla, Sugar-Free Hazelnut		

Winter Warmers

Bakewell Latte	£4.85
Gingerbread & Cream Latte	£4.85
Banoffee Hot Chocolate	£4.85
Mint Hot Chocolate	£4.85
Black Forest Hot Chocolate	£4.85
Luxury Hot Chocolate	£4.65

Cold Drinks

Coca-Cola, Diet Coke or Coke Zero 330ml	£3.15
Sparkling or Still Water 330ml	£2.55
San Pellegrino Soft Drinks 330ml Lemon, Blood Orange	£3.15
Freshly Squeezed Orange Juice 250ml	£3.95
Watergulls Orchard Apple Juice 250ml	£3.95
Franklin & Sons Soft Drinks 275ml Ginger Beer, Elderflower Lemonade, Raspberry Lemonade, Rhubarb Lemonade	£3.15
Lime & Soda 225ml	£2.95

Children's Drinks

Juice Carton 200ml Apple or Orange	£1.65
Innocent Smoothies 150ml Orange, Mango & Pineapple, Raspberry, Apple & Strawberry	£2.65
Children's Hot Chocolate Whipped cream and marshmallows	£2.95
Babyccino (VE Option)	£1.25

Alcohol

Please ask a member of staff for our alcoholic drink listing
All our alcoholic drinks are available to buy from our Food Market

FREE milk alternatives available
Oat, Coconut or Soya



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Lunch

Served Mon - Sun, until 3pm

Jacket Potatoes

Beef Chilli (VE Option)	£10.95
Topped with beef chilli, sour cream, guacamole, tomato salsa, jalapeños and tortilla chips	
Beans & Cheese (VE Option)	£9.95
Topped with baked beans and mature cheddar	
Tuna & Spring Onion Mayonnaise	£10.95
Add cheese (VE Option)	£1.00

Toasties

Croque Monsieur	£10.95
Mature cheddar and ham, mornay sauce, cheddar crust on white bloomer bread served with a choice of dressed salad garnish or triple cooked chips	
Add a free-range fried egg	£0.75
Tuna & Spring Onion Mayonnaise	£10.95
On white bloomer bread served with a choice of dressed salad garnish or triple cooked chips	
Brie & Cranberry Sauce	£9.95
In a ciabatta roll	
Add bacon	£2.50

Cold Sandwiches

Tuna & Spring Onion Mayonnaise on Brown bloomer bread	£9.95
Woburn Ham, Mature Cheddar and Sweet Pickle on White bloomer bread	£10.95
Roasted Peppers & Courgettes with Mozzarella and Aioli on Brown bloomer bread	£9.95

Soup

Seasonal Vegetable Soup	£6.95
Crème fraîche, bread & butter	

Sides

Triple-Cooked Chips	£3.45
Battered Onion Rings	£3.45
Sweet Potato Fries	£3.95

Salads

Winter Garden Salad	£11.95
Mixed leaf, cherry tomatoes, cucumber, pickled red onion, mixed peppers with a French dressing	
Roasted Butternut Squash	£12.50
Chickpeas, kale, pickled red cabbage, toasted seeds and a french dressing	
Goat's Cheese, Toasted Walnuts & Beetroot Salad	£12.50
Honey balsamic dressing	

Salad Toppers

Battered Cauliflower Bites VE	£1.95
Sliced Chicken Breast	£2.50
Smoked Salmon	£2.50

Hot Dishes

Served Mon - Sat, until 3pm

Oven Roasted Salmon Fillet	£14.50
Served with festive red cabbage, buttered new potatoes and a hollandaise sauce	
Woburn Ham, Egg & Chips (GF Option)	£13.95
Sliced Woburn ham served with two fried free-range eggs, triple cooked chips and minted peas	
Frosts Smash Burger (VE Option)	£14.95
6oz Woburn beef patty, American cheese, streaky bacon, gherkin, lettuce, and tomato served with triple cooked chips and coleslaw	
Fish & Chips	£13.95
Ale battered cod, triple-cooked chips, mushy peas and homemade tartare sauce	
Christmas in a Pie	£14.95
Available Mon - Sun. Served with festive red cabbage, roast potatoes and a roast gravy	
Butternut Squash, Spinach & Feta Pie	£13.95
Available Mon - Sun. Served with buttered new potatoes and festive red cabbage	

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Alcoholic Drinks

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Ales, Beers, Lagers & Ciders

Hornes Brewery Triple Goat IPA ABV 5% 500m	£4.95
Hornes Brewery Triple Goat Pale Ale ABV 3.9% 500ml	£4.95
Hornes Pilsner ABV 4.5% 500ml	£4.95
Saxby's Original Cider ABV 5% 500ml	£4.95
Saxby's Strawberry Cider ABV 5% 500ml	£4.95
Free Damm Alcohol-Free Lager 330ml	£3.95

Red Wine

	125ml Small glass	250ml Large glass	750ml Bottle
The Guv'nor ABV 14% Grenache Tempranillo, Spain, juicy, medium bodied	£4.95	£7.25	£16.95
Little Eden ABV 14% Pinot Noir, Australia, rich, complex and medium-bodied	£4.95	£7.25	£16.95

White Wine

	125ml Small glass	250ml Large glass	750ml Bottle
Parini ABV 10.5% Pinot Grigio, Italy, dry and round, full yet fresh and lively	£4.95	£7.25	£16.95
Petal & Stem ABV 12.5% Sauvignon Blanc, New Zealand, fruit flavours of guava and passion fruit	£4.95	£7.25	£16.95

Rosé Wine

	125ml Small glass	250ml Large glass	750ml Bottle
Parini ABV 11.5% Pinot Grigio, Rosato delle Venezie, Italy, dry, elegant rosé	£4.95	£7.25	£16.95

Bubbles

	175ml Glass	750ml Bottle
Prosecco ABV 11% Italy, sparkling extra dry	£5.95	£19.00
Mini Prosecco Bottle 200ml		£6.95

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Christmas Lunch



Served Mon - Sun, 12pm - 3pm

One course £16.95

Two courses £18.95

Mains

Turkey Paupiette

Sage and onion stuffing and a pig in blanket

or

Nut Roast

All served with roast potatoes, festive red cabbage, roasted parsnip and carrot, chestnut buttered Brussels sprouts and a roast gravy

Desserts

Christmas Pudding with Brandy Sauce (GF & VE available)

or

Sticky Toffee Pudding with Toffee Sauce and Custard (GF available)



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